Eighth Annual

Eleventh Step Spiritual Retreat

Friday, April 27 – Sunday, April 29, 2012

Please join us for a weekend of peacefulness as we practice quieting our minds from the endless internal chatter, improving our conscious contact with our Higher Power, forgiving our past, increasing our awareness, journaling, praying, meditating and one-on-one sharing.
AA meetings nightly. Al-Anon Members Welcome.

"There is a direct linkage among self-examination, meditation and prayer. Taken separately, these practices can bring much relief and benefit. But when they are logically related and interwoven, the result is an unshakable foundation for life." Pg. 98, 12 & 12.

LOCATION: The Monastery of The Holy Spirit, 2625 Hwy 212 SW, Conyers, GA 30094-4044 770-760-0959.

COST & REGISTRATION: There is a $30 *non-refundable* deposit. The balance is due upon arrival. Please only pay the deposit at this time. The Monastery suggests $60 to $100 per night; however, an even more generous gift helps them welcome retreatants with limited resources. If this is beyond your means, come anyway and give as much as you are able. Meals are included and rooms are private single occupancy; double occupancy may be available upon request. All contributions cover operational expenses for the Monastery. No one is paid for this retreat.

DEPOSIT FEE: **By Credit Card:** The Monastery is able to take American Express, Discover, MasterCard & Visa. You can call them at 770-760-0959 with your credit card information.

By Check: Make checks payable to *The Monastery of The Holy Spirit*
Show the dates of the retreat in the *For* line, and attach the bottom section of this page.

Mail to: Lou Jones, 2875 Whitby Drive, Atlanta GA 30340.
You will receive confirmation by phone or email.

The retreat will begin Friday at 4:30 and end Sunday after lunch. PLEASE SCHEDULE YOUR ARRIVAL AFTER 1 PM AND TRY TO CHECK-IN BEFORE 4:30. YOU WILL NEED TO ARRIVE BEFORE 8 PM, AS THE MONASTERY GATE IS LOCKED AT THAT TIME. If you are delayed by traffic or have a late flight, please call before 7:45 pm and leave a message. They will return your call and arrange to let you in late. In case of emergency, you may call the Guestmaster at night (770-483-8705 x372).

The Monastery provides towels and bed linens. Bring your own toiletries, a bathrobe and casual comfortable clothes. **The Monastery requests <u>no shorts or short skirts</u> please.** Coffee, tea and refreshments are available throughout the day. 6 meals are included in the cost of the retreat: dinner Friday & Saturday, breakfast and lunch Saturday & Sunday

For any additional questions you may have, please contact Lou Jones at 770 908-1245 louj2@msn.com or at the Monastery, Patti Wilson 770-760-0959 retreat@trappist.net

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<u>Please include this section of the page with your check if paying deposit by check.</u>

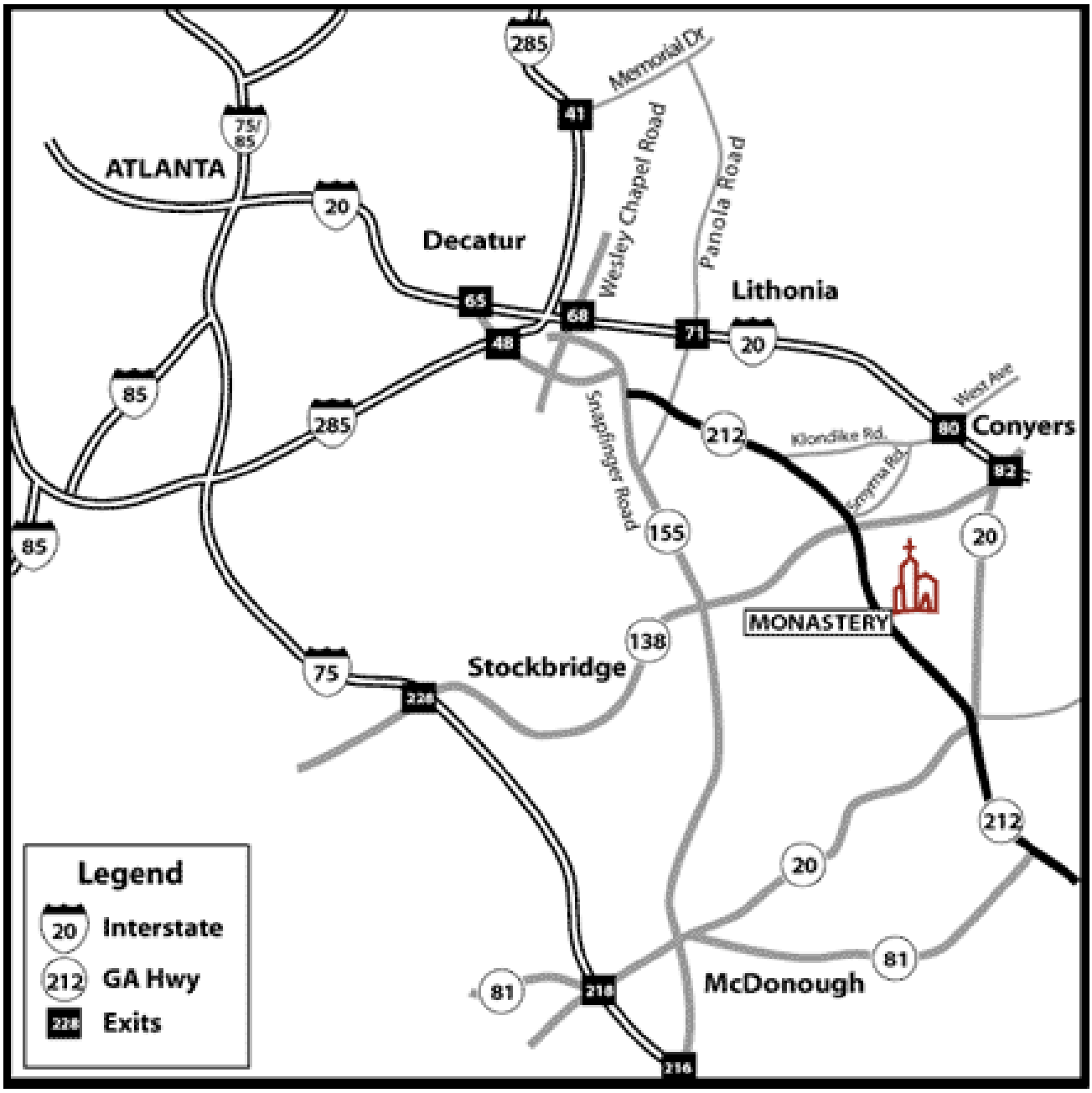
PLEASE PRINT NEATLY

Name: _____ Male or Female? _____

Address: _____

Phone #: _____ Email Address: _____

Vegetarian Meals? _____ Other Needs? _____



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