

Women's AA/Alanon by the Sea Retreat "Healing Tools & Treasures"

June 4-6 2010

Silverstrand Beach in Oxnard, CA

Join us for the "Women's AA/Alanon by the Sea Retreat"
Celebrate the treasures and tools of AA with us! Join the network of women in recovery who are eager to get together to take the 12 steps, share and learn from each other.

How it Works...

12 Steps

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.



WEEKEND INCLUDES

- 12 Step Workshops, Materials. Tools, Treasures & More!
- Meals: 4 Meals; (Friday Dinner is pot luck, info to come after registration)
- Lodging: Dorm style sleeping (approx 4-6 in a room) might be either a shared double bed, twin bed, couch or sleeper couch, in bedroom, living room, or other. Other options available, **see reverse**.



EVENT COST - SEE REVERSE

You will receive more details and information after registration

Questions: Donna at herbalmud1@yahoo.com or call 805-985-3343

There will be planning meetings if interested in volunteering time, talents, ideas etc!

3rd Step Prayer

God, I offer myself to Thee-

To build with me and to do with me as Thou wilt.
Relieve me of the bondage of self, that I may better do Thy will.
Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!

The Seventh Step Prayer

My Creator,

I am now willing that you should have all of me, good and bad.
I pray that you now remove from me every single defect of character which stands in the way of my usefulness to you and my fellows.
Grant me strength, as I go out from here, to do your bidding.

11th Step Prayer

Prayer of Saint Francis of Assisi

Lord, make me an instrument of thy peace!
That where there is hatred, I may bring love.
That where there is wrong, I may bring the spirit of forgiveness.
That where there is discord, I may bring harmony.
That where there is error, I may bring truth.
That where there is doubt, I may bring faith.
That where there is despair, I may bring hope.
That where there are shadows, I may bring light.
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort, than to be comforted.
To understand, than to be understood.
To love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.

Serenity Prayer

God grant me the serenity
To accept the things I cannot change;
Courage to change the things I can;
and Wisdom to know the difference.



REGISTRATION FORM: PLEASE PRINT.

Registration Form must be accompanied by check or money order
Send to: Donna Peet Otte, 136 Fillmore Ave, Oxnard, CA 93035

(Questions - PLEASE: BEST FORM TO COMMUNICATE WITH DONNA IS EMAIL: herbalmud1@yahoo.com

or Call Donna Otte 805-985-3343;

More details to come after registration!

REGISTER EARLY—SPACE IS LIMITED



Name _____

Street Address _____ City _____ State _____ Zip _____

Phone(Day) (_____) _____ + (Eve) (_____) _____ Email _____

One Person (includes retreat, materials, tools, treasures, lodging dorm style, and 4 meals, Fri dinner is POT LUCK)

More information to come after registration (a Welcome Letter)

Please Circle below!

	(Early Bird Fee-before 4/30)	(Fee After 4/30-5/15)	(Fee after 5/15 + at door if space available)
• Day Rate (NO Lodging) Fri Sat & Sun-includes Workshops, Materials. Meals etc	\$215.00 per person	\$235.00 per person	\$255.00 per person
• Dorm Style Sleeping/Camp out on the floor/couches etc bring your own sleeping bag*	\$250.00 per person	\$270.00 per person	\$290.00 per person
• Dorm Style Sleeping/Twin Bed or Share Double with several other women bring your own sheets *	\$275.00 per person	\$295.00 per person	\$315.00 per person
• Private Room (one bed) bring your own sheets *	\$325.00 per person	\$335.00 per person	\$355.00 per person

Remember to please Circle which of the above applies to your registration

*About bring your own sheets-suggested to bring sheets for king size to fit any size bed assigned to you

About Cancellations: If you cancel before May 15, we will refund your full registration minus a \$25 processing fee. If you need to cancel after this date, you will need to find your own replacement. Sorry, No refunds are available after this date.

Total Amount enclosed _____ \$

You can pay online with PAYPAL go to <http://www.questforhealthonline.com/html/aa-alanon.html>

• Scholarship Donation for newcomer or financially challenged women— Enclosed _____ \$

(ONLY if you are able to/or interested in donating. Please, No Obligations!)

• Call Donna 805-985-3343 to reserve special size beds, private rooms. Will do best to accommodate bed size but can't guarantee.

• NOTE: Early Bird Fee due in full by 4/30/10.

• NOTE: All Payments due in full by 5/15/10.

• If due to financial hardship or other reason, you need to pay deposit + work out payments (i.e. \$125.00 deposit + work out arrangement for balance due)

You can EMAIL DONNA at herbalmud1@yahoo.com or call Donna 805-985-3343. BEST TO EMAIL IF POSSIBLE!

• To Pay at the door see above pricing

A Vision For You. Our book is meant to be suggestive only. We realize we know only a little. God will constantly disclose more to you and to us. Ask Him in your morning meditation what you can do each day for the man who is still sick. The answers will come, if your own house is in order. But obviously you cannot transmit something you haven't got. See to it that your relationship with Him is right, and great events will come to pass for you and countless others. This is the Great Fact for us. Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you-until then.

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Oxnard, CA 93035



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