

# 19th Annual Seagulls Men's Spiritual Retreat



## Spring Canyon Retreat Center, Buena Vista, CO September 13 – 15, 2024

The **Steamboat Springs Seagulls AA Men's Stag Group** is excited to welcome retreat facilitator Paul Anderson. Paul enjoyed a long history of working with people struggling with addiction with the Hazelden Betty Ford foundation in Minnesota. Backed by his 40 plus years of recovery, Paul has dedicated his life as a clinician, teacher and lecturer bringing the message of recovery in a broad range of venues and roles. He remains deeply committed to helping people recover from a myriad of spiritual maladies.

### **Our Woundedness Made Whole, The Art of Healing and Transformation**

As we learn to become grounded in recovery from whatever the ism was that brought us to 12 step healing, we begin to discover that our longtime relationship to restless irritability, fear and anxiety remains firmly entrenched in our pattern of living. Spend the weekend making a retreat with Paul Anderson exploring 4<sup>th</sup> dimensional living through being intentional in our daily spiritual practices. Expect the time spent in this retreat to increase greater awareness and clarity on how historical relationships to people, places and things can hold great power in our present experiences to people, places and things. In understanding the cost of old ideas and beliefs opens us up for a greater availability to new ideas in our ability to change and receive the deeper healing our heart desires.

We encourage you to send a deposit to guarantee your space. We now know the tuition price for 2024 will remain at last year's price per person. **Tuition 2024 \$325**

### **2 nights lodging, 5 meals, and plenty of fellowship.**

*Scholarships available and scholarship donations encouraged!*

*Make checks payable to:*

**Seagulls Men's Retreat**

*(\$100 deposit)*

Send to:

**Tom Thurston**

**27850 Hwy 131**

**Oak Creek, CO 80467**

*For more info, contact: Keith Giglio at (970) 819-4146 or [Oldracer39@hotmail.com](mailto:Oldracer39@hotmail.com)*