



Kimmerling

# *Channel of Your Peace*

A Recovery  
Retreat with  
Francis of  
Assisi

May 19-25, 2019

Journeys to Assisi  
Paul Kimmerling  
Assisi, Italy

**Journeys to Assisi: Retreats for Spiritual Seekers** announces a new offering in Assisi, Italy – “Channel of Your Peace: A Recovery Retreat with Francis of Assisi”.

Most of us know the 11th step prayer, attributed to St. Francis, that begins, “Make me a channel of your peace...”. But you may not know how closely his 13<sup>th</sup> century spiritual practices reflect our modern 12-step approach. If we aspire to maintain our spiritual condition and become channels of peace, we can learn much from the life of St. Francis.

Join us to reinvigorate your recovery by contemplating your 12-step journey through the lens of Francis’ life. You’ll gain insights into your own recovery practices by learning how Francis met his challenges through surrender, gratitude, self-examination and prayer. You will have an opportunity to examine and refresh your program while learning and sharing with others who are committed to recovery. All of this set among the same streets of ancient stone that Francis walked 800 years ago.

We gather Sunday evening, and close on Saturday morning. During the week, we begin with meditation and breakfast. Paul shares thematic talks that interweave Francis' life experiences with the 12-step journey, providing opportunities for you to reflect on your own recovery. Our talks are followed by walks to historic sites related to his life events. Mornings are capped off with a group lunch. Afternoons are unscheduled. We hold an "all-12-steppers" meeting each evening at 5:30. On Wednesday we take a mid-week break. I can provide suggestions for activities, near and far, depending on your interests. Yoga and massage can be arranged. You can hike locally or make trips to neighboring cities like Spello or Perugia.

Assisi, Italy, is a treasure trove for art and architecture lovers. Most famously, the 13th century Basilica of St Francis features frescoes of such early Renaissance masters as Giotto and Cimabue. Geographically, Assisi is situated in a glorious landscape, perched above the olive groves of the Umbrian valley. And, Assisi's restaurants use fresh local fare in recipes that range from the traditional to the eclectic. Assisi is a 2-hour train ride from Rome.

This retreat is ideal for those who want an immersive experience in which to deepen their practice of the 12 steps. We welcome members of a home group to attend together, or for sponsors and their sponsees to do the same. We welcome all 12-steppers who have at least 1 year of continuous sobriety.

SUNDAY	MONDAY	TUESDAY	WED	THURSDAY	FRIDAY	SATURDAY
	Breakfast: 8-9  Gather: 9-10  Visit: <ul style="list-style-type: none"> <li>• Santa Chiara</li> <li>• Bishop's Palace</li> <li>• S. M. Maggiore</li> </ul>	Breakfast: 8-9  Gather: 9-10  Visit: <ul style="list-style-type: none"> <li>• San Damiano</li> <li>• San Rufino</li> </ul>	Breakfast: 8-9  FREE DAY	Breakfast: 8-9  Gather: 9-10  Visit: <ul style="list-style-type: none"> <li>• S. Maria degli Angeli (Porziuncola)</li> </ul>	Breakfast: 8-9  Gather: 9-10  Visit: <ul style="list-style-type: none"> <li>• Basilica of San Francesco</li> </ul>	Breakfast: 8-9  CHECK-OUT 10:30
<b><u>AFTERNOON:</u></b>  <b>ARRIVAL IN ASSISI; CHECK-IN AT GUESTHOUSE</b>	Optional Group Lunch	Optional Group Lunch	FREE DAY	Optional Group Lunch	Optional Group Lunch	
<b><u>EVENING:</u></b>  <b>GROUP DINNER AT GUESTHOUSE; PROGRAM ORIENTATION</b>	5:30-6:30 All 12-steppers meeting	5:30-6:30 All 12-steppers meeting	FREE DAY	5:30-6:30 All 12-steppers meeting	5:30-6:30 All 12-steppers meeting  Closing Dinner	

# Expenses MAY 2019

## Fixed Costs

- Single room (1 person, 1 bed, incl bath) US 1,450.00 per person, per room, single occupancy
- Double room (2 persons, 2 beds, incl bath) US 1,350.00 per person, per room, double occupancy

The above fixed costs include:

- 6 nights in Assisi
- Breakfast each morning at the hotel; dinner on the night of arrival
- Morning and evening talks/group reflections, 12-step meetings;
- Supplies (Assisi Guidebook; detailed information for our site visits; notebook and pen)
- Escorted visits to the major spiritual landmarks (as above)

NOTE: A minimum of 5 people is required for the pricing above. A group of 3-4 people will enjoy a highly personalized experience for an additional \$500.00 pp. An individual session of spiritual direction is included for each participant in groups of this smaller size.

## Payment Schedule for Fixed Costs

Firm commitment is due on March 1, 2019, with a non-refundable deposit of 1/3 of your total cost. There are 2 subsequent payments, on April 1, 2019 and May 1, 2019, so that you are fully paid by the time of the trip.

## Discretionary Costs

The following are not included in the Fixed Costs, above:

- Air travel
- Ground transportation
- Lunches and dinners (aside from arrival night dinner)