



Grace, Gratitude & Growth Retreat for Women in AA

May 15-17, 2026

St. Thomas More Center
6177 Panorama Rd., Panora, IA 50216

www.stmcenter.com

Cost \$80

This includes 2 nights lodging, 4 full meals and
an awesome opportunity for women in recovery!

Melissa RWAA

@mbellhill



venmo

Susan Siek Scholarship Fund

The Siek Scholarship covers 50% of the registration. A limited number are available. Fund is meant as a once in a lifetime gift.

If you have received one before, you will not be eligible. To receive one, you must contact Lisa Q at 515-336-5976
or email at quicklisa64@gmail.com prior to registering and pay the 50% by **April 15th**

So, you know...

- ★ Volunteers available to listen to your 4th step
- ★ Early Bird Meeting at 3:30pm Friday
- ★ Registration opens at 5pm on Friday
- ★ Welcome & Ice Breaker at 7pm on Friday

Breakfast Kickoff!!!

Friday, May 15th at 10:00am

Perkins at 4601 Merle Hay Rd., Des Moines

Come start off the weekend with us with food & fellowship!

What to bring:

- ★ Personal items- toiletries, bedding and towels
- ★ Big book, notepad, journal
- ★ Raffle item (and money to buy raffle tickets)
- ★ **Donate a "Recovery Based Book" for the sobriety countdown**
- ★ A snack/food item to share Friday night (no meal served)
- ★ Your Experience, Strength & Hope!
- ★ Optional: flashlight, lawn chair, coffee mug, umbrella, stomach covering swimsuit

Questions, Please Contact

Chair, Rochelle T. 515.313.1598

Co-Chair, KC A. 515.802.5934



Please submit registration form with a deposit of \$40.00 (1/2 of cost for retreat) postmarked by **May 1st, 2026**

Pre-registration is required! Deposits are non-refundable. Balance is due upon arrival.

Non-registered guests **will not** be allowed. Make checks payable to "**Retreat for Women in AA**".

Name _____

Address _____

City, State, Zip _____

Phone _____ Email _____

Notify chair or co-chair of special needs accommodations.

Mail registration form and check or money order to:

Women's Retreat

PO BOX 562

Des Moines, IA 50302

We accept **VENMO** transactions. To use this, see QR code above:
Include the May Retreat for Women in AA. in the "What's this for?"
select PRIVATE. This will act as your registration. See
[@mbellhill](https://www.venmo.com/_user/@mbellhill)

Check # _____

Full registration \$80

Money Order # _____

Deposit \$40.00