



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 13th 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"> • Santa Chiara • Bishop's Palace • S. M. Maggiore 	Breakfast: 8-9 Gather: 9-10 Visit: <ul style="list-style-type: none"> • San Damiano • San Rufino 	Breakfast: 8-9 FREE DAY	Breakfast: 8-9 Gather: 9-10 Visit: <ul style="list-style-type: none"> • S. Maria degli Angeli (Porziuncola) 	Breakfast: 8-9 Gather: 9-10 Visit: <ul style="list-style-type: none"> • Basilica of San Francesco 	Breakfast: 8-9 CHECK-OUT 10:30
<u>AFTERNOON:</u> ARRIVAL IN ASSISI; CHECK-IN AT GUESTHOUSE	Optional Group Lunch	Optional Group Lunch	FREE DAY	Optional Group Lunch	Optional Group Lunch	
<u>EVENING:</u> GROUP DINNER AT GUESTHOUSE; PROGRAM ORIENTATION	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)
- 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.

Discretionary Costs

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

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

Your Retreat Leader Paul Kimmerling is a workshop/retreat leader, spiritual director (certificate 2011, Haden Institute) and ordained minister (American Marriage Ministries). He offers individual and group guidance using a blend of wisdom and practices from several traditions - Christian, 12-Step and Eastern. Though affiliated with the Episcopal Church, he works with those from various faith traditions, and those with none. Paul is not a travel agent or a tour guide.