

Serenity for the Second Half of Life

A weekend for those aged 55+ with Dede Armstrong and Friends

“God, grant me the serenity to accept the things I cannot change; the courage to change the things I can; and the wisdom to know the difference.”

As we age, we have a tendency to want more peace in our lives, but for many of us who have struggled with the disease of alcoholism or addiction, we often haven't found the path to serenity. It can sometimes feel elusive.

During this weekend retreat, we will break down the components of the Serenity Prayer. Through discussion, spiritual practices, and our connection to each other and our Higher Power, we'll learn how to access serenity more readily. We'll learn how to more fully tap into our inner serenity, courage and wisdom!

\$205/person

includes lodging, food & materials.
Scholarship funds are available.

MAY 29 - 31, 2020

SCHEDULE

4:00pm - 5:30pm FRIDAY // CHECKIN

1:00pm SUNDAY // CHECKOUT

WHERE

The McIver Center at The Retreat
1351 Wayzata Boulevard East, Wayzata, MN

REGISTER

Complete the reverse side of this flyer.
Space is limited.

ATTENDEES WILL EXPERIENCE

- An opportunity to **retreat** from the pull of the daily distractions in our lives
- **Connection and community** with others on this spiritual path, including group discussion
- Time for **reflection** and contemplation
- **Nourishment**, with meals prepared by our award-winning chef



DEDE ARMSTRONG, LADC, MSW, MA, has been active in her own recovery for over 18 years. She is the facilitator and coordinator of the 55Plus Recovery Program at The Retreat. Her academic background includes attaining a Masters Degree in Social Work from Columbia University in NYC in 1989 and a Masters Degree in Addiction Counseling from Hazelden Betty Ford Graduate School of Addiction Studies in 2016. She is passionate about helping those in the later chapters of their lives find the spiritual solution to their struggle with addiction.

FOR MORE INFORMATION
CONTACT

Chris or Sherry @ 952.476.0566
TheRetreat.org

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PLEASE SIGN ME UP!

If e-mailing this form, please do not include credit card information. If paying via credit card, please print and mail this form, or call us to process your payment.

LAST NAME

FIRST NAME

ORGANIZATION

TITLE

ADDRESS

CITY / STATE / ZIP

DAY PHONE

MOBILE PHONE

EMAIL ADDRESS

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*\$50 of this fee is a non-refundable/
non-transferrable deposit*

My check made payable to The Retreat is enclosed.

Please charge my VISA/MASTERCARD/DISCOVER/AMEX

\$

CREDIT CARD #

EXP/ DATE

NAME AND ADDRESS OF CARDHOLDER IF DIFFERENT FROM ABOVE

Please make your payment along with completed Registration Form to the address below:

The Retreat

1221 Wayzata Boulevard East

Wayzata MN 55391

952.476.0566 or 1.877.446.9283

FAX : 952.404.7208

theretreat.org

Serenity for the Second Half of Life

Weekend Retreat with Dede Armstrong and Friends

Friday, May 29 – Sunday, May 31, 2020

Check-in 4:00 – 5:30pm on Friday | Check-out at 1:00pm on Sunday

The McIver Center at The Retreat

1351 Wayzata Blvd. E. | Wayzata, MN

SPONSORED BY : The Retreat

