

"Let It Begin With Me"

Yesterday - Today - Tomorrow

Just for Today	Keep It Simple	T H I N K	One Day at a Time	Live and Let Live	
Easy Does It	But For the Grace of God			Let Go and Let God	How Important Is It?

District 7 Serenity Weekend

March 9-10, 2019

Wesley Woods Camp & Retreat Center

10896 Nixon St, Indianola, Iowa

Keep Coming Back

Progress, not Perfection

What to Bring: a snack to share, comfortable clothes, your favorite beverage (coffee and water provided).

Overnight guests bring bedding and towels.

Chair Massages will be available for cash only \$1.20 per minute

Serenity, Courage, Wisdom

Saturday morning

Saturday afternoon

8:30 am Registration	3:00-3:45 pm Slogans
9:00 am Opening and Introductions	3:45-5:30 pm Free Time
9:30-10:30 am "Our Beginnings"	5:30 pm Dinner + Door Prizes
10:45-11:45 am "My Journey thru the Literature"	6:15-7:00 pm Al-Anon "Graduation" ceremony
12:00 pm Lunch	7:15-8:00 pm Buzz Sessions: Intimacy, Grief
1:00-1:45 pm Sponsorship	8:15-9:00 pm Buzz Sessions: Serenity, Humor
2:00-2:45 pm Steps	9:30 pm Fashion/Talent Show

Sunday

8:00-8:45 am Breakfast
9:00-10:30 am Spiritual Meeting
10:30-11:00 am Clean up and Goodbyes

This, too, shall pass

Registration Information

Name: _____ Address: _____

Phone: _____ Email: _____ Home Group Name: _____

____ Package A - \$65 = Saturday lunch, dinner, overnite, Sunday breakfast **Male** **Female** (need for overnite - circle one)

____ Package B - \$26 = Saturday only, with lunch and dinner

Registration is due by February 15!! Email dr@al-anondesmoines.org by 2/22/19 with any dietary restrictions

Send check/completed form to: Serenity Weekend -D7 treasurer, 924 SE Chaparal Dr, Ankeny IA 50021

Or register online at: www.al-anondesmoines.org/events