

## CONFERENCE RATES

Full Weekend	Double	Single
Facility Fee	\$308.50	\$405.25
Conference Fee	\$75.00	\$75.00
<b>Total per person</b>	<b>\$383.50</b>	<b>\$480.25</b>

### Short Weekend (Friday-Sunday)

Facility Fee	\$204.00	\$268.50
Conference Fee	\$75.00	\$75.00
<b>Total per person</b>	<b>\$279.00</b>	<b>\$343.50</b>

Commuters (meals purchased separately) \$100.00

## TO REGISTER

Complete the registration form available at the website and return with \$100.00 deposit per person. Make checks payable to Serenity in the Smokies and mail to:

SIS  
P.O. Box 10266  
Knoxville, TN 37939

### Balance due September 22, 2011.

In order to receive a full refund, cancellations **MUST** be made **BEFORE** September 22.

\$50.00 non-refundable fee is applied to all cancellations after September 22.

Registration verification begins at 2:00, Oct. 27th. Rooms are available **AFTER** 4:00 p.m.

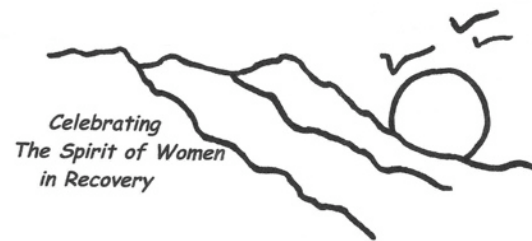
## SCHOLARSHIPS

SIS provides partial scholarships to women involved in 12-step programs who are unable to attend without financial assistance. All proceeds from the "Opportunity to Get a Gift" tickets, sales table, & meeting collections go to the next year's fund. Contributions may be sent to the address

## DIRECTIONS TO KANUGA

Kanuga is located in Hendersonville, North Carolina which is about 30 minutes from the Asheville Airport. For driving directions and transportation options, visit the Kanuga site:

<http://kanuga.org/aboutus/directions/>



## SERENITY IN THE SMOKIES COMMITTEE

*Chairperson:* Gloria S.

*Coordinators:* Judy B., Susan S., Sally S., Ginger C., Phyllis B., Candace H., Stephanie B., Mary A., Jenny S., Kay S., and Janice P.

### Contact Us

For further information and registration form visit the website: [www.serenityinthesmokies.com](http://www.serenityinthesmokies.com)

*God, grant us the serenity to  
accept the things we cannot  
change, the courage to change  
the things we can, and the  
wisdom to make the difference.*



*A retreat for women created by women.*



Serenity in the Smokies is an annual retreat for women who utilize Twelve Step Programs to recover from alcoholism, addiction, and codependency.

**October 27 - 30, 2011**

**Kanuga Conference Center**

**Hendersonville, NC**



[www.serenityinthesmokies.com](http://www.serenityinthesmokies.com)

# Serenity in the Smokies

## WELCOME!

The 2011 Serenity in the Smokies Committee invites you to join us for our 28th annual Serenity in the Smokies Women's Conference at Kanuga Conference Center in the majestic mountains of North Carolina.

Thursday evening through Sunday morning; a weekend of sharing experience, strength, and hope through open speaker meetings, seminars, sharing groups, and many other activities. Come join the fun!

## Kanuga Schedule

### Thursday:

After you have settled in, join us for dinner at 6p.m. Opening ceremony and speaker meeting starts at 7 p.m. Return to the Inn for a meet and greet with cinder and popcorn.

### Friday and Saturday mornings:

Morning meditations begin at 7:15, followed by breakfast at 8:00. The seminars are at 9:00 and 10:30, followed by lunch at noon. Use your free time to hike, nap or choose from various activities, including 12-step meetings (from 1-2 p.m.), followed by afternoon optionals (from 3:00-5:00). Massage appointments are also available using the sign-up board in the lobby.

### Friday night:

After dinner at 6:30, enjoy the following Al-Anon speaker meeting, and later enjoy some fun activities TBA!

### Saturday night:

The AA speaker meeting at 7 p.m., follows dinner at 6:00. Stay for the "Opportunity to Get a Gift" drawing, Sobriety Countdown, and the wonderful Key Log Ceremony.

### Sunday morning:

Our closing ceremony begins at 9 a.m. with a Serenity Choir performance for a meaningful end to what we hope to be a perfect weekend of rest, renewal, and recovery!

# Conference At-A-Glance

## Seminars

**Amber Grey-Waynesville, NC "Welcoming the Wise Woman Within"** Join Amber on a guided meditation to visit the Wise Woman Within Each of Us--a loving and nurturing guide to doing the next right thing. Afterwards, you can share with the group (or not), and create a memento of your visit Within.

**Trazy Mize-Atlanta, GA "Prayer & Meditation: It works, it really does!"** If it works, then why don't we meditate? Learn to use simple tools and techniques in quieting the Ego.

**Ellen Hitchcock-Oak Ridge, TN "Attending to the Moment: Listen to your Inner Guide"** Step 10 calls us to a deeper understanding of who we are and how we move in the world. Embracing the spiritual practice of self-observation is essential to long-term recovery and requires great strength and courage. Be a good tracker of how you show up in your life on a daily basis.

**Lucia Ellis-Atlanta, GA "Listening from the Inside Out"** Through guided visualizations and inspiring writing exercises, we will explore a practice to strengthen serenity, improve intuition, and develop trust in your Higher Power.

**Sue Ellen Alfred-Cookeville, TN "Writing your way to the spirit"** Explore ways in which the act of writing can help you get in touch with your Higher Power and your inner power. Note: Pens, pencils, and notepads will be provided but participants may want to bring their journals.

**Ellen Wolfe "Satisfy your Hunger through Life Coaching"** This session will teach you how to cultivate awareness and empower yourself by embracing your food choices. You will learn how the principals of life coaching work to eliminate the need for diets. Handouts and models are provided.

**Harriet "Happy" Wall-Roswell, GA "Discovering our True Voice"** True sobriety is found through a journey of self-discovery. The more emotional, deeper patterns which shape our lives can be difficult to discover. We will utilize some effective tools to help in this intricate journey to our "Soul's" voice.

## Afternoon Adventures

**Kay Blackwelder-Knoxville, TN Drumming** In honor of the Woodpecker Totem, come join the drum circle and make a joyful noise together using drums for healing and meditation. Bring a drum if you own one!

**Lori McCarter "The Mask"** As survivors of the world there are strengths within us we may not know. Come take a journey deep within to find your Spirit Mask, let it come forth with your life's stories!

**Diane Lemieux "The Peace of Wild Things: Cultivating the Art of Happiness"** Treat yourself to an afternoon of silence, of coming home to yourself. In this workshop, we will explore simple mindfulness meditation and healing qi gong techniques. This practice over time inclines our minds to more wholesome states of serenity and equanimity, "the peace of wild things" as Wendell Berry describes in his poem. This session will be held in silence with a time to process the experience and ask questions at the end.

**Mary Nell Osborne-clinical and art therapist "Grief and Loss"** This workshop will explore and express feelings brought about by grief and loss through writings, drawing, and collage. Bring any materials you may want to work with, but magazines, markers, newsprint and glue will be provided. The group will draw on the wisdom, strength, and courage of others to provide hope, peace, and love to one another.

## Stories of Recovery

Each evening at Serenity in the Smokies we are blessed to be able to hear the **personal recovery story** of a woman who has been working with the 12 Steps. While Serenity is a conference created each year for women only, in the open meeting tradition, speaker meetings are open to everyone.

Speaker meetings begin at 7:00 pm on Thursday and Saturday and at 7:30 pm on Friday.

## Serenity Choir

Celebrate with song! Open to all wishing to make a joyful noise. Choir Director Anne Young would like to encourage folks to bring their own instruments to incorporate them into the musical program. Practice will be in the chapel Saturday afternoon.

Contact Anne at: [abyoung711@yahoo.com](mailto:abyoung711@yahoo.com) or [anneyoung@cornerstoneofrecovery.com](mailto:anneyoung@cornerstoneofrecovery.com)