

# 11th Step Meditation Retreat Day

Proceeds to benefit Casa Serena - Residential Recovery for Women

## Join us November 5th in Santa Barbara to The 1st Steps towards 11th Step Meditation

We will explore and learn how to work the first 3 steps as action steps through practicing meditations using:

- The 1st Step of meditation: Relax and Let Go of unmanageable thoughts and emotions
- The 2nd Step of meditation: Discover our inner connection to our Higher Power to restore us to sanity
- The 3rd Step of meditation: Make decisions to surrender our self-will to allow God's will to flow

**Saturday, November 5**

**10:00 am - 5 pm**

Cost \$ 50.00 (includes lunch)

Advance registration requested

Space is limited

Call 805.564.8701 or email

[randy@spiritstep.com](mailto:randy@spiritstep.com) for information

We invite you to join us in a day of meditation at the Center of the Heart , located in Santa Barbara. It will provide an atmosphere of prayer, meditation, and reflection. Retreat leader Randy F. has produced several 11th Step Meditation CD's, the <http://www.spiritstep.com> and [www.11thStepMeditation.org](http://www.11thStepMeditation.org) websites, and a monthly 11th Step Meditation Newsletter, taught numerous 12 Step meditation workshops and classes in jails, recovery homes, and hospitals.

Retreat Location:

Center for the Heart

487 N. Turnpike Road Santa Barbara, CA

Proceeds will benefit Casa Serena. For Over 50 Years, Casa Serena has been successfully treating women committed to their recovery from addiction to drugs and alcohol in Santa Barbara. Casa Serena:

- Changes lives forever
- Reunites families
- Enables women to fulfill their potentials

Casa Serena is:

- The only non-denominational program of its kind in Santa Barbara
- The only residential treatment facility for women with children
- The oldest residential recovery

**11th Step Meditation Retreat, Nov. 5th in Santa Barbara. Advance registration please.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

[http://www.11thStepMeditation.org/spiritstep\\_retreat.php](http://www.11thStepMeditation.org/spiritstep_retreat.php)

Register online or mail registration with \$50.00 workshop fee to:

Casa Serena  
1515 Bath St.  
Santa Barbara, CA 93101

For more information call 805.564.8701 or email  
[marisa@casaserena.org](mailto:marisa@casaserena.org), or [randy@spiritstep.com](mailto:randy@spiritstep.com)