

# 11th Step Meditation Retreat Day

## Join us April 24th in Santa Barbara to The 1st Steps towards 11th Step Meditation

We will explore and learn how to work the first 3 steps as action steps through practicing meditations using:

- The 1st Step of meditation: Relax and Let Go of unmanageable thoughts and emotions
- The 2nd Step of meditation: Discover our inner connection to our Higher Power to restore us to sanity
- The 3rd Step of meditation: Make decisions to surrender our self-will to allow God's will to flow

**Saturday, April 24**

**10 am - 5 pm**

Cost \$ 40.00 (includes lunch)

Advance registration requested

Space is limited

Call 805-895-2007 or email

[randy@spiritstep.com](mailto:randy@spiritstep.com) for information



We invite you to join us in a day of meditation at St. Mary's, located in the hills of Santa Barbara overlooking the city and the ocean. It will provide an atmosphere of prayer, meditation, and reflection.

Retreat leader Randy F. has produced several 11th Step Meditation CD's, the <http://www.spiritstep.com> and [www.11thStepMeditation.org](http://www.11thStepMeditation.org) websites, and a monthly 11th Step Meditation Newsletter, taught numerous 12 Step meditation workshops and classes in jails,

**St. Mary's Seminary**  
1964 Las Canoas Rd.  
Santa Barbara, CA

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**11th Step Meditation Retreat, April 24 in Santa Barbara. Advance registration please.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

[http://www.11thStepMeditation.org/spiritstep\\_retreat.php](http://www.11thStepMeditation.org/spiritstep_retreat.php)

Register online or mail registration with \$40.00 workshop fee to:

**SpiritStep**  
7193 Emily Lane,  
Goleta, CA 93117

For more information call 805.895.2007  
or email [randy@spiritstep.com](mailto:randy@spiritstep.com)