

DISTRICT 4

BE GOOD TO YOURSELF WEEKEND

NOVEMBER 8 - 10, 2019



THE ABC'S Of AL-ANON

RIVERVIEW PARK
RETREAT CENTER BUILDING
439 N.DIVISION ST. CEDAR FALLS, IOWA 50613

Cost:	Package A:	\$50	2 overnights (Fri. & Sat. Night, including 4 meals) (Doors open @ 5 pm)
		\$40	if registered by October 25, 2019
	Package B	\$40	1 overnight (Saturday night, including 3 meals)
		\$30	if pre-registered by October 25, 2018
	Package C	\$25	Saturday only including 3 meals (Registration 8-9 am)

ITEMS TO BRING: Bedding, towels, personal items, pop or bottled water, (coffee furnished-Please bring your own cup.) Self-contained unscented candle, snacks to share, games, crafts, lots of laughter ***and a Friend!!***

NAME _____

Pre-Registration ___YES ___NO

ADDRESS _____

Package _____AMOUNT_____

PHONE _____

Make Checks Payable to District 4 AFG

Return registration to: District 4

E-MAIL _____

P.O. Box 417

Wellsburg, Ia, 50680

WEEKEND SCHEDULE

FRIDAY 5pm-?
8-9 PM Doors open, registration. Bring snacks to share
Open Meeting – Who are you and Why are you hear

SATURDAY AM

8-10:15 Registration and Breakfast

10:15-10:30 OPENING

10:30-11:30 WORKSHOP – **The 3 A's**

(AWARENESS, ACCEPTANCE & ACTION)

SATURDAY PM

12:00-1:00 LUNCH

1:00-2:00 WORKSHOP – **The 3 B's**

(BALANCE, BOUNDARIES, AND BELONGING)

2:00-2:15 BREAK

2:15-3:15 WORKSHOP – **The 3 C's**

(I DIDN'T CAUSE IT, I CAN'T CONTROL OR CURE IT)

3:15-5:00 FREE TIME (*Walks, talk, games, crafts, a nap, or just friendship*)

5:00-7:00 SUPPER

7:45-8:45 GAME TIME (*Bring your favorite game*)

9:00-10:00 CANDLELIGHT MEETING – *Taking Care of Ourselves*

SUNDAY 8:30-9:30 AM BREAKFAST

10:00-11:00 SPIRITUAL MEETING - *What have you learned about yourself?*

11:00 ALL CLEAN-UP – Take home anything you brought

WE HOPE YOU HAD A GREAT TIME!!

DIRECTIONS:

FROM DUBUQUE:

Highway 20 West. Take Hudson Rd. Exit into Cedar Falls, past UNI Dome. Take right at HWY 57 (1st St.) By Godfathers. Turn left on North Division St.

FROM WAVERLY:

Take 218 S Exit 57, go West into Cedar Falls. Watch for sign on the right for RCC. Turn right on North Division St.

FROM CEDAR RAPIDS/IOWA CITY:

380 North to 20 West into Waterloo/Cedar Falls. Exit on Hudson Road and go past UNI Dome. Take right at HWY 57 (1st St.) by Godfathers. Turn left on North Division St.