

From Brokenness to Belonging

A weekend retreat with John Magnuson & Kristine Pappone

We all come into recovery carrying cracks — the marks of loss, trauma, shame, and the choices that once broke us open. Yet what if those cracks were not signs of weakness, but invitations to healing? Inspired by the ancient Japanese art of Kintsugi, this retreat explores how our brokenness can become the very place where grace and growth enter. Like pottery repaired with gold, our wounds can be transformed into strength and beauty when we allow the light of honesty, humility, and connection to shine through.

This weekend will offer an opportunity to reflect on the cracks that shaped us and the gold that now fills them. Each participant will create their own art piece, turning something broken into something beautiful. Using story, play, 12-step spiritual practice, and community, we'll explore how to embrace imperfection as part of the recovery process — discovering that our brokenness doesn't keep us from recovery; it's what makes recovery possible.

\$350/person

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

ATTENDEES WILL EXPERIENCE

- A weekend of reflection, healing, and spiritual renewal rooted in the heart of 12-step recovery and the art of Kintsugi
- Conversations and workshops exploring how brokenness can lead to beauty and growth
- Opportunities to connect with others on the path of recovery and self-discovery
- Mindfulness practices to honor the cracks and celebrate the gold
- Story-sharing circles focused on love, service, and the power of community
- Time for rest, play, and reconnection with self and spirit in a supportive environment

January 23–25, 2026

SCHEDULE

4:00pm - 5:30pm FRIDAY // CHECKIN
NOON 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 Magnuson has been active in recovery for over 27 years and is the founder of Relevant Recovery, an organization dedicated to helping individuals, families, and leaders experience healing, purpose, and connection. Drawing from his own recovery journey and decades of work in leadership, coaching, and advocacy, John has developed programs that blend spiritual growth, education, and community engagement. He is passionate about guiding others toward transformation, using his experience and insight to support families and leaders in navigating the challenges of recovery.



Kristine Pappone is a speaker, coach, and Licensed Alcohol and Drug Counselor, dedicated to holistic healing and recovery. After overcoming cancer and opioid addiction through Buddhist practice, nutrition, and yoga, she has spent over 30 years helping others discover health, happiness, and purpose. She designs and delivers educational programming that nurtures growth, connection, and lasting transformation. For the past six years, Kristine has been facilitating Kintsugi workshops that blend art, reflection, and recovery.

FOR MORE INFORMATION CONTACT
Jen at jsamet@theretreat.org or
Sherry at sgaugler-stewart@theretreat.org
952.476.0566 | 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, January 23 - Sunday, January 25, 2026

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

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

SPONSORED BY : The Retreat

