

## Prayer and Meditation Retreat at the Springs

Tuesday, January 26 – Thursday, January 28, 2027

St. Francis Springs Prayer Center  
477 Grogan Road  
Stoneville, NC 27048



### “Practicing our Path: The Promises”

**Ladies, join us to experience our contemplative retreat on *The Promises*! Enjoy new friends and old; and enhance your recovery in a supportive environment as we take a deeper dive into the 3<sup>rd</sup> Step Promises.**

*“... As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.”* Alcoholics Anonymous, p. 63

Our Retreat Leader: Cynthia “Cindy” Sloan. Cindy is a member of We Need Each Other and attends the Women’s Serenity and AA Women in Progress groups in Matthews, NC. She has served as a hospital chaplain and substance abuse counselor in several treatment centers and has been a licensed clinical addiction specialist (LCAS) since 2006. Cindy also worked as Assistant Program Director for the Special Program on Substance Abuse and Related Violence with the United Methodist Board of Global Ministries. Trained in intervention at the Betty Ford Treatment Center and certified in Spiritual Caregiving for Addicts and Families, Cindy brings deep experience and compassion to her work. She is a trained retreat leader and is completing certification in Spiritual Direction. Cindy is passionate about reducing shame and stigma around addiction. In her free time, she enjoys gardening, knitting, and painting with oils and watercolor.

The retreat is Tuesday to Thursday, and costs **\$300 double occupancy; \$350 single**. Includes two nights’ stay, dinner Tuesday, three meals Wednesday, breakfast and lunch Thursday. Non-refundable, transferable **deposit of \$150 required** to secure your spot **on or before September 1, 2026**. **Full payment due by November 1, 2026**. Space is limited to the first 44 registered ladies.

For more information, contact Betty at 704-491-1519 or email [wssr2021@gmail.com](mailto:wssr2021@gmail.com). Register online at <https://www.prayeretreatinc.com/registration>, or make checks or money orders **payable to "Prayer and Meditation Retreat"** and mail to: 2422 Purser Drive, Charlotte, NC 28215.

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

St. Add.: \_\_\_\_\_ City/St/Zip: \_\_\_\_\_

Sobriety Date: \_\_\_\_\_ Home Group: \_\_\_\_\_

Roommate: \_\_\_\_\_ Amount Enclosed: \$ \_\_\_\_\_

Phone: \_\_\_\_\_

**Double occupancy @ \$300. There are only 13 Single occupancy rooms @ \$350. Non-refundable, but transferable deposit of \$150.00 required to hold your spot.**

Special Needs: \_\_\_\_\_

Food Allergies: \_\_\_\_\_