

Cultivating Healthy Relationships

People of all faiths
and those who are searching
are welcome to come on retreat.

DIRECTIONS to DOMINICAN RETREAT

FROM I-95 NORTH OR SOUTH

- Follow I-495 West
- Take Exit 46B, Mclean, Rt. 123 North
- Follow 123 North to the 5th traffic light
- Turn left onto Old Dominion Drive
- Retreat entrance is 1½ blocks on left

FROM WASHINGTON, DC

- Cross Chain Bridge and turn right onto Rt. 123
(immediately over bridge)
- Proceed about 4 miles and turn right onto
Old Dominion Drive
- Retreat entrance is 1½ blocks on left

FROM THE G.W. PARKWAY

- Take the McLean, Rt. 123 Exit, turn right at top
of the exit ramp
- Proceed 3 miles and turn right onto
Old Dominion Drive
- Retreat entrance is 1½ blocks on the left

Dominican Retreat
7103 Old Dominion Drive

January 2012 Retreats for Women of A.A.



January 10-12, 2012
(Tuesday - Thursday)

AND

January 13-15, 2012
(Friday - Sunday)

Directed by Karen Casey

Dominican Retreat
7103 Old Dominion Drive
McLean, Virginia 22101
703.356.4243
Fax: 703.893.4502
www.dominicanretreat.org

(Our retreats are not sponsored by A.A. or Al-Anon)

The Dominican Retreat in McLean, VA is a unique place to nourish our relationship with the God of our understanding. Set apart from the routine of our daily lives, the Retreat provides a peaceful surrounding and thoughtful input, time for reflection, and sharing. Retreat is a time to get a fresh perspective on God's presence in our lives.

Dominican Retreat is rooted in the Roman Catholic tradition; a Mass and the Sacrament of Reconciliation are offered during retreat. All sessions during retreat are optional.

Cost: The suggested offering for a weekend retreat is \$250. Our policy is to welcome all people regardless of their ability to pay. We rely on donations to cover the difference between our actual cost and the average offering we receive. We ask that those who can be more generous, please do so. Payment can be made by check or credit card.

DEPOSIT AND WAIT LIST POLICY : After a retreat is filled, reservations received with a deposit go on a Waiting List. If a space becomes available we will contact you immediately. If you decline the offered space, we do not refund your deposit. If we send you a card indicating you are on the Wait List and you would like your name removed from the Wait List, please call us and we will refund your deposit and remove your name. If you are on the Wait List and we are unable to offer you a space for the retreat, we will refund your deposit. Cancellations by retreatants do not merit a refund of deposit. Deposits may be transferred to one of our other 12-Step programs or another type of retreat. up until one year.

MIDWEEK RETREAT FOR WOMEN OF AA

Dates: January 10-12, 2012

Tuesday 7:15 pm to Thursday 11:15 am

WEEKEND RETREAT FOR WOMEN OF AA

Dates: January 13-15, 2012

Friday 7:15 pm to Sunday about 1:00 p.m.

Theme: *Cultivating Healthy Relationships*

The tools for improving our relationships are rooted in love and forgiveness. The program will help us all experience more peace everyday.

The retreat will include the following:

- Presentations by the retreat director
- Speakers Meetings
- Step Meetings
- Opportunity for one-on-one meeting with retreat director and/or Sisters
- Free time to relax or meditate

The Director: Karen Casey, Ph.D. has more than 30 years in AA and Al-Anon. She made a commitment to women and men in recovery from the moment she walked through the doors of a 12-Step meeting. Her work as a writer for people in recovery, coupled with her work as a lecturer, workshop presenter and retreat director, followed.

Her first book: EACH DAY A NEW BEGINNING: DAILY MEDITATIONS FOR WOMEN was written in 1982. It was followed by THE PROMISE OF A NEW DAY in 1983 and an additional 24 books since then. Her focus in the recent few books has been on relationships and how to live in them more peacefully.

Reservations will be accepted on a first come, first serve basis. When the retreat is filled, applicants will be placed on a waiting list. Reservations may be made by mail (check or credit card information included), or by telephone, fax or email.

Deposit Amount: \$75.00 (non-refundable) Deposit is non-refundable but may be transferred to another retreat for up to one year.

Retreat Dates _____

Name _____

Address _____

City, State, Zip Code _____

Home Phone _____

Work Phone _____

E-mail _____

Have you made a retreat here before? _____

Do you require a main level bedroom? _____

(We have an elevator)

Method of Payment: \$ _____

____ Check ____ VISA/MasterCard

Credit Card Number _____ Exp. Date _____

Name on Card _____

Signature _____

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