November 28, 2026

Season's greetings — and thank you!

On behalf of the **Board of Directors of Surrender School,** I want to express our deepest gratitude for your generous support this year. Your participation helps make our mission real: to share 12-Step and other supportive recovery solutions with those wanting a healthy relationship with food.

This year we have expanded, increased, and strengthened our community through the following programs and resources:

- **Online Recovery Support:** Daily and weekly gatherings open to the public via Zoom, welcoming participants from many countries — more than 500 sessions so far this year, averaging 16 attendees per session.
- **Annual Retreat:** Celebrated our first annual retreat, **Recovering Together: A Compassionate Journey,** bringing together 25 community members from across the United States for in-person connection, sharing, learning, and renewed hope.
- **Educational Workshops:** Expert-led courses on working the Twelve Steps through the Enneagram, the science of Step One, the principles of intuitive eating, emotional sobriety, trauma-informed healing for women, and more.
- **Reading Rooms & Book Studies:** Peer-led discussions of recovery literature, including the Big Book, *Twelve Steps and Twelve Traditions*, *Emotional Sobriety*, *12 Hidden Rewards of Making Amends*, *Eating in the Light of the Moon*, and *The Sacred Enneagram*.
- **Support Meetings:** Connection hours and office hours where members share their experience, ask questions, and support one another on the path of recovery.
- **Website Resources:** Downloadable recovery materials, journaling forms, and 12-Step guides provided at no cost, with over 135,000 website visits this year — up more than 60% from last year.
- **Community Support Channels:** Over 700 subscribers and our WhatsApp community of over 200 members.
- **YouTube Educational Content:** Our free YouTube channel offers over 210 instructional videos, with over 670 subscribers and over 34,000 total views.

Looking forward, 2027 brings new ways to connect alongside continuing favorites. We are also preparing for our second annual retreat, **Awakening Together, June 25–27, 2027,** in Las Vegas, Nevada. Your generosity keeps every online offering free and helps make the retreat accessible to more participants, including through retreat scholarships.

On Giving Tuesday (December 1st), we hope you'll consider making a year-end gift to Surrender School. Gifts made now and through December 31 help us finish the year with momentum and begin 2027 ready to welcome and support more people on the path of recovery. Please visit **surrenderschool.org** to donate, and to stay up to date on our programs and offerings.

We hope you feel proud of the difference you're making. Your partnership strengthens our recovery community and brings hope and healing to people working for a healthier life. Thank you once again for your meaningful partnership and engagement in our work. May the close of this year bring you health, emotional sobriety, and the deep satisfaction of knowing you are making a real difference.

With gratitude,

Mary W.
President, Board of Directors
Surrender School
www.surrenderschool.org

Surrender School is a 501(c)(3) nonprofit organization. Donations are tax-deductible to the fullest extent allowed by law. Please consult your tax professional for additional information.