

*Please join us for the
13th Annual Spirituality Weekend*

Hosted by: District 13 AFG

**“DEEPENING OUR
SPIRITUALITY”**



Saturday & Sunday October 6st & 7th, 2012

Lathrop E. Smith Center

5110 Meadowside Lane, Rockville, MD 20855

Attend a series of Al-Anon workshops and enjoy the beautiful, natural surroundings of the Smith Center including several acres of wooded land, fields, trails, streams and meadows. Most importantly, spend time with others from the Al-Anon community in a relaxed and spiritual setting.

**Only \$45 for the weekend (8am Saturday – 3pm Sunday)
(Includes all meals, snacks & lodging for one night)
or \$30 if you come for Saturday only!**

***Al-Anon Workshops *Bonfire *Singing *Turning-it-over Ceremony
*Outdoor Meetings *Yoga/Meditation *Arts and Crafts
*Group Hikes in the Woods *Relaxation *Fellowship!!**

***Come and Share the Experience, Strength,
and Hope of the Program***

2012 District 13 AFG Spirituality Weekend

Registration Form

(Saturday Oct 6 at 8 am thru Sunday Oct 7 at 3:00 pm)

-- Registration Deadline is Monday October 1, 2012

- The total cost for the weekend is \$45** which includes housing for one night, registration & all meals & snacks. Saturday-only registration is \$30** and includes meals on Saturday.
- Housing for this event is single-sex dormitory style (bunk beds) with shared bathrooms.
- Meals and most meetings/workshops are in the main lodge. Some sessions will be held outside if weather permits.
- Return the registration form below with your check as early as possible to secure your place. All registrations must be made in advance.** In order to adequately plan meals, we regret we cannot accommodate walk-ins.
- Please bring: sleeping bag/linens & pillow; towels, soap, & toilet articles; a flashlight; bedtime reading light; yoga mat; flip flops for the shower; ear plugs; bug spray; your journal; musical instruments & song sheets for the bonfire celebration.
- Questions? **Call Gail K. at 240-418-0797 or email: gk966@comcast.net**
Or call Laura R. at 240-281-2088 or email: laralemon7@yahoo.com

Cut on line below

To register, please complete and mail this form, along with your check
(made out to: **District 13 AFG**) to:

Gail Kropf 14537 Carona Drive, Silver Spring, MD 20905

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home: _____ - _____ Cell: _____ - _____

EMAIL: _____ (Please provide your email address, if available, so we can send confirmation of your registration and any last minute details)

Please describe any dietary concerns/restrictions {we may not be able to provide for all food restrictions}

Please indicate your intention for the weekend:

- I am coming for the full-weekend (one night) (\$45)****
- I am coming for Saturday-only (\$30)****
- I am willing to help with or at the weekend**

Total amount enclosed: \$_____ *(Make check payable to "District 13 AFG ")

****No person will be left out for financial reasons. If you have a concern, call Gail K. @ 240-418-0797**