

**PLEASE REGISTER
EARLY TO HELP US
WITH THE PLANNING!**



73rd Semi-Annual
MEN'S RETREAT

"Spiritual Progress For Men in Recovery"

April 24,25,26, 2026

Retreat Master: Clif G, from Oklahoma City, Oklahoma

At St. Anthony's Retreat House: 3351 Kalihi St., Honolulu, HI

Cost: \$175 per person: Community Building
\$190 per person: to share private room with 2 beds
\$250 per person: For private room

Four meals, endless cups of coffee and all lodging included in the costs.

There are only 18 private rooms available! Send in your check right away!
(first come first served)

Please bring: Your own sheets, pillowcase, towel and soap.

We also recommend you bring a coffee mug, notebook and pen to help us save on supplies.

This event was created by the men of Alcoholics Anonymous for the men of AA and in recovery.

The only requirement for membership is a desire to stop drinking.

*****YOU CAN NOW REGISTER ONLINE*** @ MensRetreatOahu.com**

Registration form: (Mail in with check to reserve your spot.) **Make checks payable to: Men's Retreat.**
(If you plan on paying at the door please send us a text or email so we can have an accurate number.)

Name: _____

Address: _____ Apt#: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Cell Phone: _____

Mail to: Men's Retreat, PO Box 628, Kaneohe, HI 96744

**Please contact Dave H. with any questions at (808) 781-6875
or email us at MensRetreatOahu@gmail.com**

"I know I must get along without liquor, but how can I?

Have you a sufficient substitute?"

Yes, there is a substitute and it is vastly more than that.

It is a fellowship in Alcoholics Anonymous.

There you will find release from care, boredom and worry.

Your imagination will be fired. Life will mean something at last.

The most satisfactory years of your existence lie ahead.

Thus we find the fellowship, and so will you.

Big Book, Fourth Edition, Page 152

The retreat is April 24,25,26, 2026

About our retreat master:

Clif G has been sober since August 15, 2001. He lives with his wife Lori of 26 years, who herself is a 24 year member of Alanon, in Oklahoma City, Oklahoma. He has been a practicing attorney for 43 years. During that time, he has served on the lawyers assistance committee for 24 years where he has worked to assist attorneys struggling with alcoholism.

Clif is sponsored by Bob B of St. Paul, MN, and he, in turn, sponsors other men. Clif has been a speaker on panels at three International Conventions and has been a speaker at many Domestic and International conventions and has led numerous men's retreats. Clif considers it an honor and a privilege to come lead our retreat.

About the retreat:

We furnish our own food and snacks for Friday's potluck. Bring what you like and bring some Tums. It's pretty massive!

All other meals (Saturday breakfast, lunch and dinner, and Sunday breakfast) are furnished by the Retreat Staff. No complaints or you'll be the first one voted off the island. You know who you are:)

The Men's Retreat will furnish all coffee, tea, and decaf. If you want soda or bottled water, please bring your own.

Also, bring your own sheets, pillowcases, towels, bathroom supplies, notebooks, pens and coffee cup.

Bring a friend! Bring a newcomer. Bring your sponsor or sponsees. It's your spiritual retreat and you won't want to miss it!

Contact Dave H. with any questions:

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