

LADIES SUMMER AA 12-Step RETREAT

By the Ladies Group Red Deer

We are now accepting early reservations for the **Summer 2026 Ladies' Silent Meditation Retreat. June 19, 20, 21** - arrival **6 pm** Friday- Depart noon Sunday This retreat offers a serene and supportive environment to disconnect from the noise of daily life, reconnect with your inner self, and deepen your spiritual practice. **Steps 3 and 7 daily and step 11 all wknd**

Through silence and stillness, participants are invited to experience rest, reflection, and renewal. **THEME is :**

“ Spirituality of Imperfection and COURAGE TO CHANGE ”

Retreat Details:

- 📅 **Date:** Summer **2026 JUNE 19-21st**
- 🧘 **Format:** Silent meditation retreat
- 🏕️ **What to Bring:** A blanket and personal toiletries
- 🍽️ **Provided:** All meals, water, coffee, tea, and light snacks

This is a unique opportunity to step away from the busyness of life and spend intentional time in quiet connection with your higher power.

Space is limited. To secure your spot, please let us know as soon as possible.

TEXT 587 377 1117 OR BOOK through email centraloffice@reddeeraa.org

