

QUINCY SERENITY RETREAT 2019

October 18, 19, 20

Our Tradition Continues: 41st Annual Retreat

DIRECTOR: Kent C. – Sandusky, Ohio – Kent is the keynote speaker at the St. Louis Fall Classic on August 31, 2019

WHERE: THE RETREAT CENTER, NORTH QUINCY UNIVERSITY COLLEGE CAMPUS
Look for "Quincy University North Campus" on Google Maps enter of N. 18th

DONATION: \$100 per person double room or \$125 private room
Includes meals and refreshments. Bedding and towels provided.

REGISTRATION: Friday from 6:00-8:00 pm (sandwiches provided) **CLOSING:** Sunday 12 noon

RESERVATION: Send your reservation and full payment as soon as possible. You may pre-date your check to Oct. 14.
Checks will be cashed at that time.

ITEMS TO BRING: Bring yourself and possibly a friend, openness to a higher power, casual dress, shoes for walking, reading material, snacks to share, soap, blanket and warm clothes (building is heated)

NEED MORE INFO: Steve (217)725-5691 Dick (217)415-9333 Lee (217)741-8869

RETURN RESERVATION FORM TO: SERENITY RETREAT – 61 RED FOX COURT – SPRINGFIELD, IL 62712

NAME: _____ M _____ F _____

EMAIL: _____ PHONE: _____

FULL ADDRESS (city,state,zip) _____

_____ PRIVATE ROOM \$125

_____ DOUBLE ROOM (\$100 PER PERSON)

SHARING WITH _____

YOUR RESERVATION IS ACCEPTED. NO CONFIRMATION WILL BE SENT. CHECKS PAYABLE TO: SERENITY RETREAT

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KENT C.

<u>Friday</u>	5:00 – 7:30 pm	Registration
	7:30 pm	1 st talk, small groups
	9:30 pm	AA Meeting
<u>Saturday</u>	7:00 am	AA Meditation Meeting
	8:00 am	Morning Prayer & Breakfast
	8:45 am	2 nd talk, small groups
	10:45 am	3 rd talk, small groups
	12:30 pm	LUNCH
	1:00	Free Time
	4:30 pm	Mass (church at main campus)
	5:15 pm	Mindfulness Techniques for Meditation – Nick P.
	6:15 pm	SUPPER
	7:00 pm	4 th talk, small groups
9:00 pm	OPEN	
<u>Sunday</u>	7:00 am	AA Meditation Meeting
	8:00 am	Morning Prayer & Breakfast
	9:00 am	5 th talk, small groups
	11:00 am	Closing Meeting
	12:00 pm	Retreat ends

NOTE: 2020 SERENITY RETREAT DATES ARE OCTOBER 16, 17, 18