

***Join us for the 19th Annual District 13 Al-Anon
Spirituality Weekend***

Keys to Serenity...



Lathrop E. Smith Center

5110 Meadowside Lane
Rockville, MD 20855



***Saturday March 9th & Sunday
March 10th 2019***

Registration & Breakfast starts at 8 am Saturday- 3pm Sunday

Come attend a series of Al-Anon workshops and enjoy the beautiful, natural surroundings of the Smith Center.

Spend time with fellow Al-Anon members in a relaxed and spiritual setting.

*Al-Anon Workshops *Yoga/Meditation *Art Projects *Group Hikes *Letting-Go Ceremony *Fellowship *Delicious homemade meals!

Only \$45 for the entire weekend

Includes all 5 meals, snacks & lodging for one night

***\$30 if you register for Saturday Only! And now \$20.00 for
Sunday Only!***

***Come Share the Experience, Strength,
And Hope of the Al-Anon Program***

2019 District 13 Spirituality Weekend Registration Form
Registration Deadline is-(to be determined by committee)

- Total cost for the weekend is \$45* which includes housing for one night, registration, all 5 meals and snacks. Saturday-only registration is \$30* and includes 3 meals on Saturday.
- Housing is single-sex dormitory style (bunk beds) with shared bathrooms. Overnight Guests should bring: Sleeping bag or linens, blankets, pillows, towels, soap, flashlight, bedtime reading light, yoga mat, flip flops for the shower, and ear plugs.
- Meals and most meetings/workshops are in the main lodge.
- Carpooling is encouraged

All registrations must be made in advance, please return form below and your check as early as possible – Sorry, NO WALK-INS!

- Other Questions? Please contact: **Kristin O. kovolunteer@gmail.com**

No person will be left out for financial reasons, If you have a concern contact Kristin

Complete the form below and return with payment

To register, please complete and mail this form, along with your check: made payable to District 13 AFG

Mail to Peggi McCarty 13121 Shadyside Ln. #A Germantown MD 20874

If you'd like to lead a workshop or volunteer to help, please check here

Name: _____ City: _____

State: _____ Best Phone: _____ - _____

EMAIL: _____ (Provide your email address, if available, so we can confirm your registration and send any last minute details, such as changes due to inclement weather!) *** We will have some vegetarian, vegan, and gluten free food choices available***

Participation Options Make Your Selection:

I am coming for the full weekend Saturday/Sunday \$45.00 per person

I will be sleeping overnight (You may sleep at home, if desired)

I am coming for Saturday only- \$30.00 per person

I am coming for Sunday only- \$20.00 per person

Total amount enclosed: \$ _____