

12 STEPPIN'

with the Holy Spirit



Learning Steps 1-12

A Day Retreat

Fr. Charlie Wehrley, C.S.S.R.
Retreat Director

The 12 Steps of Alcoholics Anonymous have been used by many individuals and groups to enable peace of mind. Peace begins through surrender to God (Steps 1-3). It continues with our taking responsibility for our behavior (Steps 4-5), and our learning to let go of our character defects and our need to control life (Steps 6-7). We then learn to be at peace with ourselves and with others in our lives by practicing reconciliation and making amends (Steps 8-9). We then work at maintaining our new found peace through our new found spirituality, and we take the gift of our serenity to others who are suffering (Steps 10-12).

One doesn't have to be an alcoholic or addict to use the 12 Steps. They are an effective spiritual tool for anyone who has poor self-love or the compulsion to control life and everyone in it.

This day retreat will focus on understanding all 12 Steps. You will learn how to use these steps in your relationships and in the simple reality of everyday life. You will learn exactly what power you have over persons or reality, and why it is important to yield your imagined power to a Higher Power, God.

The retreat will run from 9:00 am to 4:00 pm. It will include a gourmet lunch and ample free time for meditation, journaling and walking our 120 acres of beautiful desert grounds with God. Cost is \$25.

NOVEMBER 7, 2009
9:00 AM- 4:00 PM

call 744-3400
for reservations.



Redemptorist Renewal Center
at Picture Rocks

7101 Picture Rocks Road,
Tucson, Arizona.

Where EVERYONE is welcomed!