



“Giving It Up” Bonfire

Date: Saturday, November 30, 2019

Time: 7:00 to 9:00 p.m.

Place: Kainoa's Ohana

Address: 11390 N Delaware Drive
Bangor, PA

No matter how much we may want things to stay the same or return to the way they were, life is all about change. But no matter why things are changing, we need to be able to let go and move forward. Whether it's the loss of a loved one, a traumatic childhood, a strained relationship, a professional failure, or a personal betrayal, holding onto that pain, anger, and/or resentment only holds us back, stuck in a rut.

Join us at Kainoa's Ohana in Lower Mount Bethel Township for a bonfire... a “giving it up” bonfire. Here's an opportunity to join hands with others and move forward in an environment of safety and support. If desired, write down your pain, your hurt, your anger, your resentment and throw it into the fire to let go and “give it up.”

You may also bring marshmallows to toast (and graham crackers and chocolate to make s'mores) or simply enjoy the warmth of the bonfire and camaraderie of friends. There's a pavilion where hot cider will be served, but this is an outdoors event so don't forget to dress (hat, gloves, scarf, coat) for the weather!

Pre-registration required. Send email to info@oasisbethlehem.org

For more information about Kainoa's Ohana, visit the website at:

www.KainoasOhana.com

KAINOA'S OHANA
Open Heart Against Narcotic Addiction

