

Southern Maine, District S-2, 16th Annual Al-Anon



Winter Paths to Recovery

January 26-28, 2024 | Camp Mechuwana, Winthrop, Maine

A PROGRAM OF RECOVERY, UNITY, AND SERVICE

Friday evening: 5-8:00 Registration | 6:00 Dinner | 7:30 Welcome, Meditation Workshop
Saturday morning: 8:00 Breakfast | 8-9:00 Registration | 9-12:15 Step 3 and Tradition 3 Workshops
Saturday afternoon: 12:30 Lunch | Snowshoeing, X-Country Skiing, Hiking, Arts & Crafts, and more!
Saturday afternoon/eve: 4:15 Concept 3 Workshop | 6:00 Dinner | Candlelight Meeting | Evening Fun
Sunday morning: 8:00 Breakfast | 9:00 Spiritual Meeting | 11:00 Close

WHAT TO BRING: Winter sports equipment, meditation cushion, yoga mat, musical instruments, journal, warm clothing (all rooms and lodging are heated), personal items, towel, toiletries, sleeping bag, pillow, flashlight. We will be staying within walking distance of all events. Please, **NO PETS**.

REGISTRATION: Complete below then mail in by Monday, January 15th | 50 participants maximum

NAME:

ADDRESS:

CITY, STATE, ZIP:

PHONE #:

E-MAIL:

EMERGENCY CONTACT NAME:

EC PHONE #:

VEGETARIAN (Y/N):

SPECIAL DIETARY NEEDS /ALLERGIES:

CHECK ONE:

_____ Full weekend: Friday-Sunday, 2 nights' lodging, all workshops, 5 meals: \$135

_____ Partial weekend: Any 1 night's lodging, all workshops, any 4 meals: \$110

_____ Saturday only: 1 meal, all workshops: \$50

➤ Please make checks payable to: AFG District S-2

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Copy your completed form then mail it with your check to: Winter Paths, PO Box 535, Windham, ME 04162

Pre-registration is required by Monday, January 15<sup>th</sup> for meal planning with Camp Mechuwana. Again, max of 50 participants. Cut-off will be based on postmarks, so register early.

Questions? Please contact: [winterpaths24@gmail.com](mailto:winterpaths24@gmail.com)

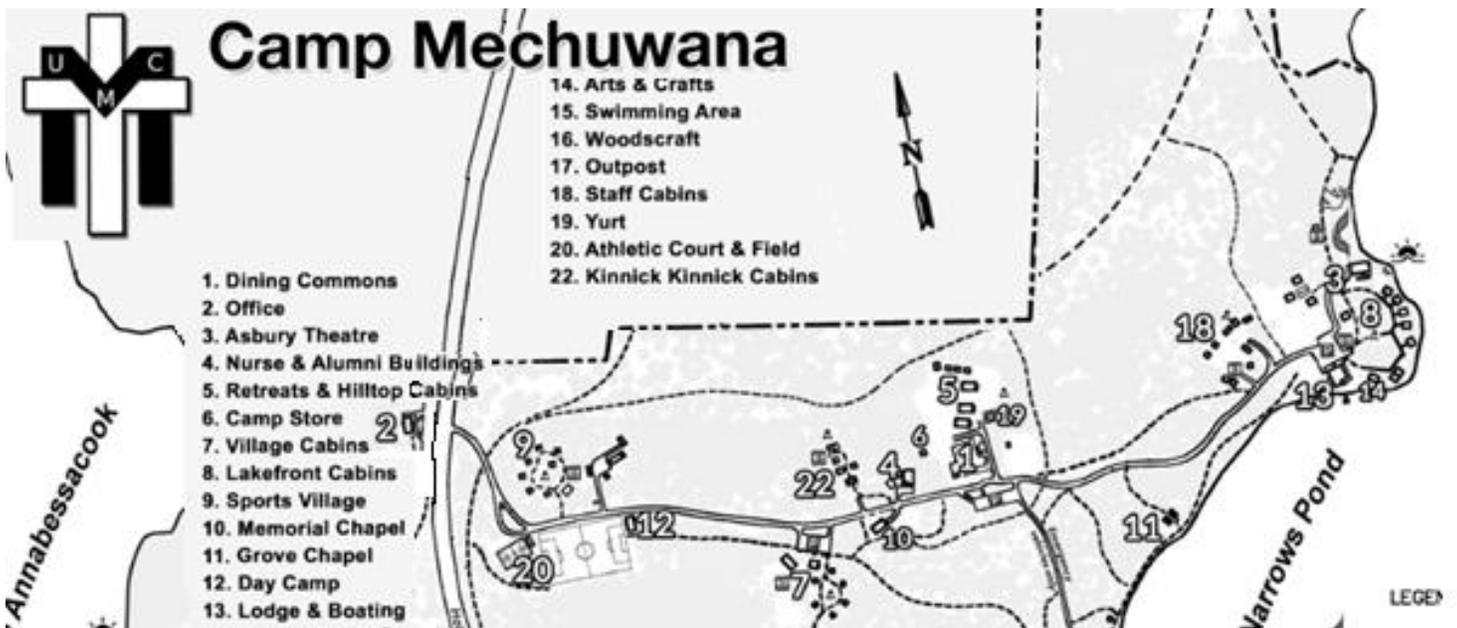
**DIRECTIONS:** GPS: 91 Holmes Road, Winthrop, ME 04364

From Portland (or south, see map below) take I-95 north to the Winthrop exit #109. At the end of the ramp, turn left and head west on Rt. 202 for about 9 miles. After cresting a hill then halfway down the back side, take a left onto Highland Avenue. Less than a mile down Highland (stay right at the fork onto Holmes Road), look for the entrance on the left: “United Methodist Camp.”



[NOTE: If you enjoy cross-country jaunts, an especially beautiful, alternate way to go is to take the Maine turnpike’s Sabattus exit #86. (This exit is approximately 20 miles south of exit #109 onto Rt. 202 above.) At the end of the ramp turn left onto Rt. 9 north. Then take Rt.126N to Rt. 136N to Rt. 202N to Winthrop. From this direction, about a mile beyond Winthrop center take a right onto Highland Avenue. Less than a mile down Highland (stay right at the fork onto Holmes Road), look for the entrance on the left: “United Methodist Camp.”]

Once on Holmes Road heading south (see north-south road on the map below), the office (#2 on Holmes Road) will be on your right, while the camp entrance, Mechuwana Lane, will be on your left, directly across the street. Turn in then head for the Dining Commons (#1). There, register and confirm which of the bunkhouses (#5) is yours. [NOTE: Fire codes stipulate no parking in any roadways. Please pull aside.]



> EMERGENCY (or “Help, I’m lost!”) PHONE NUMBER for Camp Mechuwana: (207) 377-2924 <