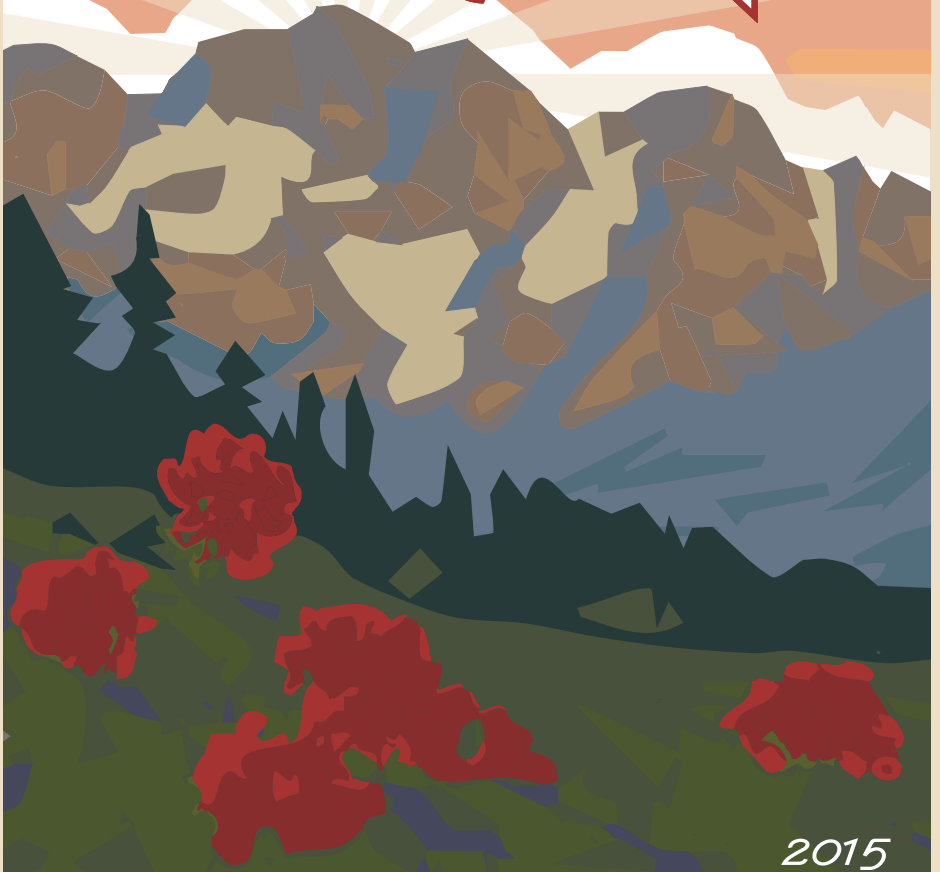


SPRING CLEARANCE



2015

An
UNSHAKEABLE
FOUNDATION





WELCOME TO SPRING CLEARANCE 2015!

Thank you for embarking on a journey with us to strengthen and reinforce the “unshakeable foundation” of your recovery and life.

We have a full schedule of recovery and wellness workshops, meetings, fellowship and much more. We hope these offerings will give your spiritual development a boost.

Spring Clearance is what you make of it. During the course of the weekend, take a moment to introduce yourself to someone you don't know, hang a tag on our Gratitude Tree, or try something you've never done before. You'll be glad you did. In addition, consider signing up for one of the many service positions available this weekend.

Spring Clearance is a group effort. A special thank you to everyone who donated time, services, talents, funds and ideas to make this retreat a success.

You are in a safe and loving place. If you have any questions or problems, please find a member of the Spring Clearance committee or Interlaken staff and ask for help.

Thank you and enjoy Spring Clearance!



Friday Schedule

3:00 PM - 3:15 PM
CHECK-IN MEETING Tent
3:15 PM - 4:15 PM
REGISTRATION & SERVICE SIGNUP Atrium Pavilion
4:15 PM - 5:00 PM
RELAX, DECOMPRESS, UNPACK, FELLOWSHIP Atrium Pavilion
4:30 PM - 5:00 PM
FIRST-TIMER MEET&GREET Patio
5:00 PM - 5:45 PM
WELCOME MEETING Tent
5:45 PM - 6:00 PM
GROUP PICTURE tbd
6:00 PM - 7:30 PM
DINNER Morgan's Restaurant
8:00 PM - 9:45 PM
MAIN MEETING <i>Speaker: Carole T., Peoria, AZ</i> Tent
10:00 PM - 12:00 AM
WELCOME BONFIRE Lake Wononscopomuc
SPRING CLEARANCE CINEMA: INTO THE WOODS Will Rogers I
GAMES Atrium Pavilion
10:30 PM - 12:00 AM
MAFIA! Continental
12:00 AM - 1:00 AM
MIDNIGHT MEETING Penthouse

Saturday Schedule

6:30 AM

COFFEE SERVICE BEGINS Atrium Pavilion

7:00 AM - 8:00 AM

JUMP START MORNING MEETING Penthouse

YOGA & REIKI Vineyard

BODYFIT Atrium Pavilion Deck

7:30 AM - 9:00 AM

BREAKFAST Morgan's Restaurant

9:15 AM - 10:45 AM

STEP 1* Will Rogers II

STEPS 4 & 5* Will Rogers I

STEPS 6 & 7 Patio

STEPS 10 & 11 Continental

11:00 AM - 12:30 PM

STEPS 2 & 3 Will Rogers I

STEP 4 SEXUAL INVENTORY* Continental

STEPS 8 & 9 Will Rogers II

STEP 12* Patio

12:30 PM - 1:30 PM

LUNCH Morgan's Restaurant

1:30 PM - 2:30 PM

SILENT HOUR

A WALK ON THE QUIET SIDE (please arrive by 1:15pm) Tennis Courts

HOW TO LISTEN TO GOD (please arrive by 1:15pm) Patio

* Also offered Sunday at 9:00 AM

Saturday Schedule

CONTINUED

2:45 PM - 4:15 PM
AL-ANON 101: THE HOW AND THE NOW, NOT THE WHY	Townhouse 206
PRANAYAMA BREATHING (also offered at 4:30pm)	Will Rogers I & II
LET'S TALK ABOUT SEX	Vineyard
INTUITIVE AND MINDFUL EATING	Patio
DISCOVER THE WHOLEHEARTED LIFE (max. 30 participants)	Continental
4:30 PM - 6:00 PM
PRANAYAMA BREATHING	Will Rogers I & II
MASC 4 MASC**	Continental
UNLOCKING THE POWER OF YOUR TRUE VOICE** (max. 20 participants)	Townhouse 206
THE SPRING CLEARANCE EGG HUNT (if it's raining, meet outside Patio)	Field
A RIGHT FRAME OF MIND (ARTS & CRAFTS)	Patio
TENNIS & VOLLEYBALL	Ball courts
6:30 PM - 8:00 PM
DINNER	Morgan's Restaurant
8:30 PM - 10:00 PM
MAIN MEETING <i>Speaker: Brien O., Palm Springs, CA</i>	Tent
10:30 PM - END
SOBRIETY SOUNDTRACK: A LIVE MUSIC EXPERIENCE	Tent
SPRING CLEARANCE CINEMA: BEST IN SHOW	Will Rogers I
GAMES	Atrium Pavilion
12:00 AM - 1:00 AM
MIDNIGHT MEETING	Penthouse

** Also offered Sunday at 10:45 AM



Sunday Schedule

6:30 AM
COFFEE SERVICE BEGINS	Atrium Pavilion
7:00 AM - 8:00 AM
JUMP START MORNING MEETING	Penthouse
YOGA	Vineyard
BODYFIT	Atrium Pavilion Deck
7:30 AM - 8:45 AM
BREAKFAST	Morgan's Restaurant
9:00 AM - 10:30 AM
STEP 1	Will Rogers II
STEP 4 SEXUAL INVENTORY	Patio
STEPS 4 & 5	Continental
STEP 12	Will Rogers I
10:45 AM - 12:15 PM
FINANCIAL RECOVERY: A PRACTICAL & SPIRITUAL APPROACH	Continental
MASC 4 MASC	Will Rogers I
BRIDGE BACK TO LIFE: A WORKER AMONG WORKERS	Patio
WICHOZENE & WOKEYE	Townhouse 206
UNLOCKING THE POWER OF YOUR TRUE VOICE (max. 20 participants)	Will Rogers II
12:30 PM - 1:45 PM
LUNCH	Morgan's Restaurant
CHECK OUT, RETURN KEYS TO FRONT DESK & DROP LUGGAGE	Atrium Pavilion Deck
1:30 PM - 1:45 PM
GRATITUDE TREE PLANTING	tbd
1:45 PM - 3:00 PM
CLOSING MEETING	Tent
3:15 PM
BUSES DEPART	Front Entrance

Recovery Workshops

I'M A MESS! HOW CAN I WORK A "PERFECT" STEP 1?

Step 1

Saturday 9:15am & Sunday 9:00am

We've heard it said that Step 1 is the only step we need to work perfectly, but what does that mean? We'll work toward applying Step 1 to today, every day, no matter where we are in recovery.

WE CAME TO BELIEVE IN GOOD ORDERLY DIRECTION

Steps 2 & 3

Saturday 11:00am

G.O.D. will do for you what you cannot do for yourself. Let's find out how with a faith-building exercise and an exploration of what it really means to come to believe and to "turn it over".

LET IT GO: DON'T GET FROZEN ON STEPS 4 AND 5

Steps 4 & 5

Saturday 9:15am & Sunday 9:00am

These steps, although daunting, offer some of the greatest opportunities for personal growth. A searching and fearless moral inventory, and sharing it with your HP and sponsor, is your path to freedom and self-awareness.

INVENTORY THIS: HAPPY, SEXY & FREE!

Step 4 Sexual Inventory

Saturday 11:00am & Sunday 9:00am

Sex is a minefield for many addicts, but it doesn't have to be. Looking at our "history of touches" and what motivated them, we'll gain insights we can use to avoid recreating old patterns, and build a life of spiritually aligned sex, intimacy and relationships.

SHAKE IT OFF! KICKING YOUR DEFECTS TO THE CURB

Steps 6 & 7

Saturday 9:15am

'Cause the players gonna play and the haters gonna hate, let your Higher Power shake off those lifelong shortcomings that keep you from shining like the star you are.

OVERCOMING THE OBSTACLES TO MAKING THE PROMISES COME TRUE

Steps 8 & 9

Saturday 11:00am

The 9th Step Promises "will always materialize if we work for them". We'll explore how to overcome the hindrances to our progress: lack of forgiveness, fear conspiring with pride, and purposeful forgetting.

STEPPING DAILY INTO OUR HIGHER SELVES

Steps 10 & 11

Saturday 9:15am

Living a life of peace, joy, and happiness requires the ability to navigate all that life brings us. In this workshop we will explore tools and practices that strengthen our understanding of and appreciation for connecting a daily personal inventory with a daily habit of prayer and meditation.

WITH GREAT POWER COMES GREAT RESPONSIBILITY

Step 12

Saturday 11:00am & Sunday 9:00am

Having had a spiritual awakening, we become sober superheroes—carrying the message of recovery and hope through sponsorship and living the principles of the 12 Steps. A sober superhero's code of honor is our compass, guiding us through daily decisions, big and small.

AL-ANON 101: THE HOW AND THE NOW, NOT THE WHY

Al-Anon

Saturday 2:45pm

We will look at the basics of Al-Anon—the slogans and concepts and Step 1—after which we will engage in self-examination to consider if Al-Anon might be right for us.

Wellness Workshops

DISCOVER THE WHOLEHEARTED LIFE

Saturday 2:45pm

(Note: this workshop is limited to 30 participants)

This workshop will help you identify your unique GPS point to greater personal fulfillment. Together we will write a road map that will bring inspired clarity and direction to your personal and professional life.

Stephanie Stanton-Norbet is a Passionate Life Coach.

INTUITIVE AND MINDFUL EATING

Saturday 2:45pm

We will discuss the basic principles of intuitive and mindful eating—a form of self-care that helps to create a healthy relationship to food and to your body. We will also provide a space to explore your own relationship to food as it relates to addiction and self-care.

Andrew Zarate, RD, is a registered dietitian in NYC specializing in eating disorders and HIV/AIDS.

LET'S TALK ABOUT SEX

Saturday 2:45pm

Sex is a charged subject for many people in recovery. This workshop will make these challenges and concerns explicit, after which we will address them and determine who we want to be as sexual and intimate beings.

Eric Schneider is a Clinical Sexologist and Counselor.

Bernard B. has learned to enjoy sober sex and hopes to use his experience to inspire others.

PRANAYAMA BREATHING

Saturday 2:45pm & 4:30pm

We will examine aspects of breathing, including the physiological and psychological impact of our breath on our well-being and state of mind. We will learn radically simple and effective techniques that will allow us to fully embody the breath, and therefore to fully embody our minds and bodies.

Rouben Madikians is a Yoga Instructor & Positive Psychology Coach.

MASC 4 MASC

Saturday 4:30pm & Sunday 10:45am

We will identify how societal norms of masculinity play into our daily lives and how these ideas affect us and our community. Attendees will create a safe space in which to evaluate personal views of masculinity, femininity, and gender nonconformity.

Donald S. is a performance artist, choreographer, dancer, actor, and drag queen. GENDEROSITY, his one-woman show, recently premiered at the Wild Project Theater in NYC.

UNLOCKING THE POWER OF YOUR TRUE VOICE: WRITING IN RECOVERY

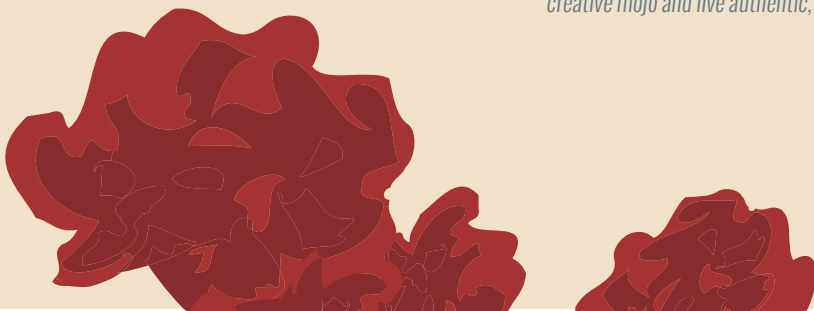
Saturday 4:30pm & Sunday 10:45am

(Note: this workshop is limited to 20 participants)

A writing workshop for anyone who has ever wanted to express themselves more freely. We will explore writing for artistic expression, communication and healing, touching on: group writing; journaling; vulnerability; showing up for our genius; trusting instincts; getting out of our comfort zone; saying yes; and writing as a recovery tool. Arrive ready to play and use your imagination.

Delano B. studied writing at The New School and the Gotham Writing Workshops. He will be teaching memoir-based writing at the Ali Forney Center in the spring.

Dana R. is a composer and newly-minted life coach who is passionate about helping individuals find their creative mojo and live authentic, extraordinary lives.



BRIDGE BACK TO LIFE: WORKER AMONG WORKERS

Sunday 10:45am

This workshop will address the fears, obstacles, and practical issues that arise from going back to school or beginning your education while in recovery. Using the tools of the program, participants will develop their own frameworks for engaging in the back-to-school process.

Arnulfo R. returned to school in sobriety to complete his master's degree, and now teaches in NYC.

Rodrigo D. returned to school after his first year of sobriety and is pursuing his degree.

FINANCIAL RECOVERY: A PRACTICAL AND SPIRITUAL APPROACH

Sunday 10:45am

After examining the spiritual principles around security and finances as outlined in our literature, we will then take an inventory and make an honest monthly budget. When those facts are on paper, we will have a better idea of our financial picture and will write 30-day, one-year, and five-year action plans.

Jeff G. is in recovery, has been debt-free since 2009, and lives in his financial ideal.

WICHOZENE & WOKEYE : "GOOD HEALTH & GOOD HELP" FOR YOUR RECOVERY

Sunday 10:45am

This is an experimental workshop involving ceremonial drumming, smudging, and storytelling. Participants will learn about Native American traditions and how they relate to the journey of recovery.

Rich R. has been walking the spiritual path of the Lakota (Sioux) for the last 15 years.

Fitness

BODYFIT

Saturday 7:00am & Sunday 7:00am

A series of strengthening and stretching exercises using the elements of CrossFit.

Britt C. is a Fitness Instructor.

SATURDAY YOGA & REIKI

Saturday 9:00am

Vinyasa (flow) style class that will challenge you in a way that is unlike any other physical workout, followed by a 10-minute Reiki-infused meditation. Appropriate for all levels.

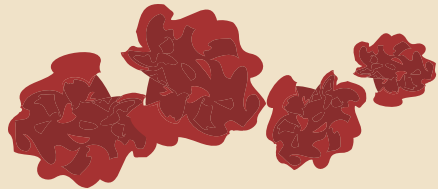
Melissa Pressmar is a Yoga Teacher & Reiki Master.

SUNDAY YOGA

Sunday 9:00am

This is an all-levels hatha/flow yoga class in which we will practice building strength, balance, and movement through transition and breath.

Conor M. is a registered nurse who discovered yoga at the beginning of his recovery and has passionately practiced it for over seven years.



PLEASE RESPECT



Silent Hour

Activities

WELCOME BONFIRE

Friday 10:00pm

Start your Spring Clearance 2015 with s'mores and a festive gathering around a roaring outdoor campfire.

In inclement weather, there will be an ice cream social in the Atrium Pavilion.

SPRING CLEARANCE CINEMA

Friday 10:00pm & Saturday 10:30pm

A quiet space to watch movies with fellows and enjoy classic movie snacks.

Friday: *Into The Woods*

Saturday: *Best In Show*

MAFIA!

Friday 10:30pm

A peaceful community has been invaded by the dark forces of corruption. The MAFIA's sole purpose is to murder the productive CITIZENS in their beds. As a response to these terrible events, ANGELS in disguise have joined the community in an attempt to root out the members of the MAFIA. Join your fellows in this large-scale interactive game.

A WALK ON THE QUIET SIDE

Saturday, Silent Hour, 1:15pm

Enjoy the beauty of a spring day in New England with a meditative, spiritual hike along Beaver Pond Trail during Silent Hour. Hiking boots not required.

Led by Stephen L. & Patrick T.

Please meet by the Tennis Courts at 1:15pm to discuss the activity prior to Silent Hour.

HOW TO LISTEN TO GOD

Saturday, Silent Hour, 1:15pm

This writing exercise, originally from the Oxford Group, is a form of meditation that allows anyone to get in touch with God. All you have to do is be still, quiet, relaxed and open, then let God do the talking.

Facilitated by Stephen R.

Please arrive by 1:15pm to discuss the activity prior to Silent Hour.

ARTS & CRAFTS: A RIGHT FRAME OF MIND

Saturday 4:30pm

Add more glitter to your sobriety! Set your artistic self wild by using your chips, favorite literature pages and slogans to decorate picture frames.

Led by Courtney M. & Conor M.



THE SPRING CLEARANCE EGG HUNT

Saturday 4:30pm

Teams will hunt through the Interlaken grounds to gather plastic eggs and bring them back to their designated coops before time runs out. Each egg color has a point value. Find a gold egg and score big! Team that scores the most wins!

Up to four people per team—and come up with an amazing team name. Don't worry if you don't have a team, we'll put you on one!

Meet at Field (across from front of main building)

SOBRIETY SOUNDTRACK: A LIVE MUSIC EXPERIENCE

Saturday 10:30pm

An upbeat musical journey through the many stages of sobriety featuring some of your favorite sobriety-themed songs sung LIVE by your friends and fellows.

TENNIS & VOLLEYBALL

Take advantage of Interlaken's volleyball and tennis courts. Join a game or organize your own.

GAMES

Enjoy one-on-one and group games with your fellows, including billiards, ping pong, air hockey, board games, Jenga, cards, and much more.

Woodside
141 - 149

Sunnyside House
150 - 161

Townhouses
207 - 216

Townhouses
201 - 206

Volleyball &
Tennis Courts

Atrium Pavilion & Tent

Patio

Countryside House
300 - 307

Main Building 101 - 140
Restaurant, Lobby, Meeting Rooms

● Designated Smoking Areas

Field

Lake Wononscopomuc

