

August 6 - 9, 2026

Women's Recovered Alcoholics Retreat

Mindfulness and Serenity in the Midst of Chaos

In an article in the Grape Vine ,
“This Matter of Fear” Bill W states,
‘... freedom from fear is a lifetime
undertaking, one that can never be
wholly completed.’ During many
times in our life, we feel the ground
shifting beneath us and serenity
slipping away as chaos appears to
take over. Perhaps you are feeling a
bit “chaotic”? Come away and rest
for a while as we explore how
mindfulness and the 12 steps can
help us regain serenity.



Sr. Susan Seeby has been engaged in the ministry of Spiritual Direction and retreat direction for 11 years. As a member of the Staff of the Brother David Darst Center for Spirituality and Education in Chicago, Illinois, exploring the spirituality of Social Justice matters. Currently, Sr. Susan is a member of the leadership team of her community, the congregation of the Sisters of St. Agnes in Fond du Lac, WI. She is a grateful member of OA and Alanon and has experienced the power of God and the 12 Steps in her own life. Sr Susan believes that we are deeply loved by God and in the quiet we may come to truly know this love.

SCAN QR CODE TO REGISTER
WWW.MONTSERRATRETREAT.ORG
OR CALL 940-321-6020
600 N. Shady Shores Drive
Lake Dallas, TX 75065



A generous grant has enabled us to reduce the suggested donation to \$220 for the first 50 to register. The reduction has no cash value and is not otherwise redeemable.