

18th Annual Seagulls Men's Spiritual Retreat



Spring Canyon Retreat Center, Buena Vista, CO
September 29 – October 1, 2023

The Seagulls Men's group is excited to welcome retreat facilitator Dr. Kevin McClone. The theme for this year's retreat will be:

Applying AA's 12 Steps in our daily lives to create "The Joy of Living"!

Dr. McClone's New Book
THE ROAD TO JOY

EIGHT PATHWAYS OF PSYCHOSPIRITUAL TRANSFORMATION

In *The Road to Joy*, Dr. Kevin McClone invites us to join him in a personal and professional journey exploring eight core psychospiritual pathways that lay the foundation for more joyful living. Each chapter explores one pathway in depth, utilizing psychological and spiritual sources, and ends with concrete practical action plans. McClone draws heavily from psychology research and spirituality embedded in various spiritual and mystical traditions including the wisdom rooted in the twelve steps of Alcoholics Anonymous.

This should be one our best retreats yet. Please save the date. Commit to strengthening your spirituality through the 18th Annual Seagulls Men's Retreat.

We encourage you to send a deposit to guarantee your space. We will not know the tuition price for 2023 until after Spring Canyon determines their rates for this year. 2022 was \$290.

2 nights lodging, 6 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