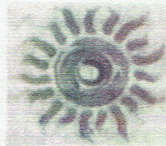


Sisters In Recovery



Sunlight of The Spirit

Ursa Retreat House, 732 County Rd 2353 N, Ursa IL 62376

Retreat Dates May 31st - June 2nd of 2024

This retreat is for women of AA & Al Anon. Enjoy the feasts, like-minded fellowship, 2024 DIY memorabilia, games & activities, 2 Speaker Meetings and Bonfire-Bonding! Rejuvenate. Reunite. Reset. Have a new experience with like-minded ladies. Feel free to bring recovery materials - Big Book, How Al Anon Works, 12X12, Etc. There will also be some literature available for purchase.

Unity - It starts with you!

SAVE THE DATES & REGISTER EARLY ~ ~ ~ REGISTER BY MAY 17, 2024

- **REGISTRATION:** Registration Fee of \$60 covers your 2night stay, 5 Meals, tea/coffee/bottled water throughout the weekend. Register by May 17, 2024. Sign in opens at Noon on Friday. Bring a sack lunch. Please reach out to a committee member regarding special dietary requirements.

What To Expect

- **Friday May 31st** - Sign in opens at Noon. Bring your own sack lunch. Eat & Greet at 6p. Game Night, you will not be bored! Bonfire Round-Up.
- **Saturday June 1st** - Breakfast, Lunch, & Dinner provided. Guided Morning Meditation. 2024 Retreat Sun Visors-self decorated. Speaker Meeting. Bonfire Round-Up.
- **Sunday June 2nd** - Breakfast, Speaker, Service Workshop.

Remember Our Purpose: To Unify As Sisters In Recovery.

Things To Note

- All meals provided, fridge space is tight and available for committee approved use only.
- Tea, Coffee, & Bottled Water provided throughout the weekend.
- Service opportunities available throughout the weekend.
- Sleeping & showering is in a bunkhouse setting, **bring your own bedding, towels, & toiletries.**
- The swimming pool is open, **bring your suit, towels, sunscreen, sunchair, etc.**
- Paddleboats and fishing available, bring your own pole & tackle. You are responsible for the boat.
- Attention Snackers: If you're a muncher-snacker, BYOS! (Bring Your Own Snacks)
- For more information, please contact: Angelique W. - angeliquew@live.com; Nicole D. - nicoledenler.15@gmail.com; Amethyst Z - 217-316-2930

Sisters In Recovery ~ Sunlight Of The Spirit ~ May/June 2024 ~ Unity Retreat

Name _____ PH # _____
 Email or Mailing Address _____
 Special Needs/Diets _____



Cut at the dotted line. Fill in the above and include this slip with your registration fee. If mailing, please send to: Kim Lawrence, 3612 Meadow Brook Drive, Quincy Il, 52305.

Make Checks payable to: Sisters in Recovery

REGISTRATION DEADLINE IS WEDNESDAY MAY 17, 2024