

# FREEDOM XL MEN'S RETREAT

Date: November 19<sup>th</sup>-21<sup>th</sup>, 2021

Place: YMCA Camp 1192 166<sup>th</sup> 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](http://mensfreedomretreat.com)

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

Friday Night Dinner – Burgers & Tots @ 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](http://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:**

Colin Hofferber 515-505-5128

John Potter 515-422-1584

“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)



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Please reserve my place at the men’s retreat:

**(Pre-registration must be received by November 12, 2021)**

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*

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*\*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 :**