

Friday 16 May, 5:00pm - 8:45pm

5:00pm - 6:00pm Registrations open

5:30pm - 7:00pm Pot luck shared dinner

7:30pm - 8:45pm Sharing Meeting:

SLOGANS

'Serenity may be the most precious gift we receive because it allows us to know that our lives are in the care of a Power greater than ourselves and therefore, even in the midst of chaos, there is hope.'

- *How Al-Anon Works for Families and Friends of Alcoholics* (p.81)



Saturday 17 May, 7:15am - 10:00pm

7:15am - 8:00am Yoga or Morning walk

8:00am - 8:30am Breakfast

8:45am - 9:00am Housekeeping info & welcome

9:00am - 10:45am Sharing Meeting:

THE 12 STEPS

10:45am - 11:15am Morning Tea

11:15am - 12:30pm Sharing Meeting:

LOVING DETACHMENT

12:30pm - 1:30pm Lunch (catered or BYO)

1:30pm - 1:45pm Raffles drawn & silent auctions close

1:45pm - 3:00pm Sharing Meeting:

SERENITY

3:00pm - 3:30pm Afternoon Tea

3:30pm - 5:30pm Free time, Meditation or Creative Activity

5:30pm - 7:00pm Dinner (catered or BYO)

7:00pm - 8:30pm Sharing Meeting:

PRACTISING THE PRINCIPLES IN ALL OUR AFFAIRS

8:30pm - 10:00pm Chilling out with a movie of Lois W's story *When love is not enough*.

Sunday 18 May, 7:15am - 11:30am

7:15am - 8:00am Yoga or Morning walk

8:00am - 9:30am Breakfast & Clean Up

9:30am - 11:00am Sharing Meeting:

THE GOD OF MY UNDERSTANDING

11:00am Farewells & heading home

'I have heard that serenity is not life without problems, but rather the ability to live in spite of problems. Today I have tools for living and, for the most part, my attitude is positive.'

- *From Survival to Recovery* (p.215)



Costs, Catering, Signing Up

Take advantage of the early bird \$135 rate for the full weekend. Just register before 18th April. Otherwise, it's only \$155 for the full weekend.

Saturday (day rates): BYO food \$25, lunch only supplied \$40, lunch & dinner supplied \$60

Accommodation is twin share.

How do I sign up?

1. Register online: www.bit.ly/serenity-weekend
2. Then deposit the funds to Kiwibank: "Serenity Weekend" 38-9007-0629304-00 (add your name as a reference) or bring cash on the day.

Don't use the internet? Please ask a fellow member to do this for you on their phone and pay cash on the day.

Advance thanks

The committee appreciates your pre-registration so we can cater to the right number of people, even if you're planning to bring your own kai/food!

Any questions?

Check out the "More info" section on the website or email your question to: serenityarea3@gmail.com

Bring with you

- Cash for literature, raffle/silent auction & Seventh Tradition (EFTPOS won't be available).
- Warm clothes.
- Something to include in the raffle/silent auction.
- Games or something creative to do during free time.
- Brown bread and snacks if you want (the venue does not permit alcohol).
- If staying for the Friday night dinner, something to contribute to the potluck.

Staying overnight?

You'll have a bed, pillow & light duvet so bring your sheets, pillow case and extra duvet (or sleeping bag), toiletries, towel & slippers. An electric heater can also be handy. There can be left-over food, so feel free to bring containers to take some home.



Forest Lakes
156 Forest Lakes Road,
Ōtaki 5583



serenityarea3@gmail.com



www.bit.ly/serenity-weekend


Al-Anon Family Groups
Help and hope for families and friends of alcoholics



Serenity Weekend 2025

THE PRICELESS GIFT
OF SERENITY

5:00pm Friday 16 to
11:30am Sunday 18
May

Forest Lakes,
Ōtaki