

FREEDOM XXXIX MEN'S RETREAT

Date: November 22th-24th, 2019

Place: YMCA Camp 1192 166th Street, Boone, IA

Bring: Bedding (sleeping bag, pillows, blankets), towels, flashlights, toiletries, and snacks for the snack table.

Website (details, registration, online payment):

mensfreedomretreat.com

First and Foremost..... Suit Up and Show Up!!!

Friday Night Dinner - Pizza @ 6:30pm

Friday Night Call-Up Meeting @ 7:30pm

Saturday Step workshops begin @ 9:00am

Full agenda available at registration.

What To Expect

Twelve Step Workshops

A.A. Meetings Fun and Fellowship

Get that 5th step done!

(Men will be available to hear 5th Steps)

How to Register

Register online at mensfreedomretreat.com or

Mail us the registration form (on the back) and your check.

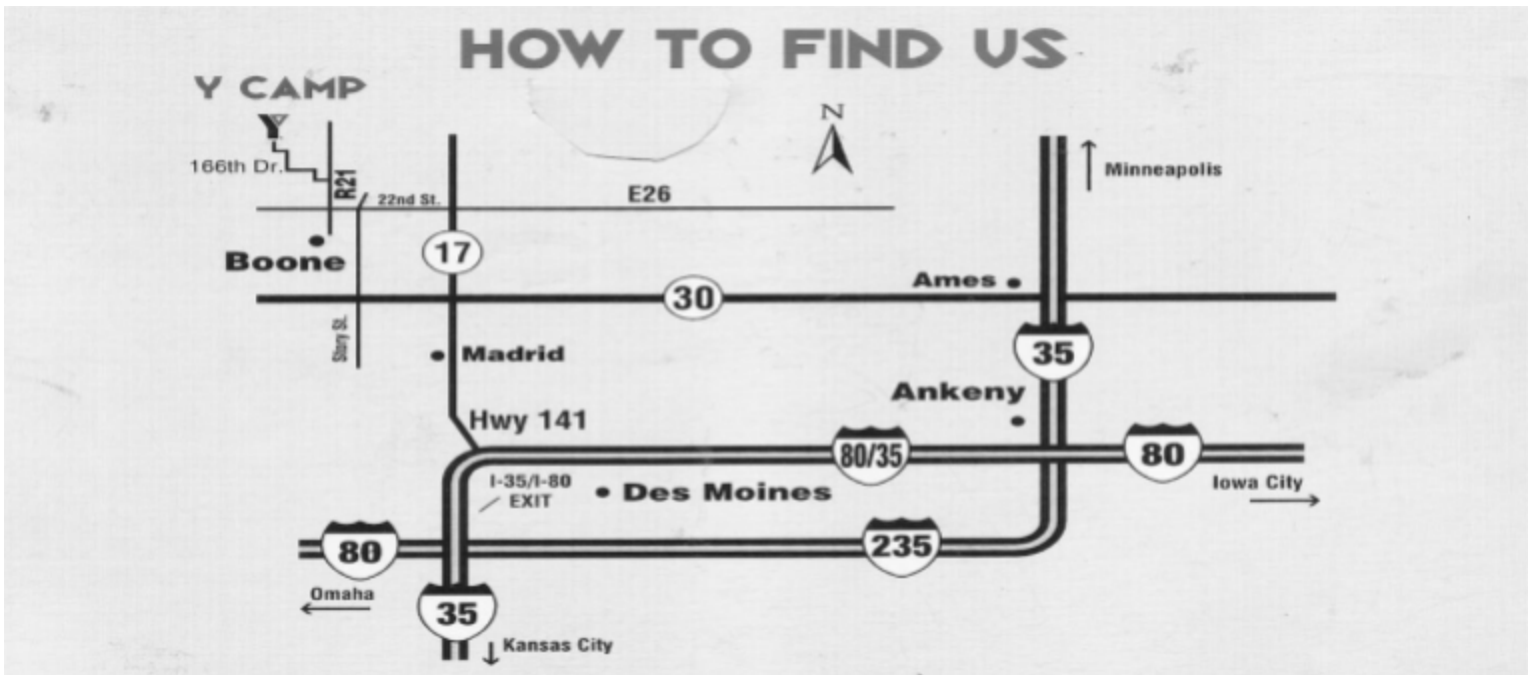
PRE-REGISTRATION is GREATLY APPRECIATED so that we may best provide for all in attendance. Thank you.

For any questions please contact:

Ryan Bircher 515-423-7051

Mike Madden 515-661-7538

“The main thing is that he be willing to believe in a Power greater than himself and that he live by spiritual principles.” (Alcoholics Anonymous page 93)



Please reserve my place at the men's retreat:

(Pre-registration must be received by November 15, 2019)

Pre-registration guarantees you a spot at the retreat.

Send \$20.00 as a deposit, or pay the entire \$65.00 now. Make checks payable to:

**Men's Retreat
P.O. Box 503
Des Moines, IA. 50302-0503**

Tear here and send in with registration

**Please check box for change of Address*

PLEASE PRINT LEGIBLY

NAME _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

PHONE (____) _____ **EMAIL** _____

AA _____ **AL-ANON** _____ (Please check one)

Is this your first men's retreat? Yes ___ No ___

Please note if you require handicap accessibility :