

SPRING CLEARANCE
*For Those
Yet to Come*
2024



WELCOME TO SPRING CLEARANCE 2024!

Spring Clearance is a fellowship of people. We are in awe at you showing up for yourselves and your recovery.

The third tradition tells us: we are always inclusive and never exclusive.

This year marks the 21st year of Spring Clearance! Of building connections and community. It is a course of miracles, when we consider the number of addicts who walk in the room and move from the death of active addiction, into the life-saving treatment we find here. You are the life-giving message of recovery: A MIRACLE!

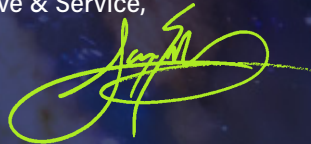
Some of you are likely full of nerves. Perhaps sharing a room, or new to sobriety. This place can safely contain who you are at this moment. You are in the right place. Lean into the experience.

We, as a committee, have worked for almost a year to see that Spring Clearance is for everyone. It's not lost on me that I'm the first woman to lead this juggernaut. Here we are at the finish line, and I am so grateful for the diversity

of our committee. Our theme "For Those Yet To Come" is a dedication to fostering newcomers and diversity through our Service Committee, and by reaching out to those not yet in the room. It is a commitment to making Spring Clearance more accessible regardless of gender, race, or native language. My hope is that you feel safe enough to be able to lean into our primary purpose: to stay sober and carry the message of hope.

To call forth Life from Death no matter where you are on the spectrum: whether you are counting days for the first time or counting days years into your journey; whether you are an old-timer that has been dry for years or an old-timer that has yet to embrace the richness of our diversity. I hope Spring Clearance becomes a cornerstone of spiritual growth. Welcome Home!

Love & Service,



Lucky M., Chair, Spring Clearance 2024

SPRING CLEARANCE 2024 COMMITTEE

CHAIR **Lucky M.**

VICE CHAIR **Brandon B.**

REGISTRATION **Gustavo G.**

TREASURER & WELLNESS **Damian J.**

WELLNESS **M A.**

DEVELOPMENT **Jacob H.**

SECRETARY **David F.**

PROGRAMMING **Rob R.**

PROGRAMMING **Sean S.**

FUNDRAISING **Mark V.**

FUNDRAISING **Chris C.**

ACTIVITIES **Sam L.**

ACTIVITIES **Frank N.**

HOSPITALITY **Junior T.**

SERVICE **Colleen V.**

SERVICE VICE **Steven S.**

COMMUNICATIONS **Marvin**

EMAIL COMM. **Chris P.**

MARKETING **Eric D.**

GRAPHICS **Wiafe M-B.**

WEBMASTER **Drew M.**

Friday

11:00am-11:30am	Boarding Buses
11:30am-2:00pm	Travel to Interlaken
2:00pm-3:00pm	Arrival ♥ <i>Atrium Pavillion</i>
2:45pm-3:00pm	Check-in Meeting ♥ <i>Main Tent</i>
3:00pm-3:30pm	Registration & Service Sign-Up ♥ <i>Atrium Pavilion Deck</i>
3:30pm-4:30pm	Settle In, Unpack, Fellowship
3:45pm-4:30pm	Spring Clearance 101; Freshman Orientation ♥ <i>Patio</i>
	Sponsorship Meeting ♥ <i>Movie Theater</i>
4:30pm-5:15pm	Welcome Meeting ♥ <i>Main Tent</i>
5:15pm-5:30pm	Group Picture ♥ <i>Main Tent</i>
5:30pm-7:00pm	Dinner ♥ <i>Morgan's Restaurant</i>
7:00pm-8:15pm	Step 1 Skill Transferability: From Managing Our Lives ♥ <i>Continental</i>
	Sober Trans Futures ♥ <i>Movie Theatre</i>
	Los caminos de la vida - Las herramientas en recuperación. ♥ <i>Patio</i>
8:30pm-9:45pm	Main Speaker Meeting - Speaker: Jack I., Los Angeles, CA ♥ <i>Main Tent</i>
10:00pm	Welcome Bonfire ♥ <i>Lake Wononscopomuc</i> (If inclement weather, Ice Cream Social to be held in the <i>Atrium Pavilion</i>)
	Spring Clearance Cinema: <i>Saltburn</i> ♥ <i>Movie Theater</i>
	Parlor Games ♥ <i>Atrium Pavilion</i>
10:30pm-12:00am	Mafia! ♥ <i>Main Tent</i>
12:00am-1:00am	Midnight Candlelight Meeting ♥ <i>Penthouse</i>

Saturday

6:30am	Coffee service begins ♥ <i>Atrium Pavillion</i>
7:00am-8:00am	Early Bird Morning Meeting ♥ <i>Penthouse</i>
7:00am-8:15am	Morning Yoga and Meditation ♥ <i>Gym</i>
7:30am-9:00am	Breakfast ♥ <i>Morgan's Restaurant</i>
9:15am-10:45am	Step 2 & 3 Surrender, Dorothy! There's Nothing Magic About It ♥ <i>Main Tent Deck</i>
	BIPOC Meeting ♥ <i>Movie theater</i>
	The Right to Live Crystal Free* ♥ <i>Continental</i>
	Breaking the Like Cycle: Social Media and Our Sobriety ♥ <i>Patio</i>
11:00am-12:30pm	Step 4 & 5 "Say it with a Sash" ♥ <i>Continental</i>
	Step 6 & 7 So, You Want to Change? ♥ <i>Patio</i>
	The Body as a Spiritual Tool ♥ <i>Penthouse</i>
	The 12 Concepts Demystifying the Third Legacy ♥ <i>Main Tent Back</i>
	Sex Positivity ♥ <i>Movie Theatre</i>
12:30pm-1:30pm	Lunch ♥ <i>Morgan's Restaurant</i>
1:30pm-2:30pm	Silent Hour ♥ <i>Everywhere</i>
	A Walk on the Quiet Side ♥ <i>Meet at Tennis Courts (1:15pm)</i>

**PLEASE RESPECT
SILENT HOUR.**

**No talking.
No sporting activities.**



2:45pm-4:15pm

Step 8 & 9 Make A List/Now Check It Twice ♡ *Patio*

Breath Work to Shift and Recalibrate* ♡ *Morgan's Restaurant*

Recovering financial health ♡ *Continental*

The Culture Club: Embracing Authenticity in Recovery (a BIPOC workshop) ♡ *Movie Theatre*

4:30pm-6:00pm

Step 10 The 10th Step Promises ♡ *Main Tent*

Pleasure Unwoven-Understanding Sex, Sesire and Intimacy in sobriety* ♡ *Movie Theatre*

The Knitting Factory-Learning mindfulness through knitting, an introduction ♡ *Patio*

Trans & Non-Binary Meeting ♡ *Continental*

6:30pm-8:00pm

Dinner ♡ *Morgan's Restaurant*

8:30pm-10:00pm

Main Speaker Meeting-DL, New York, NY ♡ *Main Tent*

10:30pm

Got It: Kathy and Karen Save Spring Clearance! ♡ *Main Tent*

Spring Clearance Cinema: *Drop Dead Gorgeous* ♡ *Movie Theater*

Parlor Games ♡ *Atrium Pavilion*

12:00am-1:00am

Midnight Candlelight Meeting ♡ *Penthouse*

Adult Children of Alcoholics (ACA Meeting)/Dysfunctional Families ♡ *Continental*

NEED A SPACE TO BE STILL?

Drop in to the meditation room in the
♡ Penthouse for a chance to get still

Sunday

6:30am	Coffee service begins ♥ <i>Atrium Pavillion</i>
7:00am-8:00am	Early Bird CMA Morning Meeting ♥ <i>Penthouse</i>
7:00am-8:15am	11th Step Yoga ♥ <i>Gym</i>
7:30am-8:45am	Breakfast ♥ <i>Morgan's Restaurant</i>
9:00am-10:30am	Step 11 A Spiritual Bootcamp ♥ <i>Patio</i>
	Recovering financial health ♥ <i>Movie Theater</i>
	The Right to Live Crystal Free** ♥ <i>Continental</i>
	Women's Meeting ♥ <i>Penthouse</i>
10:45am-12:15pm	Step 12 Say "Yes And" to Service and Sponsorship ♥ <i>Movie Theater</i>
	Breath work to Shift and Recalibrate** ♥ <i>Morgan's Restaurant</i>
	Pleasure Unwoven-Understanding sex, desire and intimacy in sobriety** ♥ <i>Continental</i>
12:30pm-1:45pm	Lunch ♥ <i>Morgan's Restaurant</i>
	Check out, return keys to front desk, drop luggage on Pavillion Deck ♥ <i>Atrium Pavillion</i>
1:45pm-3:00pm	Closing Meeting ♥ <i>Main Tent</i>
3:00pm-3:15pm	Loading buses ♥ <i>Front Entrance</i>
3:15pm	Buses depart ♥ <i>Front Entrance</i>

Step Workshops

Step 1 Skill Transferability: From Managing Our Lives

Friday 7pm-8:15pm ♥ *Continental*

Our lives were unmanageable during active addiction because our main priority was managing our addiction. We spent 24-hours a day, 365 days a year, developing our managerial and administrative skills to get and use drugs. By removing the drugs, we're able to focus our expertise on something life-affirming and gain a new perspective on the skills we're fortunate enough to possess in our recovery. With a comprehensive set of professional tools and skills, we can approach subsequent steps with confidence. *Michael S.*

Step 2 & 3 Surrender, Dorothy! There's nothing magic about it

Saturday 9:15am-10:45am ♥ *Main Tent*

Surrender, Dorothy! There's nothing magic about it. Steps Two & Three give us practical, powerful tools that can bring sanity and serenity to our lives. All we have to do is turn it on and turn it over. *Wes B. and Mark L.*

Step 4 & 5 "Say it with a Sash"

Saturday 11am-12:30pm ♥ *Continental*

Reveal yourself In this 4th and 5th step workshop by creating visual art to explore your personal inventories. Topics such as love, loss, resentments, fears, sex and others will be explored through honesty, open mindedness and willingness. We Will provide an opportunity to create trust and share through a pageantry of Personal Inventory Sashes. WORK, WORK, WORK the runway sweetie to experience the 4th and 5th step like never before! *Daniel S. and Shanya NC*

Step 6 & 7 So, You Want To Change

Saturday 11am-12:30pm ♥ *Patio*

In this workshop we will attempt to deepen our understanding of what it means to become entirely ready, learn what actions we can take to prepare for these defects to be removed and what the results may look like as well to increase our willingness to stay sober. We will learn how we can humbly ask God or our higher power to remove our shortcomings. *Danny T. and Enrique M.*

Step 8 & 9 Make A List/Now Check It Twice

Saturday 2:45pm-4:15pm ♥ *Patio*

Forgiveness is both an act of self-love and a consequence of self-compassion. Forgiving and being forgiven are necessary if one is not just to endure but to thrive, to live life fully. Step 8 starts this process by creating a list, and Step 9 allows us to reconcile the person we are with the things we have done in the past. This workshop explores what becoming willing looks like in practical terms, different types of amends, and how to make them. *Tom R. and Brain Q.*

PRIZES GALORE!

Be sure to purchase extra raffle tickets to increase your chances of winning one (or more) of our fantastic prizes. Drawings take place throughout the weekend, but you've gotta be in it to win it!



Step Workshops (cont'd)

Step 10 The 10th Step Promises

Saturday 4:30pm-6pm ♥ Main Tent

Stopping the fight and getting out of our own way. Discover The path to a new Attitude. *Vaughn N. and Craig H.*

Step 11 A Spiritual Bootcamp

Sunday 9am-10:30am ♥ Patio

Who's a better assistant than a higher power that's all knowing and all powerful? Having such a power working in your favor is a no brainer — and it's out there, waiting for your invitation to let it in. In this workshop, we'll introduce you to the practices of mindfulness and meditation, to help you foster conscious contact with your HP. And, because there's no better prayer than the one you write yourself, we will delve into the world of words and write custom prayers that suit our own needs. *Houssam K. and John C.*

Step 12 Say "Yes And" to Service and Sponsorship

10:45am-12:15pm ♥ Movie Theatre

Carry the message and practice the principles of the Program during this engaging workshop, highlighted by a Sponsor/Sponsee Improv! Remember, the principle is your pal, and so's your sponsor! *Ross M.*

The 12 Concepts Demystifying The Third Legacy

Saturday 11am-12:30pm ♥ Main Tent Deck

Twenty-four principles help the individual recover and our groups unify. But the 12 principles of service can be just as applicable to our daily lives. Learn about the history of the 12 Concepts for World Service-how they keep the fellowship alive and our triangle strong and balanced. *Mel R.*

FIRST TIME AT SPRING CLEARANCE?

Get your first Spring Clearance off to a perfect start! Join us **Friday at 3:45pm** on the **Patio** for **Spring Clearance 101; Freshman Orientation** - a welcome reception for all first-time attendees. We'll help break the ice and answer your questions (and there are no stupid questions). You'll leave with some tips for making the most of your first Spring Clearance and excitement for the weekend ahead.

By the way, if you are feeling overwhelmed, confused or scared, don't panic. Many of us felt the same way initially, but these feelings pass.

Also, if at any point during the retreat, if you are feeling triggered or just need to talk, please see a member of the Spring Clearance committee. We're here to help you on your journey from fear to FREEDOM!

Wellness Workshops

Sober Trans Futures

Friday 7pm-8:15pm ♥ *Movie Theatre*

What barriers do our trans fellows face in the rooms and how can we dismantle those barriers? *Junior T. and Jahaira D.*

The roads to life and tools in recovery (En Espanol)

Friday 7pm-8:15pm ♥ *Patio*

Los caminos de la vida.

Las herramientas en recuperacion.

En este taller repasaremos las herramientas más importantes y útiles que hemos descubierto por medio de los programas de los doce pasos. Con las herramientas en recuperacion aprendimos a encontrar una salida a nuestra adiccion. También nos enfocaremos en como la cultura influye y es parte fundamental de nuestra adiccion. *Yobany M. and Javier S.*

Morning Yoga and Meditation

Saturday 7am-8:15am ♥ *Gym*

In this morning yoga session we will open up our body, mind and spirit with continuous movements that create balance and build strength. We will end with 10 mins of meditation to center and engage our intentions for the day ahead. *Phillip P.*

The right to live Crystal Free

Saturday 9:15am-10:45am ♥ *Continental*

Sunday 9am-10:30am ♥ *Continental*

Claiming & Naming Your Recovery Story. Action steps to support ones return from relational wounding, trauma and moral injury...to freedom. *Kathleen Murphy, LMFT and Brad Lamm*

Breaking the Like Cycle: Social Media and our Sobriety

Saturday 9:15am-10:45am ♥ *Patio*

This workshop will be a safe place to explore the issues surrounding Social Media and how it affects the state of our serenity and peace of mind Potential topics to discuss: Compare and despair? A need for validation? A place to connect with our fellows and the world? Are these connections real and long lasting? How does it affect our perception of the world? Are we headed closer to the drug when going on the apps- Can it be a safe space for us? *Scott W. and Ken C.*

Sex Positivity

Saturday 11am-12:30pm ♥ *Movie Theatre*

In a world that can often seem to thrive on negativity, shame, and division, being sex-positive is an act of compassion, respect, and understanding. *Eric H. and M A.*

The Body as a Spiritual Tool

Saturday 11am-12:30pm ♥ *Penthouse*

In this workshop we'll explore simple concepts and activities of body awareness (both based on current science and some ancient Eastern traditions) to connect more deeply and effectively with ourselves and our HP. Come prepared to spend some time on the floor and move gently. *Fabio T., Certified Alexander Technique*

Wellness Workshops (cont'd)

Breath work to Shift and Recalibrate

Saturday 2:45pm-4:15pm ♡ Morgans Rest.

Sunday 10:45am-12:15pm ♡ Morgans Rest.

Breath work can take many forms, but most of the forms help regulate our nervous systems and help us get grounded and clear. The breathwork we'll engage in is an activating type that brings physical sensations to shift our awareness away from the mind and into the body. When the body leads the way, we can move toward clarity, releasing stuck energy and coming out generally less burdened. If you need a nudge to get things flowing and back on track, this may be the thing! *Chris P*

Recovering Financial Health

Saturday 2:45pm-4:15pm ♡ Continental

Sunday 9am - 10:30am ♡ Continental

We will look at managing finances in a sober way - creating a budget, managing debt and living on what you earn. *Bruce W., NY Federal Reserve*

The Culture Club: Embracing Authenticity in Recovery (a BIPOC workshop)

Saturday 2:45pm-4:15pm ♡ Movie Theatre

Discover the power of embracing your true identity in recovery. Is conforming to societal norms the only path to sobriety? Must we sacrifice our culture for the sake of sobriety? Join us in this empowering workshop as we delve into the intersectionality of culture and recovery, celebrating the diverse backgrounds we bring to the journey of sobriety. It's time to reclaim our authenticity and thrive in our sobriety journey by honoring our rich cultural heritage. *Michael C, DEI Director and Paymon Z*

The Knitting Factory - Learning mindfulness through knitting

Saturday 4:30-6pm ♡ Patio

This introduction workshop provides the tools, materials and skills to begin basic knitting and utilize mindfulness. *Matt T*

Pleasure Unwoven-Understanding sex, desire and intimacy in sobriety.

Saturday 4:30-6pm ♡ Movie Theatre

Sunday 10:45am - 12:15pm ♡ Continental

This workshop will be an exploration of human sexuality as it relates to sobriety. We will define the nature of attraction, tour a variety of erotic blueprints, and map out all the components of individual arousal templates. Life is complicated, sex doesn't have to be. *Mel M, CADC II, ASAT, RAE*

11th Step Yoga

Sunday 7am - 8:15am ♡ Gym

The purpose of 11th Step Yoga is to enhance the joyous adventure of recovery from addiction diseases by opening the body up to grace, peace, contentment, and power. This is done by combining Yoga postures and principles; guided meditation & breath work with the 12 Steps. 11th Step Yoga, created by recovering addicts/alcoholics for recovering addicts/alcoholics provides an experience of serenity, empowerment, and calm. Its mission is to bring about a deeper, more physically rooted even cellular, contented recovery. Our idea is that addicts and alcoholics in recovery are not broken but are broken open to their greatness. *Jack I*

Activities

Welcome Bonfire

Friday 10:00pm ♥ *Lake Wononscopomuc*

Join your fellows around a roaring campfire near Lake Wononscopomuc. There'll be s'mores, hot chocolate and plenty of fun to start your Spring Clearance off right. *In case of inclement weather, there will be an Ice Cream Social in the* ♥ *Atrium Pavilion.*

Spring Clearance Cinema:

Saltburn **Friday 10:00pm** ♥ *Movie Theatre*

Drop Dead Gorgeous **Saturday 10:30pm**

♥ *Movie Theatre*

Grab a bucket of freshly popped popcorn, a handful of candy and a cold soda. Then sit back, relax and enjoy the show.

Mafia!

Friday 10:30pm ♥ *Main Tent*

Members of the Mafia have invaded our Spring Clearance community. The concerned citizens need to root them out with the help of angels in our midst. This fun, large-scale interactive game tests your powers of memory and deception.

Got It: Kathy and Karen Save Spring Clearance!

Saturday 10:30pm ♥ *Main Tent*

After two years of "Really Terrible Saturday Night Shows," Program Legends Karen K and Kathy W return to shake things up and help get this retreat back on track! Join them for an evening of entertainment, Advanced Recovery tips, workshop workshops, and healing as they change everything and save Spring Clearance. From Itself.

"These biological women seem really dangerous." - Time Out New York

"Please stop emailing this address." - Broadway World

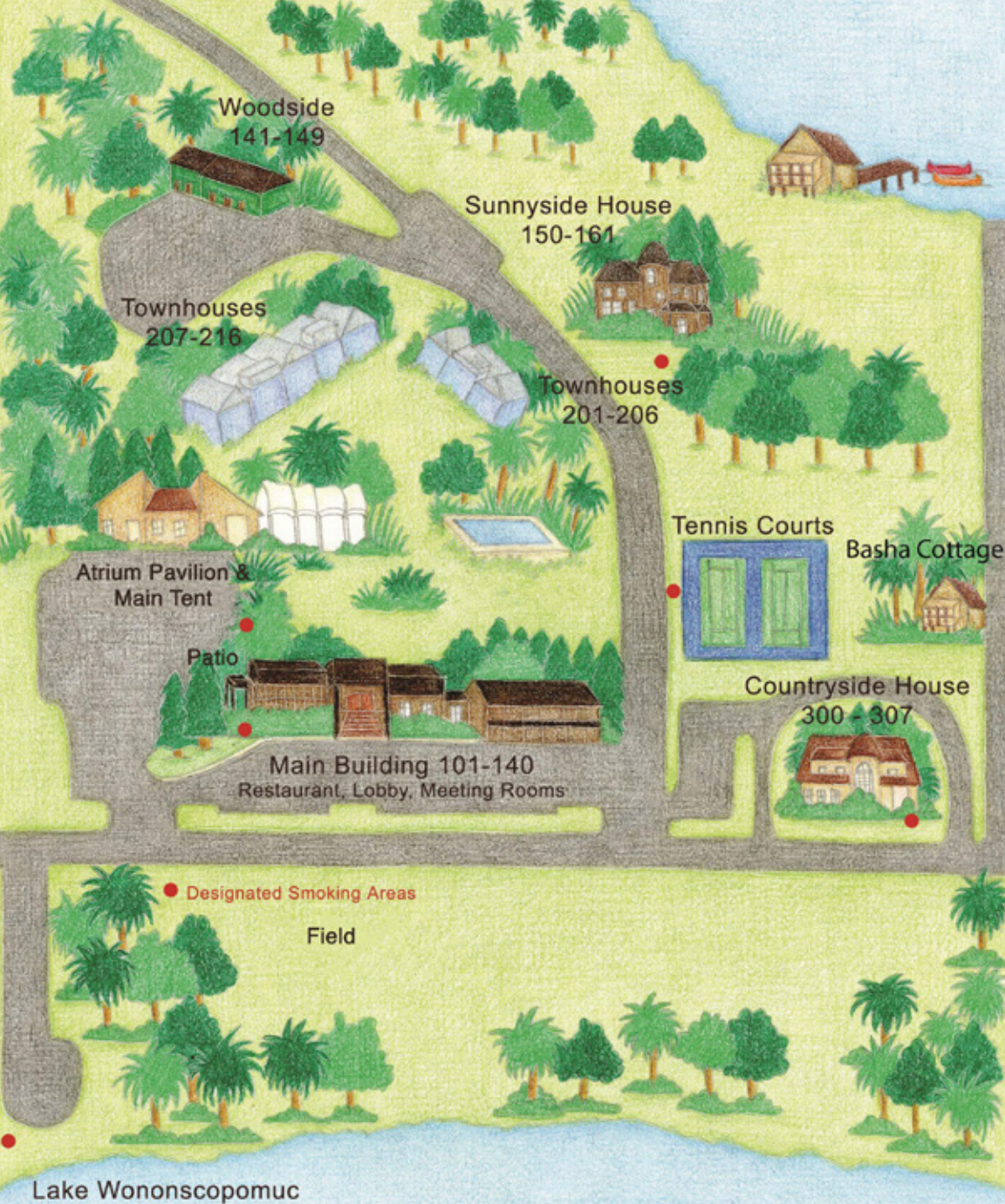
Parlor Games

All Weekend Long ♥ *Atrium Pavilion*

Sam can we get a little description here?



Order Your Spring Clearance 2024 Merch here
<https://springclearance.org/merch>



Spring Clearance
2024