

FREEDOM XXIX MEN'S RETREAT

Date: November 20, 21, and 22nd, 2009

Place: YMCA Camp 1192 166th Street Boone, Ia.

Bring: Bedding... (Sleeping bag, Pillows, Blankets), Towels, Flashlights, Toiletries, and snacks for the snack table.

First and Foremost..... Suit Up and Show Up!!!

*Friday night dinner-Pizza @ 6:00(no charge) Call-Up Meeting to follow @ 8:15
Saturday Step workshops begin @ 9:15am!!*

What: Workshops on the twelve steps
A.A. and Al-Anon Meetings
Fun and Fellowship
Get that 5th step done (people will be available to hear 5th Steps)

What You Need To Do Now:

Make a reservation!!!! (Map & Registration form is on the back)

For any questions please contact:

Frank Singleton (515) 418-7052 Jayson Jones (515) 707-0847
Rocky Sposato (515) 202-9858

"The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles." (Alcoholics Anonymous page 93)