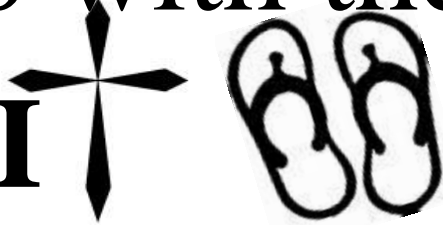


# In step with the SPIRI



*"Since we live by the Spirit, let us keep in step with the Spirit."*  
Galatians 5:25

Promise of Hope, Inc. alumnae are invited to retreat at St. Augustine Beach, FL. Come relax, walk, and talk with the God.

**WHEN:** August 21-23, 2009

**COST:** \$50/per person

*Includes 2 breakfasts, 1 lunch, 2 dinners, lodging and FUN  
Retreat is limited to the first 15 to register and pay.*

## **AGENDA**

<b>Friday, August 21</b>	Registration	4 – 6 p.m.
	Dinner	6:30 p.m.
	"Washed in the Spirit"	8 p.m.
<b>Saturday, August 22</b>	Breakfast	8 a.m.
	"Do my shoes reflect my Walk?"	9 a.m.
	Lunch	12 noon
	Afternoon Free	
	Dinner	6 p.m.
	Meeting (attend local AA/NA meeting)	8 p.m.
<b>Sunday, August 23</b>	Breakfast	8 a.m.
	"Put on the flip flops of God"	9 a.m.
	Check out	11:30 a.m.
	<i>(Retreat will officially end at 11:30. Alumnae are welcome to stay and relax until 6 p.m.)</i>	

For more information or to register contact

**Kay Tatum**

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