

Self Care ~ an ACA Retreat

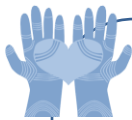
The Villa Desiderata welcomes friends to a weekend of reflection, renewal and fellowship on

October 28, 29 & 30, 2016

Join us for a retreat to a place of recovery to explore Self Care in your personal program. ACA members will share in an intimate setting, taking a deeper look at how we can expand our emotional sobriety through positive action in our lives, in a setting of trust, love and healing.

This retreat will provide an energizing, fun, interactive and reflective program for anyone who would like to further expand and develop self care. Experience a weekend of positive thinking; self-esteem building, stress free living and meditation. The smoke-free Lutz House is a separate retreat house at the Villa Desiderata, on seven serene wooded acres overlooking the shores of the Pistakee Bay in McHenry Illinois. Activities include music, movie clips, quiet meditation, and small and large group workshops. The retreat is facilitated by Bob Schwantz. This is an Open ACA Retreat – All are Welcome!

- ♦ The weekend fee of **\$105.00** includes dormitory lodging, meals & program for 3 days and 2 nights.
- ♦ Please consider an additional contribution towards a scholarship attendee.
- ♦ Space is limited! Only your check holds your reservation (please post date your check to 10/28/16).
- ♦ If you have questions, please contact Bob at **847-800-3137**
- ♦ This Weekend Retreat requires your commitment to the group and program and is best supported by your full attendance. Please plan to arrive Friday eve with departures at noon on Sunday.



Reflection on the Spiritual Principles behind the Steps

(listed with corresponding Red Book page)

1) Powerlessness and Surrender	p 129	7) Humility	p 226
2) Open-Mindedness and Clarity	p 137	8) Willingness and Self-Forgiveness	p 234
3) Willingness and Accepting Help	p 149	9) Forgiveness and Courage	p 249
4) Self Honesty and Courage	p 188	10) Honesty and Discernment	p 262
5) Honesty and Trust	p 206	11) Seeking and Listening	p 278
6) Willingness	p 216	12) Love and Self-Love	p 294

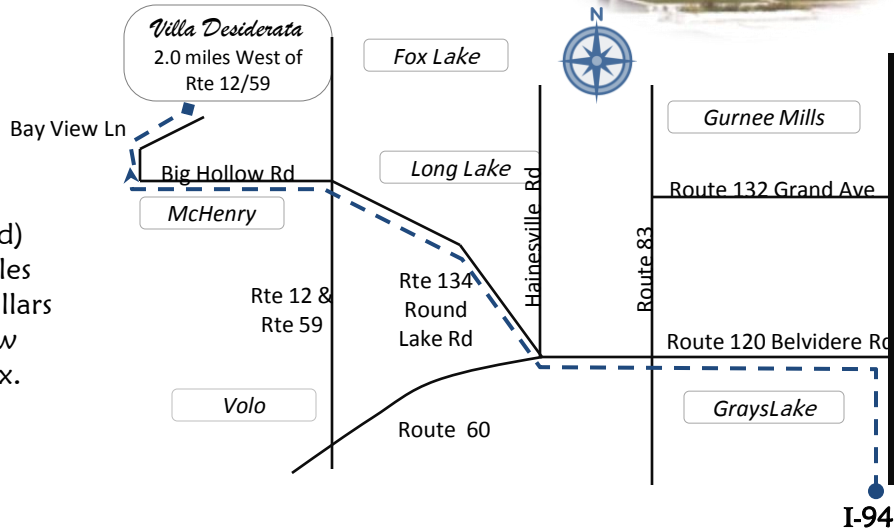
Villa Desiderata

3015 N. Bay View Lane ♦ McHenry IL 60051 ♦ 815-385-2264

The Villa is located appx 35 miles NW of Chicago O'Hare Airport; appx 55 miles SW of Milwaukee.

DIRECTIONS

From the Fox Lake intersection of Route 12 & Route 34 (Big Hollow Rd) turn West and continue appx 2.5 miles to Bay View Lane (you'll see brick pillars on your right). Turn right and follow the curving road to the 3015 mailbox. The driveway is on your left.



Self Care Retreat ♦ Weekend at Villa Desiderata ♦ *Lutz House*

October 28, 29 & 30, 2016

- ♦ The weekend fee of \$105.00 includes dormitory lodging, meals & program for 3 days and 2 nights.
- ♦ Three catered, family-style meals are served on Saturday, plus continental breakfast on Sunday.
- ♦ Please contribute snacks, fruit, pop or bottled water for our Hospitality Table.
- ♦ Doors Open at Lutz House at 4:00pm, check in from 4–7pm on Friday, October 28th
- ♦ Welcome BBQ dinner on Friday from 4:30-6pm.
- ♦ Bring a lawn chair for group meetings outside.
- ♦ The event concludes at about 2pm on Sunday. We are self-cleaning.
- ♦ The Villa is hosting a separate event in the main house, which is absolutely off-limits to our group. Please be respectful and adhere to The Villa's requirements that we do not trespass.
- ♦ 50/50 Raffle at the retreat - tickets will be sold Fri & Sat am; drawing on Saturday at lunchtime. Two ways to win: one winning raffle ticket will receive 50%; the other winner of 50% will be pulled from names who have their checks in by October 1st!
- ♦ A special Journaling Session will be led by Laura F; she will share recognized methods to help you develop an enriched and more rewarding journaling experience.
Many of us write on a daily basis, finding that it helps us to put things into perspective for us.

This is a Safe & Sober Event!

Weekend Fee: \$105.00

Make check payable to:

Villa Desiderata

Postdate your check to 10/28/16
(non-refundable after 10/21/16)

Detach & Mail this completed form along with your check to:

Bob Schwantz
103 S Rohlwing Rd
Palatine IL 60074
847-800-3137

Name:			
Address:			
City:	State:	ZIP:	
Phone:			
Email:			
Amount Enclosed:	\$	OPEN ACA Retreat October, 28 & 29, 30, 2016	
Emergency Contact name & phone:			

Check if interested:

I'd like to help out with the program