



**FALL**  
*Spring Clearance 2021*

**THE REUNION SPECIAL**

*Welcome to Spring (FALL) Clearance 2021 The Reunion Special!* Thank you for taking the time out of your day to day life to reflect and explore your recovery in a safe and welcoming space. We realize the sacrifices you make personally, professionally, and financially to spend the weekend learning new tools, visiting friends/fellows from across the country, and deepening your recovery. We are grateful you are in attendance.

This is Spring Clearance's Eighteenth Birthday! The committee has been hard at work building upon the tremendous legacy left behind from previous Retreats. In this past year, at the beginning of the pandemic, Spring Clearance organized its first-ever virtual retreat, attended by over 500 fellows from around the globe! The selection of The Reunion Special as our theme carries a strong expectation. Our rationale is that each attendee leaves behind their routine to come to the Connecticut countryside for spiritual experience.

The Spring Clearance retreat has been a gathering space for people in recovery to hear inspiring speakers, attend challenging 12-Step and wellness workshops, recovery meetings, and experience meditation, fellowship, and bonding that grounds our recovery. There is no question that the past 2 years have been a time of great struggle, fear, and frustration. It is our hope that you leave this weekend with a new-found sense of excitement towards your sobriety.

This retreat is designed to help you physically, emotionally, and spiritually. Look through our program to see all the activities, time for reflection, and recovery/wellness workshops to invigorate your program. Whether this is your first or eighteenth Spring Clearance we encourage you to let go of your expectations, put down your cell phone, and try something new. Jump into the weekend and have fun.

On behalf of the Spring (FALL) Clearance 2021 planning committee, we hope that The Reunion Special is a wonderful respite on your recovery journey. Welcome home!

In service,  
Conor M

### 2021 Spring Clearance Committee

Chair: Conor M  
Vice Chair: Michael C  
Registration: Christopher PR  
Secretary: BJ N  
Treasurer: Brandon B  
Activities: Phillip P  
Activities: Jeremy R  
Fundraising: Adam P  
Fundraising: Keith B

Programming: Dustin M  
Programming: Damian J  
Wellness: Lucky M  
Hospitality: Timothy R  
Marketing: Paymon Z  
Webmaster: Bernard B  
Graphics: Theo T  
Service: Brian H

# FRIDAY

|                   |  |
|-------------------|--|
| 11:00am - 11:30am | <b>Boarding Buses</b>  |
| 11:30am - 2:00pm  | <b>Travel to Interlaken</b>  |
| 2:00pm - 2:45pm   | <b>Arrival, Bathroom, Snacks</b> <ul style="list-style-type: none"><li>▪ <i>Atrium Pavillion</i></li></ul>   |
| 2:45pm - 3:00pm   | <b>Check-in Meeting</b> <ul style="list-style-type: none"><li>▪ <i>Main Tent</i></li></ul>   |
| 3:00pm - 3:30pm   | <b>Registration &amp; Service Sign-Up</b> <ul style="list-style-type: none"><li>▪ <i>Atrium Pavilion Deck &amp; Atrium Pavilion</i></li></ul>  |
| 3:30pm - 4:30pm   | <b>Settle In, Unpack, Fellowship</b>   |
| 3:45pm - 4:30pm   | <b>Fall Clearance 101; Freshman Orientation</b> <ul style="list-style-type: none"><li>▪ <i>Patio</i></li></ul>   |
| 4:30pm - 5:15pm   | <b>Welcome Meeting</b> <ul style="list-style-type: none"><li>▪ <i>Main Tent</i></li></ul>  |
| 5:15pm - 5:30pm   | <b>Group Picture</b> <ul style="list-style-type: none"><li>▪ <i>Main Tent</i></li></ul>  |
| 5:30pm - 7:00pm   | <b>Dinner</b> <ul style="list-style-type: none"><li>▪ <i>Morgan's Restaurant, Main Building</i></li></ul>  |
| 7:00pm - 8:15pm   | <b>Powerless, Unmanageable, These Words are the Bedrock of Step 1</b> <ul style="list-style-type: none"><li>▪ <i>Will Rogers II</i></li></ul> <b>Mindfulness in Recovery</b> <ul style="list-style-type: none"><li>▪ <i>Will Rogers I</i></li></ul> <b>TGNBW - Transgender, Non-Binary &amp; Women's Meeting</b> <ul style="list-style-type: none"><li>▪ <i>Patio</i></li></ul> <b>Making That List &amp; Checking It Twice...Steps 8 &amp; 9</b> <ul style="list-style-type: none"><li>▪ <i>Continental</i></li></ul> |
| 8:30pm - 9:45pm   | <b>Main Speaker Meeting - Speaker: Anil P, Los Angeles, CA</b> <ul style="list-style-type: none"><li>▪ <i>Main Tent</i></li></ul>  |
| 10:00pm           | <b>Welcome Bonfire</b> <ul style="list-style-type: none"><li>▪ <i>Lake Wononscopomuc</i></li></ul> <p><i>If inclement weather, ice cream social to be held in the Atrium Pavilion</i></p> <b>Fall Clearance Cinema : Mommie Dearest</b> <ul style="list-style-type: none"><li>▪ <i>Will Rogers I</i></li></ul> <b>Parlor Games</b> <ul style="list-style-type: none"><li>▪ <i>Atrium Pavilion</i></li></ul>  |
| 10:30pm - 12:00am | <b>Mafia!</b> <ul style="list-style-type: none"><li>▪ <i>Continental</i></li></ul>   |
| 12:00am - 1:00am  | <b>Midnight Candlelight Meeting</b> <ul style="list-style-type: none"><li>▪ <i>Penthouse</i></li></ul>   |





2:45pm - 4:15pm

**Abstract Expressions of Trauma & Fear**

▪ *Patio*

**Sex and Sensuality**

▪ *Continental*

**Into Action (Field Day Activity)**

▪ *Will Rogers II*

**Beyond Masks for Masc or To Be Real- Steps 4 & 5**

▪ *Will Rogers I*

**BIPOC CMA Meeting**

▪ *Vineyard*

4:30pm - 6:00pm

**Don't Be a Mean Girl - Step 10**

▪ *Continental*

**Art With Your Hearts (Arts & Crafts Activity)**

▪ *Patio*

**Just Breathe - A Breathwork Journey for Self-Discovery**

▪ *Will Rogers I-II*

6:30pm - 8:00pm

**Dinner**

▪ *Morgan's Restaurant, Main Building*

8:30pm - 10:00pm

**Main Speaker Meeting - Speaker: Cindy D, Los Angeles, CA**

▪ *Main Tent*

10:30pm

**Got It: Now More Than Ever**

▪ *Main Tent*

**Fall Clearance Cinema : Shang Chi**

▪ *Will Rogers I*

**Parlor Games**

▪ *Atrium Pavilion*

12:00am - 1:00am

**Midnight Candlelight Meeting**

▪ *Penthouse*

**Adult Children of Alcoholics (ACA Meeting)/**

**Dysfunctional Families**

▪ *Continental*



# SUNDAY

6:30am

**Coffee service begins**

▪ *Atrium Pavillion*

7:00am - 8:00am

**Early Bird Morning Meeting**

▪ *Penthouse*

**Yoga**

▪ *Will Rogers II*

7:30am - 8:45am

**Breakfast**

▪ *Morgan's Restaurant, Main Building*

9:00am - 10:30am

**Eat to Live in the Now**

▪ *Patio*

**Making That List & Checking It Twice...Steps 8 & 9**

▪ *Continental*

**A Fellowship of People**

▪ *Will Rogers II*

**Beyond Masks for Masc or To Be Real- Steps 4 & 5**

▪ *Will Rogers I*

**Spiritual Awakenings: Carrying the Message and Practicing  
These Principles - Step 12**

▪ *Main Tent*

10:45am - 12:15pm

**Higher Power: Practical Ideas & Tools for Working  
Steps 2 and 3**

▪ *Patio*

**Parts Work: The inner critic, the inner child and others...  
healing and integration**

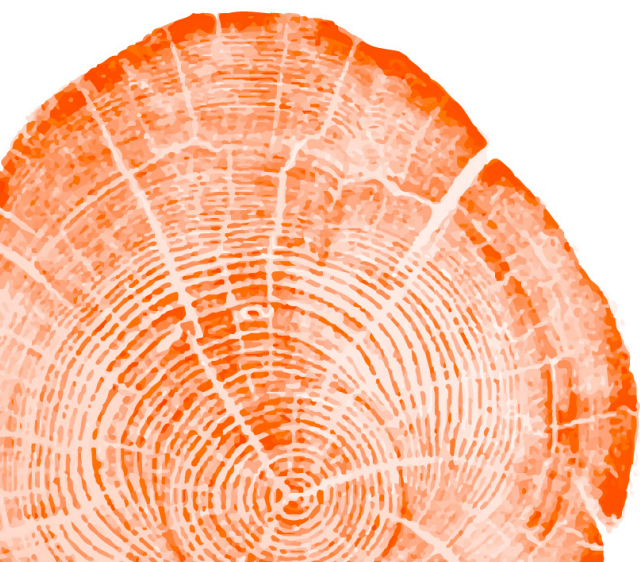
▪ *Continental*

**CMA en Español**

▪ *Main Tent*

**Just Breathe - A Breathwork Journey for Self-Discovery**

▪ *Will Rogers I-II*



12:30pm - 1:45pm

**Lunch**

- *Morgan's Restaurant, Main Building*

**Check out, return keys to front desk, drop luggage on Pavillion Deck**

- *Atrium Pavillion*

1:45pm - 3:00pm

**Closing Meeting**

- *Main Tent*

3:00pm - 3:15pm

**Loading buses**

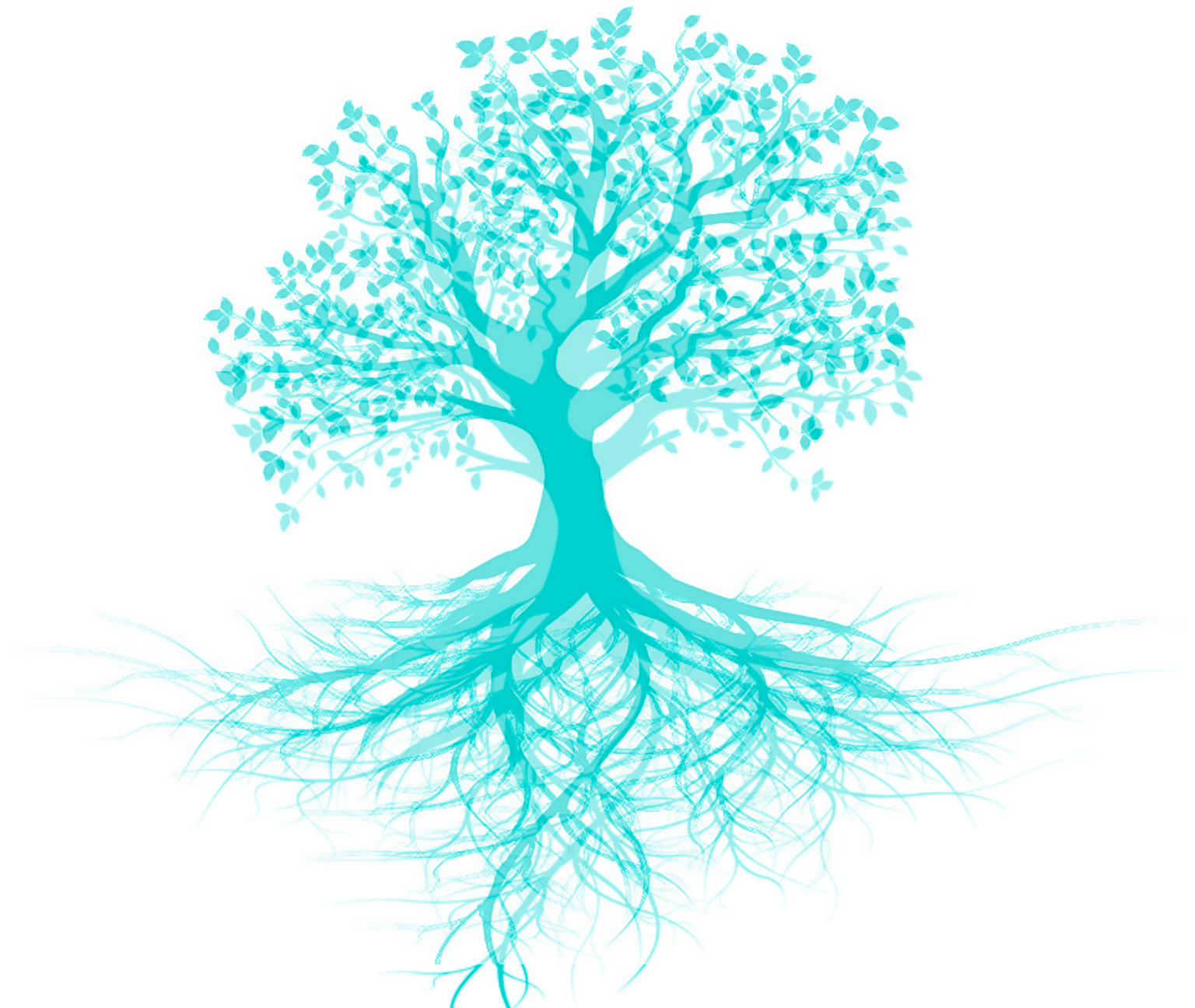
- *Front Entrance*

3:15pm

**Buses depart**

- *Front Entrance*

The following workshops will run twice: Just Breathe - A Breathwork Journey for Self-Discovery; Step 1; A Fellowship of People; Mindfulness in Recovery; Steps 4 & 5; Steps 2 & 3; Eat to Live in the Now; Steps 8 & 9.



# WELLNESS WORKSHOPS

## **EAT TO LIVE IN THE NOW**

This workshop builds your nutrition foundation in recovery addressing the less nutritious foods you are tempted to eat in early sobriety, how to detox your body from substance abuse, and how whole body wellness can fortify your recovery. Learn helpful strategies to put the right foods "first things first". If you've put the plug in the jug and started using food to feel, learn to use food to fuel your new life! Discover your whole-body wellness from within, using the tools of recovery which you're already practicing in all your affairs. Gabi Y.

## **MINDFULNESS IN RECOVERY**

Mindfulness is paying attention in a particular way to what's actually happening in the present moment with an attitude of non-judging. Stressful and painful physical and emotional experiences can play a part in active addiction and can hinder the recovery process. When we practice mindfulness we train ourselves to accept what we are experiencing rather than to escape it or judge it. Mindfulness and meditation help us relax and accept experiences as they are even if they are unpleasant. Incorporating mindfulness skills including formal meditation and informal mindfulness practices with an attitude of self-compassion and curiosity into our recovery program helps us accept all experiences, even cravings and urges. We then have the ability to respond rather than react, creating a greater sense of balance and emotional intelligence. Mindfully recovering increases our enthusiasm for life and can be a powerful tool for relapse prevention. This interactive experiential workshop will introduce how mindful living can enhance recovery and will include hands-on mindfulness meditation practice. Craig S.

## **ABSTRACT EXPRESSIONS OF TRAUMA AND FEAR**

You do not have to have any artistic ability to do this workshop. We are using simple lines, shapes, and color to experience some of the pain, fear, love, and healing in recovery. This is an easy guided opportunity to find unique ways to process experience and feelings without the sometimes hard to find words we can struggle with in the healing process of recovery. Jacob P. & Wiafe M-B.

## **A FELLOWSHIP OF PEOPLE**

In this interactive workshop we will discuss gender and its connection to our substance use, how for LGBTQI+ people gender and sexuality are not outside issues, misconceptions of gender identity, and how we can use the steps and the traditions to make the rooms a safer space for all persons. Eric D.

## **JUST BREATHE - A BREATHWORK JOURNEY FOR SELF-DISCOVERY**

Awareness of your breath leads to awareness of yourself. Most people, not just addicts, spend the majority of their time caught up in their minds, confused by their thinking and suffering from thoughts that we have about ourselves. Breathwork is a very active, music-driven form of meditation that employs a deep breathing technique to relax your body and bring your awareness into the present moment. By consciously changing your breathing, you have the power to create and move energy, quiet your mind, connect with your emotions, and experience the present moment and yourself exactly as you are, without adding on any stories, thoughts, or labels. All you have to do is lie down and breathe! Stephen R. & Alex M.



## **WHEN TO F@CK OR NOT TO F@CK - CONSENT AND ETHICS IN SEX**

This workshop will focus on how you can get the sex you want without putting yourself or others at risk. Sex in sobriety can be difficult to navigate, especially for newcomers, and this workshop will explore how to have sex in recovery without relapse and guilt. Pursuit of sex can become another addiction and discussions on this topic can help to avoid new unhealthy obsessions.

We can stay safe, sober, and sexy!

Eve S. & Carl B.

## **PARTS WORK: THE INNER CRITIC, THE INNER CHILD AND OTHERS... HEALING AND INTEGRATION**

Parts work has become all the rage but is often over simplified and misunderstood. It can be a very useful tool and practice for working with yourself, regulating anxiety, and processing feelings.

In this workshop you will learn about two of the most basic parts. You will learn how you can identify them and how to integrate them with your experiences.

Eric S.

## **SEX AND SENSUALITY**

One of the biggest challenges in recovery is creating and constructing a sexuality that is aligned with your recovery. This is an introduction to a practice in sex therapy called sensate focus. It is a practice, non-sexual at first, that helps to connect you with your felt sense and embodied experiencing. This practice helps to develop focus, concentration, and ever deepening awareness. This workshop will be experiential and involve NON sexual self-touch.

Eric S.

## **STRUCTURED SELF REFLECTION (FOR A BETTER RELATIONSHIP WITH YOURSELF AND WITH OTHERS)**

In this workshop you will learn a number of traits that have been found to positively contribute to happier and healthier relationships with yourself and others. Through this structured self-reflection practice that is elegantly simple and easily integrated can make a huge impact into your daily life.

Eric S.

## **EXERCISE AND RECOVERY**

Recovery is a process that involves healing our mind, spirit, and body. During this 60 min interactive workshop, participants will be guided through 8 workouts using resistance bands. Each workout will target 5 major muscles groups: Chest, Back, Arms & Shoulders, Abs, Legs & Buttocks. We will begin and end the workshop with a 10 min stretch.

Jeremy S.

## **YOGA**

It's time to discover the combination of physical and mental exercises that for thousands of years have hooked yoga practitioners around the globe. Yoga has the power to calm the mind and strengthen the body. Don't be intimidated by yoga terminology, fancy yoga studios and complicated poses. Yoga is for everyone.

Tim T.

## **MEETINGS**

- Early Bird Morning Meeting
- Adult Children of Alcoholics (ACA Meeting) /Dysfunctional Families
- TGNBW - Transgender, Non-Binary & Women's Meeting
- BIPOC CMA Meeting
- CMA en Español
- Midnight Candlelight Meeting

# 12 STEP WORKSHOPS

## **POWERLESS. UNMANAGEABLE. THESE WORDS ARE THE BEDROCK OF STEP 1**

### **Step 1**

Join us as we begin to breakdown this action step though honesty, self-reflection and...a little bit of fun. Step 1 Workshop, let us begin.

Andrew C. and Bill S.

## **HIGHER POWER: PRACTICAL IDEAS & TOOLS FOR WORKING STEPS 2 AND 3**

### **Steps 2 & 3**

Getting through the struggle of finding higher power, building trust & creating connection using some practical tools.

Wes B. and Daniel K.

## **BEYOND MASKS FOR MASC OR TO BE REAL**

### **Steps 4 & 5**

We live in a world that embodies racism, embodies a narrow idea of masculinity, and criticizes the feminine. Whether you identify as male, female, non-binary, or in some other way-- we are all impacted by the biases that our friends, family, communities, and popular culture put in our heads. Conduct a fearless and searching moral inventory of flaws, assets, resentments, and a sex inventory is not truly complete without unpacking the moments in our life where we were shamed, restricted our behavior, or didn't feel safe to be our most authentic self. It's time to release any toxic shame around gender or sexual orientation and truly learn how to embrace "you do you, boo."

Brett S. and Chris B.

## **STEPPING INTO 6 AND 7**

### **Steps 6 & 7**

Join us at Studio 6/7, where we'll shake our booties and shake away our defects to a disco beat with glam and glitter!

David C. and Mark G.

## **MAKING THAT LIST & CHECKING IT TWICE...STEPS 8 AND 9**

### **Steps 8 & 9**

The wreckage of your past have you feeling like you've been naughty? Want to get your side of the street looking nice? Well then steps 8 & 9 are the steps for you! Learn practical ways to determine how to make the amends list and then make those amends one by one. Whether the amends is in-person, financial, sexual, or living - each style is a step toward cleaning up the wreckage and rebuilding relationships.

Mark V. and Hugo A.

## **DON'T BE A MEAN GIRL**

### **Step 10**

Come to our Burn Book party to learn all about Step 10. Writing a spot inventory, making a prompt amends, keeping our fears and resentments in check, doing a spiritual check-in—in the words of Gretchen Wieners: "That's so fetch!"

Mark L. and Saul G.

## **GETTING INTO THE FLOW: THE POWER OF PRAYER AND MEDITATION IN YOUR LIFE**

### **Step 11**

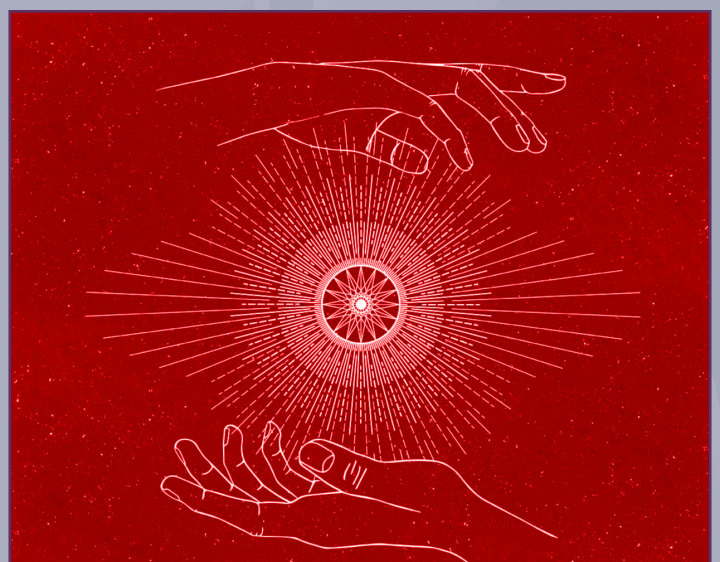
Jack K. and Gavin W.

## **SPIRITUAL AWAKENINGS; CARRYING THE MESSAGE; AND PRACTICING THESE PRINCIPLES**

### **Step 12**

An exploration of the three components of Step Twelve.

Jim R. and Devin DH.



# ACTIVITIES

## WELCOME BONFIRE

Friday 10:00pm

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!

## SPRING CLEARANCE CINEMA

Friday 10:00pm & Saturday 10:30pm

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

Friday: Mommie Dearest

Saturday: Shang Chi

## MAFIA!

Friday 10:30pm

Members of the mafia have invaded our Spring Clearance community and they are out for blood! The concerned citizens need to root them out with the help of our angels. Join this fun, largescale interactive game that will test your powers of memory and deception. Led by Michael C.

## A WALK ON THE QUIET SIDE

Saturday, Silent Hour, 1:30pm

Experience nature as you never have before with a silent (yes, silent) hike led by Delano B that will refresh and invigorate your body and soul. Hiking boots not required for this easy trail along Beaver Pond. Meet at 1:15pm at Tennis Courts.

## ART WITH YOUR HEART (ARTS & CRAFTS)

Saturday 4:30pm

Sit down, relax, and let your creativity flow. This workshop will help introduce art as an outlet for your feelings and emotions.

## INTO ACTION (FIELD DAY ACTIVITY)

Saturday 2:45pm

Small activities to give your mind a break, but keep your body active. This workshop will help facilitate connection through various activities that will bring you back to the playground and nurture the inner child within.

Jeremy R.

## CMA MEDITATION WRITING WORKSHOP

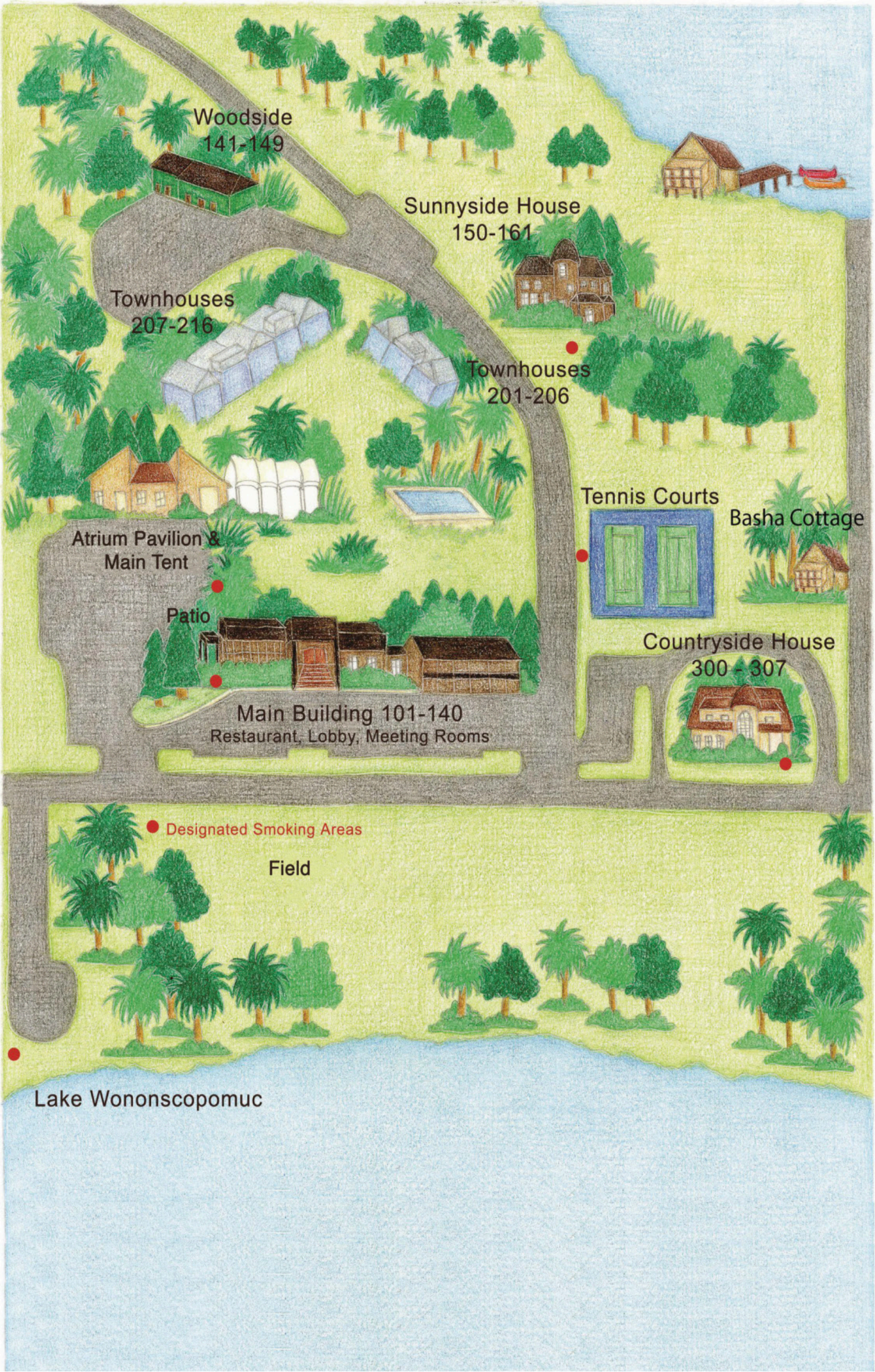
You can be an author. Yep, you! Help put together CMA's latest book—a daily meditation reader covering 365 recovery topics, from the Steps to the Traditions to...well, whatever you think we need to include! We'll brainstorm a few ideas, organize our thoughts, and compose and edit a meditation that will be included in the book. Oh—you don't need to be a writer. Just bring your heart and your imagination.

Mark L.

# GOT IT: NOW MORE THAN EVER

Program legends Karen K and Kathy W return to present a brand new, no-nonsense, no-mask evening of tips and tricks to help you ZOOM through your recovery in these uncertain, unprecedented times.

"It turns out, I CAN do it my way!" — Demi Lovato



Woodside  
141-149

Sunnyside House  
150-161

Townhouses  
207-216

Townhouses  
201-206

Atrium Pavilion &  
Main Tent

Patio

Main Building 101-140  
Restaurant, Lobby, Meeting Rooms

Tennis Courts

Basha Cottage

Countryside House  
300 - 307

● Designated Smoking Areas

Field

Lake Wononscopomuc