





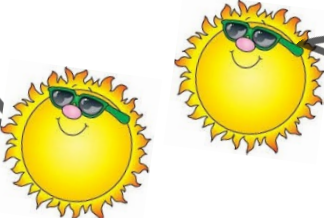
# July 2016

## Beacon of Hope of Walden Recovery Center Activities

21770 FDR Blvd in Millison  
Lexington Park, MD (behind Family Dollar)

Mondays: 11 a.m. to 7 p.m.  
Tuesdays: 10 a.m. to 8 p.m.  
Fridays: 11 a.m. to 9:30 p.m.  
Saturdays 10 a.m. to 6 p.m.  
Sundays: 10 a.m. to 6 p.m.

**HOURS  
OF  
OPERATION**

SUN	MON	TUE	WED	THU	FRI	SAT	
<p><b>Contact us!</b>  <a href="mailto:beacon@waldensierra.org">beacon@waldensierra.org</a>            301-751-7258   BeaconRecovery</p>			<p><b>Looking for a support that embraces everyone, including those taking as prescribed medication as part of ongoing recovery?</b></p> <p><b>For 1-1 help: Try Reiki, Phone Support or Coaching!</b></p> <p><b>For group support... Mindful Recovery: 5:30 p.m. Fridays SMART Recovery: 7 p.m. Fridays All Recovery Voices: 3 p.m. Saturdays All Recovery Tools: 3 p.m. Sundays Meditation 30: 11 a.m. Tuesdays &amp; 6 p.m. Mondays</b></p>		<p>1 11-12: "Serenity at Last" (AlAnon) 12-1: "Beginners at Noon" (AA)* <b>5:30-6:30: Mindful Recovery</b> 7-8:30: SMART Recovery 9:30-10:30: "Another Late" (NA)*</p>	<p>2 10-11: Living Sober (AA)* 12-1: "Recovery in the Park" (NA)* 1:30: Fit for Recovery 3-4: All Recovery Voices Meeting 4-5 Back to the Basics (NA) 5-6: Emotional Peace (EA)</p>	
<p>3 10:30: Dual Recovery Anon* 12-1: "Drunks R Us" (AA)* <b>1-3: Parking Lot Picnic!!!</b> 3-4: All Recovery Tools</p>	<p>4 12-1: "Beginners at Noon" (AA)*  Happy 4th of July! </p>	<p>5)  5-6:30: SMART Family &amp; Friends 7 Positively Focused (CoDA)</p>			<p>8 11-12: "Serenity at Last" (AlAnon) 12-1: "Beginners at Noon" (AA)* <b>5:30-6:30: Mindful Recovery</b> 7-8:30: SMART Recovery 9:30-10:30: "Another Late" (NA)*</p>	<p>9 12-1: "Recovery in the Park" 1:30: Backyard Beacon: Cornhole Confessions 3-4: All Recovery Voices Meeting 4-5 Back to the Basics NA 5-6: Emotional Peace (EA)</p>	
<p>10 10:30: Dual Recovery Anon* 12-1: "Drunks R Us" (AA)* <b>1-3: Creative Free Time</b> 3-4: All Recovery Tools 4:30 Sunday Sundaes</p>	<p>11 12-1: "Beginners at Noon" (AA)* 4 p.m. Movie Time 6 p.m. Meditation 30</p>	<p>12) 11 Mediation 30 11:30-2 Lunch Bunch 5-6:30: SMART Family &amp; Friends 7 Positively Focused (CoDA)</p>			<p>15 11-12: "Serenity at Last" AlAnon 12-1: "Beginners at Noon" (AA)* <b>5:30-6:30: Mindful Recovery</b> 7-8:30: SMART Recovery 9:30-10:30: "Another Late" (NA)*</p>	<p>16 10-11: Living Sober (AA)* 12-1: "Recovery in the Park" NA 1:30: Backyard Beacon: Ring Toss Recovery 3-4: All Recovery Voices Meeting 4-5 Back to the Basics NA 5-6: Emotional Peace (EA)</p>	
<p>17 10:30: Dual Recovery Anon* 12-1: "Drunks R Us" (AA)* <b>1-3: Creative Free Time</b> 3-4: All Recovery Tools 4:30 Sunday Sundaes</p>	<p>18 12-1: "Beginners at Noon" (AA)* 4pm Movie Time 6pm Meditation 30</p>	<p>19) 11 Mediation 30 11:30-2 Lunch Bunch 5-6:30: SMART Family &amp; Friends 7-8 p.m. Positively Focused (CoDA)</p>			<p>22 11-12: "Serenity at Last" AlAnon 12-1: "Beginners at Noon" (AA)* <b>5:30-6:30: Mindful Recovery</b> 7-8:30: SMART Recovery 9:30-10:30: "Another Late" (NA)*</p>	<p>23 10-11: Living Sober (AA)* 12-1: "Recovery in the Park" NA 1:30: Bowling and All Recovery in the Lanes- leaving at 1 p.m., back at 3:30 p.m. 4-5 Back to the Basics NA 5-6: Emotional Peace (EA)</p>	
<p>24 10:30: Dual Recovery Anon.* 12-1: "Drunks R Us" (AA)* <b>1-3: Creative Free Time</b> 3-4: All Recovery Tools 4:30 Sunday Sundaes</p>	<p>27 12-1: "Beginners at Noon" (AA)* 4 pm Movie Time 6 pm Mediation 30</p>	<p>28) 11 Mediation 30 11:30-2 Lunch Bunch 5-6:30: SMART Family &amp; Friends 7-8 p.m. Positively Focused (CoDA)</p>			<p>Have you checked out an Emotional Peace (EA) or a Positively Focused &lt;on Me &gt; (Codependents Anonymous) meeting at the Beacon? Awesome sauce!!!!</p> 		
<p>Saturdays @ 5 p.m. Emotional Peace. Tuesdays @ 7 p.m. Positively Focused &lt;on Me&gt;</p>							