

# Be Good To Yourself Weekend

## FINDING PRESENTS

*in the present*



Hope For Today book at \$17



11/1/24 - 11/3/24



Pre-registration Due: 10/25/24



Riverview Retreat Center

439 North Division Street, Cedar Falls, IA 509613

*All Al-Anon Members Welcome*

### Registration Form

NAME \_\_\_\_\_

Pre-Registration \_\_\_YES \_\_\_NO

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

Package \_\_\_\_\_

AMOUNT ENCLOSED \$ \_\_\_\_\_

PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

Make Checks Payable to District 4 AFG

Return Registration to: District 4 , PO Box 417,  
Wellsburg, IA 50680

#### Cost:

**Package A:** \$60 2 overnights  
(Fri. - Sat. Night)

\$50 if pre-registered

**Package B:** \$50 1 overnight  
(Saturday night)

\$40 if pre-registered

**Package C:** \$30 Saturday only  
\$25 if pre-registered

Free will donation if you can  
only attend the spiritual  
meeting on Sunday,  
November 3rd

# SCHEDULE

## FRIDAY

5:30pm: Admittance (Doors Open, Registration)

6:00pm: Snacks with meat & cheese tray

8:00pm: Open Meeting/Workshop

## SATURDAY

9:00am - 10:15am: Admittance, Registration, & Breakfast

10:30am - 11:15am: Workshop

11:30am - 1:00pm: Lunch

1:30pm - 2:15pm: Workshop

2:30pm - 3:15pm: Workshop

3:15pm - 5:15pm: Free Time - Meditation Exercise

5:30pm - 7pm: Supper

7pm - 9pm: Let the Games Begin

9pm: Candle Light Meeting

## SUNDAY

8:30am - 9:30am: Breakfast

10:00am - 11:00am: Spiritual Meeting

11:00am - 12:00pm: Clean Up

# WHAT 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!!