

Welcome, retreat sisters, to your 17<sup>th</sup> Annual Fall Women's Spiritual Retreat at the Blowing Rock Conference Center, located in the lovely mountain village of Blowing Rock, North Carolina.

In addition to experiencing a spiritual women's retreat, you might enjoy a range of activities. To highlight a few:

- seventeen nearby hiking trails ranging from moderate to strenuous for those who enjoy hiking in the mountains
- outdoor chapel is available for meditation or to sit and enjoy the view
- several walking trails and as much space as you need
- names pulled Friday night for a limited number of massages available @ \$80 an hour -- **cash only please**

***Catch up with old friends, make new ones. and improve your conscious contact with your Higher Power.***

**Registration is transferable, but not refundable**



Register online at:

<https://www.womensspiritualretreat.org>

*Many A.A.'s go in for annual or semi-annual housecleanings. Many of us also like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation."*

12 & 12, Step Ten, Page 89

PLEASE WELCOME 

**Sr. Cheryl Clemons, OSU, from Owensboro, KY, and spends a third of each month in Charleston, WV.**

*Cheryl is the Exec. Director, West Virginia Institute for Spirituality. It was during her years in Washington, DC that Cheryl moved from an "occasional problem drinker" to alcoholism. She has maintained continuous, active sobriety since August of 1993. In the decades since she entered her "New Way of Life" as a recovering alcoholic, she's used the 12 Steps not only in her personal life, but also in her ministry of teaching and guiding others. Sr. Cheryl has led 12-Step retreats and workshops, sponsored various women both in local AA group meetings and in a local ARC Women's Recovery Treatment Center in Owensboro, KY. She counts as some of her closest friends members of a recovery support group that has been meeting twice a week for the past 25 years, seeking to deepen our shared "spiritual awakening." Ongoing recovery and growth have opened "the fourth dimension" to Sr. Cheryl, and she is eager to share her experience and learn from others.*

**Retreat Theme: "Rocketed into the Fourth Dimension"**

During this retreat weekend, women will reflect on the role that the Third Step and especially the Eleventh Step play in our ongoing recovery. Along with the other Steps, attention to these vital elements of AA spirituality has the potential to bring about inner transformation and a new way of life.

A limited number of twenty-minute one-on-one sessions with our retreat leader may be available on Saturday. Names will be drawn from the basket on Friday evening.

**Questions contact:**

**Betty G. at**

[awsrreg@gmail.com](mailto:awsrreg@gmail.com)

**Text: 704-491-1519, or**

**Lisanne S. at**

[Lisannejsmith@gmail.com](mailto:Lisannejsmith@gmail.com)

**Text: 704-905-1706**

# 17th Annual Fall Women's Spiritual Retreat September 18-20, 2026



**Fall Retreat Theme is:**

**"Rocketed into the Fourth Dimension"**

**Sr. Cheryl Clemons, OSU  
Retreat Leader**



The peace and serenity to be gained are unlimited, but space for the retreat is not!

**Register online at:**

<https://www.womensspiritualretreat.org>



“We have been rocketed into the fourth dimension of existence of which we had not even dreamed.” Retreatants will be invited to explore our own experience of this “fourth dimension of existence,” of being lifted out of our old way of living and placed in a new level of consciousness, of spiritual awareness, and of joyful freedom. Retreatants will have opportunities to share with our AA sisters how each of our “fourth dimension” experiences touches our entire lives – our body, mind, spirit, emotions, and relationships with our inner self, one another, and our Higher Power.

Activities such as prayer, meditation, yoga, and stretching, along with small group discussions, a speaker meeting, and limited one-on-one sessions with the Retreat Leader, are designed to strengthen and encourage women in AA recovery. And let’s not forget the element of fun! This retreat is open exclusively to women in AA.

**What to Bring:**

- Snacks to Share
- Meditation books, journal, flashlight, water bottle, and address book
- **Bring Cash For:** massage if selected @ \$80/hour, 50/50 raffle, and BRCC staff gratuity
- Lawn chair is optional
- Warm sweater/jacket/hat/umbrella
- Yoga mat

**Check-in at 3:00 pm. Dinner at 6:00. Coffee/tea/water and soft drinks provided.** Early Bird arrival on Thursday is \$60. **Early Bird meals** at BRCC are Friday breakfast (\$13) and lunch (\$17). Friday night to Sunday morning meals included in registration fee. Retreat ends at noon on Sunday.



- ◆ When you have turned onto Possum Hollow Road:
- ◆ Follow Possum Hollow **.7** miles to a stop sign
- ◆ Turn **LEFT** onto Sunset Drive. Continue **.2** miles to the stop sign.
- ◆ Turn **LEFT** onto Goforth Road and continue for **about .6** miles until you come to the 15 mph speed limit sign; you will see the entrance to Blowing Rock Conference Center just ahead on your right.
- ◆ Turn **RIGHT** and follow the road to the main parking lot.



**COST FOR THE WEEKEND**

**Rooms**

- Lodge: \$235 per person
- Single Room: \$335
- Cottage (must have 3): \$210 per person
- Rowe Dorm \$190

**Friday dinner, Saturday 3 meals, and Sunday breakfast are included with registration.**

**REGISTER, SELECT ROOM TYPE ONLINE**

<https://womensspiritualretreat.org>

**For registration questions, contact:**

Betty G. at

[awsrreg@gmail.com](mailto:awsrreg@gmail.com)

**Text: 704-491-1519, or**

Lisanne S. at

[Lisannejsmith@gmail.com](mailto:Lisannejsmith@gmail.com)

**Text: 704-905-1706**

**Registration Form**

**Would you like to be of service? (Circle one)**

- Stretch/Yoga    Set-up    Prayer/Meditation
- Hospitality    Breakout Group Leader
- Greeter/Mail Angel    Breakdown/Cleanup

Name: \_\_\_\_\_

Badge Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Sobriety Date: \_\_\_\_\_

E-mail: \_\_\_\_\_

**Roommate Name** \_\_\_\_\_

Accessible room needed?    Yes    No  
**(Accessible rooms are very limited.)**

**Food allergies:** \_\_\_\_\_

**Golf cart ride needed?**    Yes    No

**Do you require a first floor room?**    Yes    No

**There are no elevators at BRCC**

Use this form or **Register online** at <https://womensspiritualretreat.org/>

**Lodge \$235 per person double occupancy  
Limited number single rooms @ \$335  
Cottage (up to 4) is \$210 per person  
Rowe Dorm \$190**

**Registration Amount**    \$ \_\_\_\_\_

**Early Bird Thurs. (\$60)**    \$ \_\_\_\_\_

**Friday Breakfast. (\$13)**    \$ \_\_\_\_\_

**Friday Lunch (\$17)**    \$ \_\_\_\_\_

**Scholarship Contribution**    \$ \_\_\_\_\_

**Total Amount Enclosed**    \$ \_\_\_\_\_

**CHECK/MONEY ORDER PAYABLE TO:**

**"Women's Spiritual Retreat" and mail with this form to:**

**Betty Gregory @ 2422 Purser Drive  
Charlotte, NC 28215**

