

Emotional Sobriety

'Maturity'

Emotional Sobriety can be described as living a balanced life; to have the ability to deal with life and its joys and struggles in a healthy manner.

When individuals become addicted to, or are in relationship with those addicted to alcohol, drugs, or other unhealthy behaviors or substances, emotional growth is halted. When recovery begins they can once again focus on their own emotional growth receiving a deep inner strength that they can rely upon.

Emotional Sobriety is closely linked to serenity, an unshakable sense of inner peace that people find in recovery.

During this weekend we will look at the Signs of Emotional Sobriety and their relationship to the 12-Steps of Alcoholics Anonymous.

- Self-acceptance
- Living in the Present Moment
- Having a Developing Spirituality
- Forgiving as I would Like to be Forgiven
- Having Balance in our Lives

Sr. Linda Fischer, ASC



Sr. Linda Fischer is a member of the Adorers of the Blood of Christ from Columbia, PA.

A teacher by profession, Sr. Linda left the classroom in 2005. Since then she has been involved in full-time 12-step retreat ministry giving retreats to members of Alcoholics Anonymous and other related 12-step groups.

Sr. Linda has been a grateful recovering alcoholic for the past 23 years and says she loves facilitating recovery retreats because "she received every bit as much as she gives." She call her own journey in recovery one of the greatest blessings in her life.



RETREAT DATES: Serenity Retreat — December 1 - 3, 2017

SEND TO: Franciscans Retreat & Spirituality Center, 16385 St Francis Lane, Prior Lake MN 55372-2220

Name _____ Telephone # _____

Address _____ City _____

State _____ Zip _____ E-Mail _____

**REGISTRATION FEE \$30.00 Payment Check # _____ Will you be arriving before 5:00 pm ? Yes _____ No _____

Credit Card: Visa Discover MasterCard # _____ Exp Date _____ Sec Code _____
Signature Approval _____

REGISTRATION FORM

**** A non refundable non transferable registration fee of \$30.00 per person is required and must be received in order to reserve a room. At the conclusion of the retreat we suggest as a donation \$160.00. (Includes: retreat programs, spiritual direction, meals and private room with shared shower/toilet) To make a reservation call (952) 447-2182 or register online at: www.FranciscanRetreats.net**



The Conventual Friars of Our Lady of Consolation Province are your hosts at Franciscan Retreats and Spirituality Center. The peace and natural beauty of our facility nestled in sixty acres of woods, prairie grass, and a pond, beckons you from the cares of daily life to a place of quiet reflection.

Weekend Serenity Retreat for AA & Al-Anon

Friday

- 3:00 pm Early Check-in (Front Desk)
- 4:30 Stations of the Cross
- 5:30 Light supper (Dining Room)
- 6-7:30 Check-in (Front Desk)
- 7:45 Welcome and Orientation (Chapel)
Followed by Presentation I
Followed by discussion in small groups
(Various locations)

Saturday

- 8:00 am Morning Prayer (Chapel)
- 8:30 Breakfast (Dining Room)
- 9:30 Presentation II (Chapel)
followed by discussion in small groups
- 11:30 6th Step Ceremony
(with confessions for those who wish)
- 12:30 pm Lunch (Dining Room)
Followed by leisure time to rest, walk
pray, or see a staff member
for Spiritual Direction
- 3:30 Presentation III (Chapel)
Followed by discussion in small groups
- 4:30 Roman Catholic Sunday Mass (Chapel)
- 5:30 Dinner (Dining Room)
- 7:00 Presentation IV (Chapel)
Followed by discussion in small groups
- 8:15 Optional Entertainment (Marian Lounge)

Sunday

- 9:00 am Breakfast
- 10:00 Morning Prayer (Chapel)
Followed by Presentation V
Followed by discussion in small groups
- 11:15 Stewardship meeting
Departure

SERENITY RETREAT

FOR AA & AL-ANON

DECEMBER 1 - 3, 2017



Our Retreat House Offers:

- Beautiful Chapel
- Labyrinth
- Library
- Conference room
- Gift Shop
- Spiritual Direction
- Confession
- Four Conferences
- Home cooked meals

