



Saint Aidan of Lindisfarne,
the Apostle of Northumbria

St. Aidan's Episcopal Church, Ann Arbor, Michigan

Food for the Journey

Conference Center

Jesus and the 12 Steps A Quiet Day for Spiritual Refreshment

Saturday, August 15, 2009 ~ 10:00 am - 3:00 pm
St. Aidan's Episcopal Church,
1679 Broadway, Ann Arbor

Led by Rachel Stivenson, M.Div

Free and open to all

- 10:00 Welcome
- Opening Worship
- 10:30 Talk by Rachel: 12 Step Spirituality and Christianity
- 11:00 Quiet time
- Options: Silent prayer/meditation in sanctuary
- Quiet, meditative music playing in library
- Journaling
- Drawing, working with clay
- Doing nothing
- Walk in woods and/or on labyrinth
- 12:00 Lunch/social time (Bring a bag lunch; drinks will be provided)
- 12:45 Intro to AlAnon format of sharing
- 1:00 Sharing of experience, strength and hope in group (entirely voluntary)
- 2:00 Silence in group or alone
- 2:30 Closing Worship
- 3:00 Finish

Contact: Ellen Magee at 734-663-5503 or [REGISTER ONLINE](#)

St. Aidan's Episcopal Church, Ann Arbor, Michigan

Contact: Ellen Magee at 734-663-5503 or [REGISTER ONLINE](#)