

Friday 17 May, 5:00 - 8:45pm

5:00pm – 6:00pm Registrations open

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

7:30pm – 8:45pm Sharing Meeting:

BECOMING READY (TO WORK THE STEPS)

‘By showing us how to make peace with the past, the Steps help us learn to live in the reality of the present.’

‘Twelve Steps’ from *How Al-Anon Works for Families & Friends of Alcoholics*, p.42



Saturday 18 May, 7:15 am - 8:30pm

7:15am – 8:00am Yoga guided practice/Morning walk

8:00am – 9:00am Breakfast

9:00am – 9:30am Housekeeping info & welcome

9:30am – 10:45am Sharing Meeting:

STEPS 1 - 3 TRUST GOD

10:45am – 11:15am Morning Tea

11:15am – 12:30pm Sharing Meeting:

STEPS 4 - 6 CLEAN HOUSE

12:30pm – 1:30pm Lunch

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

1:45pm – 3:00pm Sharing Meeting:

STEPS 7 - 9 RELEASE, DECLUTTER

3:00pm – 3:30pm Afternoon Tea

3:30pm – 4:30pm Guided meditation/Free time/Craft table/Naps

4:30pm – 5:30pm Yoga guided practice/Free time/Craft table/Naps

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

7:00pm – 8:30pm Sharing Meeting:

STEPS 10 - 11 MAINTAIN AND KEEP IT CLEAN

8:30pm Onwards – Free time

Sunday 19 May, 7:15am - 11:00am

7:15am – 8:00am Yoga guided practice/Morning walk

8:00am – 9:00am Breakfast

9:00am – 9:30am Clean up and pack your gear

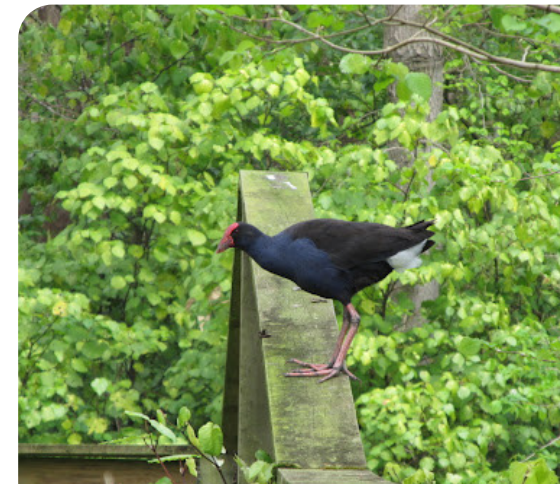
9:30am – 11:00am Sharing Meeting:

STEP 12 HELP OTHERS

11:00am Farewells & heading home

‘The Steps offer me a road map for living that leads to a spiritual awakening and beyond.’

Courage to Change, p.26



Costs, Catering, Signing Up

Take advantage of the early bird \$130 rate for the full weekend. Just register before 9th April. Otherwise, it's only \$150 for the full weekend.

Saturday (day rates): BYO food \$25, lunch only \$35, lunch & dinner \$55

Accommodation is twin share.

How do I sign up?

1. Register online: www.bit.ly/serenity-weekend
2. Then deposit the funds to Kiwibank: 38-9007-0629304-00 (add your name as a reference) or bring cash on the day. *Sorry, no cheques.*

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 new 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's often left-over food, so feel free to bring containers to take some home.



Forest Lakes
156 Forest Lakes Road,
Ōtaki



serenityarea3@gmail.com



www.bit.ly/serenity-weekend


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



Serenity Weekend 2024

**RECOVERY THROUGH
THE STEPS**

5:00pm Friday 17 to
11:00am Sunday 19
May

Forest Lakes,
Ōtaki