

# Conscious Contact with God

A weekend retreat with John MacDougall

The chapter "We Agnostics" from the Big Book of Alcoholics Anonymous states that "our own conception, however inadequate, was sufficient". Throughout out this weekend, we'll delve more deeply into this concept, focusing on the following ideas:

- Entitlement: claiming our right to have our own relationship with a Higher Power.
- Grief: sharing our own grief and losses with each other and our Higher Power.
- Trust: Developing trust with our weekend friends and our Higher Power.
- Comfort: finding safe and nurturing ways to be comforted.
- Love and Service: finding meaning by living lives of love and service.

The weekend will include presentations, group discussions, prayer, meditation, and the opportunity to explore this topic in a supportive environment with others who are doing the same.

**\$350/person**

includes lodging, food & materials.  
Scholarship funds are available.

## ATTENDEES WILL EXPERIENCE

- An opportunity to **retreat** from the pull of the daily distractions in our lives
- Connection** with others on this spiritual path, including group discussion
- Exploration of **spiritual practices**
- Nourishment**, with meals prepared by our award-winning chef

## March 6-8, 2026

### SCHEDULE

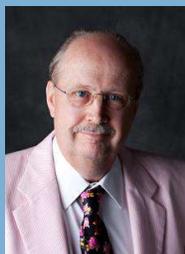
4:00pm - 5:30pm FRIDAY // CHECKIN  
1pm SUNDAY // CHECKOUT

### WHERE

The Mclver Center at The Retreat  
1351 Wayzata Boulevard East, Wayzata, MN

### REGISTER

Complete the reverse side of this flyer. Space is limited. For those who struggle with substance use, a minimum of 30 days of continuous sobriety is required to attend our spiritual retreats.



John MacDougall, D.Min., has served in parish ministry, and also worked with Hazelden for twenty years, ultimately as Director of Spiritual Guidance, directing the Spiritual Care Department and the Family Program. He came to The Retreat in 2014, as the Spiritual Care Coordinator. He was the co-author with Bowen White, M.D. of "Clinician's Guide to Spirituality", and is the author of "Being Sober and Becoming Happy". He is married to Priscilla, and they live in Alamo Heights, TX. Since his move to Texas he has still been actively engaged at The Retreat, offering lectures, facilitating groups, and hearing 5th Steps. John and Priscilla have both been active in Twelve Step programs for over 30 years.

FOR MORE INFORMATION CONTACT  
Jen at [jsamet@theretreat.org](mailto:jsamet@theretreat.org) or  
Sherry at [sgaugler-stewart@theretreat.org](mailto:sgaugler-stewart@theretreat.org)  
952.476.0566 | [TheRetreat.org](http://TheRetreat.org)

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*If e-mailing this form,  
please do not include  
credit card information.  
We will send you a link to  
process your payment.*

PLEASE SIGN ME UP!

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_

ORGANIZATION \_\_\_\_\_ TITLE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY / STATE / ZIP \_\_\_\_\_

DAY PHONE \_\_\_\_\_ MOBILE PHONE \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

**\$350/person** includes lodging, food & materials.  
Scholarship funds are available.

*\$75 of this fee is a non-refundable/non-  
transferrable deposit*

My check made payable to The Retreat is enclosed.

Please charge my VISA/MASTERCARD/DISCOVER/AMEX \$

CREDIT CARD # \_\_\_\_\_ EXP/ DATE \_\_\_\_\_

NAME AND ADDRESS OF CARDHOLDER IF DIFFERENT FROM ABOVE \_\_\_\_\_

If mailing, please send payment, along with the completed Registration Form, to this address:

## The Retreat

1221 Wayzata Boulevard East  
Wayzata MN 55391  
952.476.0566 or 1.877.446.9283  
theretreat.org

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Friday, March 6 - Sunday, March 8, 2026

Check-in 4:00 – 5:30pm on Friday | Check-out at 1pm on Sunday

The Mclver Center at The Retreat 1351 Wayzata Blvd. E. | Wayzata, MN

SPONSORED BY : The Retreat

