

## RETREAT SCHEDULE

### FRIDAY, SEPTEMBER 10

1:00 -8:00 pm: CHECK-IN  
5:30 - 7:00 pm: Dinner on your own or \$8.50 in the Dining Hall  
4:00 - 8:00 pm: Meet & Greet/Recreation Time  
8:00 - 9:00 pm: AA Red Ball Meeting  
9:30 -10:45 pm: Fire Pit Circle  
11:00 pm - 7:00 am: Quiet Time

### SATURDAY, SEPTEMBER 11

8 am - NOON Walkin/Day tripper Registration  
7 - 8 am: Yoga  
7 - 8 am: Meditation  
7 - 9 am: Breakfast  
9 - 10:00 am: Workshops  
    A Step 1, 2 & 3  
    B Step 6 & 7  
10:15 - 11:15 am: Prayer Flag Making  
11:30 - 12:30 pm: Steps 10, 11 & 12  
    The Journey Continues  
12:30 - 2:00 pm: Lunch  
12:30 - 2:45 pm: Free Time/Recreation Time  
2:45 - 3:45 pm: Spiritual Diversity  
4 - 5:00 pm: Panel Discussion: Diverse  
    Fellowships OA, NA, AlAnon  
5:30 - 7:00 pm: Dinner  
7:30 - 8:30 pm: AA Keynote Speaker  
8:45 - 10:00 pm: Healing Circle  
11:00 pm - 7:00am: Quiet Time

### SUNDAY, SEPTEMBER 12

7 - 8 am: Yoga  
7 - 8 am: Meditation  
7 - 9 am: Breakfast  
9:30 - 11am: Gratitude Speaker  
NOON: DEPART

WITS Retreats  
PO Box 462  
Plymouth, NH 03264



**Please join us for our  
2nd Annual Women's Retreat  
"Spiritual Diversity,  
the Journey Continues . . ."  
September 10 - 12, 2010**

Wanakee United Methodist Center  
Meredith, NH 03253-9516

For More Information &  
Online registration please visit  
[www.witsretreats.com](http://www.witsretreats.com)



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# LODGING & MEALS

**MEALS** - This retreat will include the following Four (4) Meals on Plans A, B, C & the Commuter Package: Breakfast, Lunch and Dinner on Saturday and Breakfast on Sunday. A Vegetarian choice is available. No outdoor cooking will be allowed at this retreat. Dinner on Friday Night is an additional \$8.50.

Rustic Lodging Plans are as follows:

**PLAN A** – Rustic Dormitory Style lodging inside one of the retreat buildings with electricity & indoor plumbing.

**PLAN B** - Yurt or Rustic 1-Room Cabin (holds 6-8 women) with electricity and outdoor plumbing – walk to bath house & 5 min walk to main area from cabins.

**PLAN C** - Tent Only Camping, no pop-ups or RVs permitted – walk to bath house. Limit 2 tents per site, not to exceed 4 people per site.

**Please note for all lodging options:** You must bring your own bed linens or sleeping bag as well as your own towels for bathing and swimming. We recommend you bring your own pillow too.

**Contact Information:**

Registration: register@witsretreats.com  
 General Info: info@witsretreats.com

*Disclaimer: This retreat is not part of the general services provided by AA World Service. However, there will be several AA meetings to attend.*

*Feel free to copy this flyer and Distribute to Women in Recovery.*



# REGISTRATION FORM

MAIL IN DEADLINE IS August 27, 2010  
 Online registration deadline is September 8  
 NOTE: Walk-in day-trippers are welcome but registration is required for lodging & meals

**One person per form**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 E-mail: \_\_\_\_\_  
 Sobriety/Recovery Date: \_\_\_\_\_  
 People in Party: \_\_\_\_\_

Please list who will be in your party so we can house you together.

- PLAN A** (Dormitory) ..... \$140/pp
  - PLAN B** (Cabin/Yurt) ..... \$120/pp
  - PLAN C** (Camp Site) ..... \$95/pp
  - COMMUTER PLAN** ..... \$80/pp
- Friday, Saturday & Sunday includes registration fee and all 4 meals
- DAY TRIPPER Plan A** (Sat. Only, includes lunch) ..... \$60/pp
  - DAY TRIPPER Plan B** (Sat. Only, includes lunch & dinner) ..... \$70/pp

*\*Package pricing is inclusive of all NH taxes as well as service charges.*

Please Print Clearly

Check here for Vegetarian Fare	Package	Amount
WitS is taking donations for our Scholarship Fund. Please submit your donation here and add it to your total. Thank You!		
<b>TOTAL</b>		

- CHECK HERE IF YOU ARE WILLING TO **VOLUNTEER**
  - CHECK HERE IF YOU ARE WILLING TO CHAIR AN **ALCOTHON MEETING**
- PLEASE MAKE **MONEY ORDERS** (No Personal checks accepted) PAYABLE TO:  
**WITS RETREATS**  
 PO Box 462  
 Plymouth, NH 03264

**Cancellation Policy:**

**Before August 1<sup>st</sup>** refund of total registration less \$35.00 processing fee.  
**After August 1<sup>st</sup>** you will forfeit the entire registration fee. However, registrations are transferable so you can sell it or give it away.