



Contemplative Outreach of Southeast Wisconsin

"First Things First - Faith in Recovery"
Recovery, the power of story, in the silence of Centering Prayer

May 4-7, 2023, Thursday through Sunday
Siena Retreat Center - Racine Wisconsin

This retreat explores the essential principles that formed the first steps of The Twelve Step program of recovery now known as Alcoholics Anonymous (AA). As we view and discuss the engaging play, *Bill W and Dr Bob*, we see how the lives of two desperate men, their families and friends, and an historic convergence of events forged the foundation of faith integral in their recovery and in the formation of AA's foundational first three steps. Through viewing, discussion, journaling, and reflection we see how these essential principles formed spiritual practices in their lives and established a program of recovery grounded in faith. During our time together may the voice of our stories contribute to the integrity of recovery's indispensable first fruit of spiritual awakening.

Retreat presenter, Kenny Kohberger, is a member of COSEW's Coordinating Team and a commissioned presenter of the 12 Step Centering Prayer meditation practice. His recent course of study at Virginia Theological Seminary supported his research which affirmed the significance of faith in twelve step recovery. "First Things First - Faith In Recovery" is the culminating project of his study. Before attending seminary Kenny had a rich career in the performing arts. Yet his eyes widen and emit joy when asked about his project. For Kenny "First Things First - Faith In Recovery" is the creative manifestation, a crescendo, of a seeker's journey.

This retreat is for people who participate in any 12-Step program, or those who support recovery, and desire to deepen their meditation practice and enrich their spirituality. There will be daily morning and afternoon periods of Centering Prayer meditation. In addition to the play, we will view a few of the videos from the series "The Contemplative Dimension of the Twelve Steps with Thomas Keating." An Intensive Centering Prayer Retreat observes the contemplative practice of silence except when sharing at Twelve Step Meetings and during discussion at program sessions.

Location: [Siena Retreat Center](#), located on the beautiful shores of Lake Michigan in Racine, WI. The smoke-free facility includes private bedrooms with baths and is accessible to persons with disabilities.

Schedule: **Retreat begins on Thursday with evening meal at 5:30pm, optional sit 5:00pm, and ends after noon lunch on Sunday.** Registration opens at 2:30 pm on Thursday May 4th in the lobby of the retreat center.

Registration Information:

The fee is \$415. A \$100 deposit is due by April 10, 2023 and is nonrefundable.

The balance of the retreat fee, \$315, is due by April 21, 2023.

Partial scholarships are available. Please note your request on the registration form below.

Contributions to the COSEW Scholarship Fund are welcome either by check and or online.

Contact Ann Koerner at: akoerner45@gmail.com; 262-282-8622

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Name \_\_\_\_\_ Phone \_\_\_\_\_

City & State \_\_\_\_\_ Email \_\_\_\_\_

Dietary Restrictions \_\_\_\_\_ Accessibility needs \_\_\_\_\_

Scholarship Request \_\_\_\_\_

Checks: payable to COSEW. Mailing address: COSEW 4830 W Edgerton Ave., Greenfield, WI 53220  
Pay by credit card online <https://www.contemplativewisconsin.org/retreat>