



# Brothers

## 18th Annual NA Men's Retreat

April 28-30, 2017

Notre Dame Spiritual Center  
Alfred, Maine

### Packages Include:

- 2 nights lodging at the spiritual center.
- Meals from Saturday breakfast through Sunday breakfast. (Friday dinner and Sunday lunch available at extra cost).
- Lots of snacks, recovery, sharing, fellowship, fun, friends, and even Wi-Fi.

\$150.00 Registration  
 \$130.00 Early Registration (Before 3/15/2017)  
 \$25.00 deposit holds your place.  
 \$12.00 Friday night dinner additional.  
 \$12.00 Sunday lunch additional.

TAR packages available for those needing financial assistance, Special Requirements or Questions: Contact Chair at [bis@namaine.org](mailto:bis@namaine.org).

### Directions to the Notre Dame Spiritual Center, Shaker Heights Road, Alfred ME:

Maine Turnpike (I-95), take Exit 32 at Biddeford-Saco, turn right onto Route 111. Drive approximately 10 miles to the village of Alfred, turn right onto Route 202-4. About 1.5 miles on right, immediately after a bridge, there is a sign for the spiritual center. Drive to the top of the hill and you'll find us in Denis Hall.

→ **Send checks or money orders to: Brothers In Spirit, 474 Main Street, Rockland ME 04841**

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Town \_\_\_\_\_ State \_\_\_\_ Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 E-mail \_\_\_\_\_  
 Clean Time (optional) \_\_\_\_\_ Chair & Share? \_\_\_\_\_  
 Brothers In Spirit Packages \$150.00 @ \_\_\_\_\_  
 Early Reg. Packages \$130.00 @ \_\_\_\_\_  
 Friday Dinner \$12.00 @ \_\_\_\_\_  
 Sunday lunch \$12.00 @ \_\_\_\_\_  
 Times Are Rough (TAR) donation \_\_\_\_\_  
 Total \_\_\_\_\_

BIS is Sponsored by the  
How Ya' Doin' NA Group of Alfred, Maine

# In Spirit

This Year's Theme:

**GUILT &  
SHAME!!!**

Moving Toward That Happy Joyous & Free Thing

### Friday's Program:

#### ABOUT BROTHERS IN SPIRIT

Welcome, a little about Brothers in Spirit, about our theme, and a time to meet and share.

### Saturday's Program:

#### GUILT, SHAME, & THE PAYOFF

What is guilt? What is shame? How does the disease of addiction use these to encourage relapse.

#### LETTING GO OF SHAME

To let it go we have to pick it up. Using sharing, sponsors, friends, and Steps 6 & 7 as parts of letting go of shame.

#### RESOLVING GUILT

Clearing past wreckage using Steps 8 & 9.

#### FOCUS ON FORGIVENESS

Forgiving the guilt and shame we put on others, and forgiving ourselves: Resolving resentments.

### Sunday's Program:

#### HAPPY, JOYOUS, AND FREE

Without resentment, shame, and guilt what's left is a future as a human dealing with problems instead of medicating them, keeping the way clear for happiness, serenity, and fulfillment. Step 10, hope, and keeping

Brothers In Spirit is a weekend long commitment to growing as men in recovery from addiction through meetings, workshops, fellowship, sharing, and fun. Our Friday evening welcome meeting (7-9 pm) is open to everyone.

It is necessary to register for a package to attend the remainder of the retreat.

TO GET MORE FLYERS GO TO: [WWW.NAMAINE.ORG](http://WWW.NAMAINE.ORG)

