

PATHWAYS IS FOR people in recovery from chemical dependency and for those that love them. Beginners and old timers, alcoholics, addicts, Al-Anons, family members and concerned persons are most welcome. The retreat is sponsored by the Episcopal Diocese of Iowa, but people of any faith and those seeking faith are cordially invited. This is a spiritual retreat. Our primary focus is the spiritual path known as the 12 steps, as first articulated by Alcoholics Anonymous. Participants design their own retreat experience. Here's a schedule of optional activities offered in the past.

Friday

4:00pm	Registration begins
5:45pm	Serenity Potluck
6:45pm	Opening / Step 4 Speaker
8:15pm	Candlelight Meeting with Introductions
10:00pm	Snacks

Saturday

7:30am	Sharing Meditations
8:00am	Breakfast
8:45am	Step 5 Speaker
9:45am	Open 12 Step Meeting
11:00am	Free Time
Noon	Lunch
1:00pm	Free Time
3:00pm	Step 6 & 7 Speaker
4:00pm	Open 12 Step Meeting
5:00pm	Prayer and Meditation (Rosary)
6:30pm	Dinner
7:30pm	Candlelight Open Meeting / Campfire

Sunday

7:45am	Sharing Meditations
8:30am	Spiritual Service
9:45am	Brunch
10:30am	Closing

REGISTRATION fees are underwritten by the Diocese of Iowa's Chemical Dependency Committee. Total fee for the weekend is \$85. Saturday only fee is \$38. Pre-registration (Full retreat deposit) fee is \$45. Folks have been donating to a scholarship fund over the years so that no one will be turned away due to the inability to pay. We are still accepting donations to that fund. For scholarships or any other questions call Patti Christensen (515) 223-5083.