



Channel Islands
Intergroup Presents:

Ride the Spiritual Wave!

Join us for a Sunday Reflection Beach Walk/Sit!

- ⇒ No bathing suits allowed!
- ⇒ No exercise required!
- ⇒ Come as you are!

In the event of rain, we will not meet

Questions?
Call Gabrielle
(805) 705-6306

Where: Hendry's Beach

Meet at the first lifeguard station by the steps to the beach

When: Sunday, at 4:30pm

What: Reflection begins with a reading. Afterwards, walk or sit along the beach solo or in small groups to discuss the reading and reflect on the week ahead. Reflection time will end at 5:30pm.

Optional: Continue along to the 6pm Sunday night meeting in Santa Barbara for a Big Book study.

Why: Why not???



(Free parking is available, but carpooling is encouraged).

