



# SPRING CLEARANCE

DIRECTION, REFLECTION, CONNECTION • 2014

**WELCOME**



**Welcome to Spring Clearance 2014!** Whether this is your first Spring Clearance, or your eleventh, we are thrilled to welcome you to Interlaken Inn for what promises to be an intense and enriching contribution to your recovery. The Spring Clearance Planning Committee has organized a full slate of step-based workshops, speakers, meetings, and activities.

One of our biggest tasks as a committee was to select a theme for this year's retreat, and after careful consideration, we chose **Direction, Reflection, Connection**. The theme is inspired by the three "spiritual tasks" associated with Yom Kippur: Teshuvah (Repentance), Tefilah (Prayer) and Tzedakah (Charity). By giving ourselves over to these tasks, it is believed that we can be "inscribed in the Book of Life" for the coming year.

What are our three spiritual tasks for this Spring Clearance that will lead us to a stronger recovery in the year ahead? **Direction:** Is your sobriety moving along the right path or has it stalled, and is the way forward clear to you, or do you need help removing the confusion that's blocking you? **Reflection:** What is your recovery about, and how can you make it more meaningful and purposeful? What else do you want from life that is only possible from being sober? **Connection:** Knowing we cannot do it alone, do you have the kinds of relationships with your sponsor, sponsees, other fellows, and most of all, your Higher Power, that will help your recovery in good times and bad?

On behalf of the entire planning committee, **thank you** for attending this year's retreat and making Spring Clearance 2014 a part of your spiritual solution. Like any good banquet, you won't know how good the food is unless you eat. Use this weekend to break out of your comfort zone to try something new. Participation is the key to a meaningful retreat. May you discover your spiritual road map for a new freedom and a new happiness this coming year through **Direction, Reflection, Connection**.

Yours in recovery,

Bill B.  
Chair, Spring Clearance 2014

### *Spring Clearance 2014 Committee*

BILL B. - CHAIR

DAVID C. - VICE-CHAIR

KEITH B. - PROGRAM VICE-CHAIR

FRANKIE E. - SECRETARY

RICH G. - ACTIVITIES & EVENTS CHAIR

GIL K. - FUNDRAISING CHAIR

SEAN M. - WELLNESS CHAIR

VAUGHN N. - TREASURER

DAN O. - ART DIRECTION CHAIR

EDWARD P. - REGISTRATION & FACILITIES

ANDREW S. - MARKETING CHAIR

MARK V. - HOSPITALITY CHAIR

SCOTT W. - SERVICE CHAIR

BRUCE W. - PROGRAM CHAIR

# SCHEDULE

# Friday

**3PM-3:15PM**

**CHECK-IN MEETING**

*Atrium Pavilion Tent*

**3:15PM-4:15PM**

**REGISTRATION AND  
SERVICE POSITIONS SIGNUP**

*Atrium Pavilion*

**4:15PM-5:00PM**

**SETTLE IN, RELAX,  
AND ENJOY FELLOWSHIP**

*Atrium Pavilion*

**5:00PM-5:45PM**

**SPRING CLEARANCE 2014  
WELCOME MEETING**

*Atrium Pavilion Tent*

**6:00PM-7:30PM**

**DINNER**

*Morgan's Restaurant, Main Building*

**8:00PM-9:30PM**

**FRIDAY NIGHT MAIN MEETING**

Speaker: James C., San Francisco, CA

*Atrium Pavilion Tent*

**10:00PM-12:00AM**

**WELCOME BONFIRE**

*Lake Wononscoponuc*

*(If inclement weather, Ice Cream Social in the  
Atrium Pavilion)*

**SPRING CLEARANCE CINEMA:  
GREASE! SING-ALONG**

Hosted by Rizzo

*Continental*

**TRIVIAL PURSUIT**

Hosted by Danny C. & Ross H.

*Will Rogers 1*

**PARLOR GAMES**

*Atrium Pavilion*

**12:00AM-1:00AM**

**MIDNIGHT CANDLELIGHT MEETING**

*Penthouse*

# Saturday

**6:30AM**

**COFFEE SERVICE BEGINS**

*Atrium Pavilion*

**7:00AM-8:00AM**

**EARLY RISERS  
ROUND ROBIN MEETING**

*Penthouse*

**YOGA**

With Conor M.

*Atrium Pavilion Deck*

**7:30AM-9:00AM**

**BREAKFAST**

*Morgan's Restaurant, Main Building*

**9:15AM-10:45AM**

**SURRENDER IS  
THE NEW BLACK (Step 1)**

*Will Rogers 1*

**OPEN UP! (Steps 10 & 11)**

*Patio*

**SERVICE: GIVING IT AND  
GETTING IT (Step 12)**

*Will Rogers 2*

**A SPIRITUAL PATH TO YOUR  
FINANCIAL IDEAL**

David F., San Francisco, CA

*Continental*

**11:00AM-12:30PM**

**MY HIGHER POWER IS A  
DOORKNOB (Steps 2 & 3)**

*Will Rogers 1*

**FROM MEAN GIRLS TO SPICE GIRLS  
(Steps 6 & 7)**

*Patio*

**HIV PREVENTION IN 2014:  
BEYOND THE ABC'S**

David H., Duke University Medical Center

*Will Rogers 2*

**CULTIVATING CREATIVITY  
IN RECOVERY**

Todd A. and Dana R., New York, NY

*Continental*

**12:30PM - 1:30PM**

**LUNCH**

*Morgan's Restaurant, Main Building*

**1:30PM - 2:30PM**

**SILENT HOUR**

Personal silent time for Direction, Reflection, Connection. Time can be spent anywhere doing anything you wish, from stepwork to meditation, to reading a book and relaxing. The choice is yours!

**2:45PM - 4:00PM**

**LIGHTEN YOUR LOAD (Steps 4 & 5)**

*Continental*

**YOU ARE WHAT YOU EAT**

Gavin G. and Paul B., New York, NY  
*Morgan's Restaurant, Main Building*

**3:00PM - 5:30PM**

**THE AMAZING SPRING CLEARANCE SCAVENGER HUNT**

Hosted by David B.  
*Meet in Front of Main Building*

**4:15PM - 5:30PM**

**BETTER MOTIVES! BETTER SEX! BETTER LIFE! (Sexual Inventory)**

*Continental*

**WE WILL BE AMAZED (Steps 8 & 9)**

*Will Rogers 1*

**NOT YOUR USUAL ARTS AND CRAFTS**

Hosted by Ernesto L. & Peter S.  
*Patio*

**THE GAME CHANGER**

Hosted by Scott S.  
*Main Lawn*

**NATURE HIKE**

With your guide Rich R.  
*Meet in the Main Building Lobby*

**6:00PM - 7:30PM**

**DINNER**

*Morgan's Restaurant, Main Building*

**8:00PM - 9:30PM**

**SATURDAY NIGHT MAIN MEETING**

Speaker: Greg S., Boston, MA  
*Atrium Pavilion Tent*

**10:00PM - 12:00AM**

**LIP SYNC FOR YOUR SOBRIETY**

Hosted By Mark L. and Lubka Bubkova  
*Atrium Pavilion Tent*

**BUILD-A-BRACELET**

*Atrium Pavilion Lobby*

**PARLOR GAMES**

*Atrium Pavilion*

**SPRING CLEARANCE CINEMA**

Viewers choice winner will be shown.  
*Will Rogers 1*

**12:00AM - 1:00AM**

**MIDNIGHT CANDLELIGHT MEETING**

*Penthouse*

*Sunday*

**6:30AM**

**COFFEE SERVICE BEGINS**

*Atrium Pavilion*

**7:00AM - 8:00AM**

**EARLY RISERS ROUND ROBIN MEETING**

*Penthouse*

**BODYBLAST BOOTCAMP**

With Kelly  
*Atrium Pavilion Deck*

**7:30AM - 8:45AM**

**BREAKFAST**

*Morgan's Restaurant, Main Building*

**9:00AM - 10:30AM**

**BREAKING THROUGH TO THE NEXT LEVEL: LETTING GO OF SELF-SABOTAGE**

Bobby K., Chicago, IL  
*Will Rogers 2*

**FROM MEAN GIRLS TO SPICE GIRLS (Steps 6 & 7)**

*Patio*

**LIGHTEN YOUR LOAD (Steps 4 & 5)**

*Will Rogers 1*

**WE WILL BE AMAZED (Steps 8 & 9)**

*Vineyard*

**10:45AM -12:15PM**

**BETTER MOTIVES! BETTER SEX!  
BETTER LIFE!** (Sexual Inventory)  
*Vineyard*

**HIV PREVENTION IN 2014:  
BEYOND THE ABC'S**

David H., Duke University Medical Center  
*Will Rogers 1*

**A SPIRITUAL PATH TO YOUR  
FINANCIAL IDEAL**

David F., San Francisco, CA  
*Will Rogers 2*

**10:45AM -12:45PM**

**"ANONYMOUS PEOPLE"  
EXCLUSIVE SCREENING**

See below for details.  
*Continental*

**BOBBY KISER'S ONE-ON-ONE  
COACHING.**

*Penthouse*

**12:45PM - 2:00PM**

**LUNCH**

*Morgan's Restaurant, Main Building*

**CHECKOUT**

*Return your key to the Front Desk and  
leave your luggage on the Atrium  
Pavilion deck*

**2:00PM -2:15PM**

**2014 GROUP PHOTO**

*Location to be announced.*

**2:15PM - 3:30PM**

**CLOSING MEETING**

*Atrium Pavilion Tent*

**3:45PM**

**BUSES DEPART FOR  
NEW YORK CITY**

# THE ANONYMOUS



**RECOVERY IS OUT - TO CHANGE THE ADDICTION CONVERSATION FROM - PROBLEMS TO SOLUTIONS**

THE ANONYMOUS PEOPLE IS A FEATURE documentary film about the over 23 million Americans living in long-term recovery from alcohol and other drug addiction. Deeply entrenched social stigma have kept recovery voices silent and faces hidden for decades. The vacuum has been filled with sensational mass media depictions of people with addiction that perpetuate a lurid fascination with the dysfunctional side of what is a preventable and treatable health condition. Just like women with breast cancer, or people with HIV/AIDS, a grass roots social justice movement is emerging. Courageous addiction recovery advocates have come out of the shadows and are organizing to end discrimination and move toward recovery-based solutions.

The moving story of The Anonymous People is told through the faces and voices of citizens, leaders, volunteers, corporate executives, public figures, and celebrities who are laying it all on the line to save the lives of others just like them. This passionate new public recovery movement aims to transform public opinion, engage communities and elected officials, and finally shift problematic policy toward lasting solutions.

**EXCLUSIVE SCREENING SUNDAY @ 10:45AM!  
Q&A WITH FILMMAKER GREG WILLIAMS**

# WORKSHOPS AND ACTIVITIES



# Recovery

## **SURRENDER IS THE NEW BLACK**

*Step 1*

Is surrender really necessary for a successful recovery? Am I truly powerless? In this workshop, participants will answer these questions by applying their personal experience to the spiritual principles of Step One.

## **MY HIGHER POWER IS A DOORKNOB**

*Steps 2 & 3*

Knock knock. Who's there? Defining a Higher Power and the decision to turn our lives over to its care. That's who.

## **LIGHTEN YOUR LOAD**

*Steps 4 & 5*

Resentments, fears & behaviors around relationships, sex, work & money can hold us back. Experience a mini 4th & 5th step to learn or deepen your process for freeing yourself and moving forward.

## **BETTER MOTIVES! BETTER SEX! BETTER LIFE!**

*Sexual Inventory*

Pants off? Eyes open! Sex can be a problem for many of us, but by completing a Step 4 sexual inventory, we found a new freedom in our own personal sexual ideal.

## **FROM MEAN GIRLS TO SPICE GIRLS**

*Steps 6 & 7*

Have you stopped using substances and found that living life can still be uncomfortable or even painful at times? This workshop will dive into those defects that make your obsessive thinking and personal relationships unbearable....and uncover Higher Power-inspired actions you can take to remove them.

## **WE WILL BE AMAZED**

*Steps 8 & 9*

Come share your experience strength and hope on the 8th and 9th steps and The Promises. We will explore and examine The Promises and hear how they are materializing with our fellows. This workshop aims to bolster the rewards of your recovery and help you to never use again.

## **OPEN UP!**

*Steps 10 & 11*

We are told that self-examination, meditation, and prayer are "important parts of our program," so why do we fight it? Together, we'll explore the infinite ways that we can open up and bring peace, serenity and a daily reprieve into our lives.

## **SERVICE: GIVING IT AND GETTING IT**

*Step 12*

Experienced fellows and newcomers are all welcome to come learn from AA, NA and "12 and 12" literature. We'll reflect on instructions, promises and warnings; hear the experience of others; and connect with fellows and the fellowship to carry the message of recovery.

## **SERVICE POSITIONS AVAILABLE!**

Running a weekend-long event is no easy task, and we certainly could not pull it off without help from you!

**See Scott W. to lend a hand  
and be of service.**



# Wellness

## CULTIVATING CREATIVITY IN RECOVERY

Anyone is capable of developing a richer sense of creative self-expression. Drawing parallels between 12-step principles and the artistic process, we will begin work on our “creative ideal” and introduce tools and resources for taking the next creative right action. Open to all, from budding Picassos to those with the coloring skills of a first-grader. *Facilitators: Todd A. is a prolific pop/soul songwriter, recording artist, teacher and performer. Dana R. is an award-winning theatrical composer, musical supervisor and arts mentor.*

## BREAKING THROUGH TO THE NEXT LEVEL: LETTING GO OF SELF-SABOTAGE

All of us have done it. Right when things are going great, we do something to stop our success. This workshop looks at why we self-sabotage and how we can move past our limiting behaviors. *Bobby K. is a Certified Empowerment Life/Executive Coach and Mediator. He facilitates “AH-HA” moments in individuals to realize their ultimate vision.*

## A SPIRITUAL PATH TO YOUR FINANCIAL IDEAL

What is your financial ideal? Is it paying down debt? Getting a job? Maybe it's saving for the future or living in secure, affordable housing? This interactive workshop will help you define your financial ideal and, guided by the fellowship and the principles of the program, build a spiritual action plan to achieve it. *David F. is from San Francisco with experience in defining and achieving financial ideals in recovery.*

## HIV PREVENTION IN 2014: BEYOND THE “ABCS”

For thirty years, the focus of HIV prevention has been on abstinence, monogamy, and consistent condom use. However, new research has shown that antiretroviral therapy use in both HIV-positive and HIV-negative individuals may dramatically lower (or possibly eliminate) HIV transmission risks. In this session, we will look at the latest medical research data and discuss the implications for sexual behavior. Anchored by a discussion of the sexual inventory as outlined in the AA Big Book, the goal of the workshop is to help gay men make more informed choices regarding their sexual health, reduce stigma, and enable addicts to overcome shame related to their sexual past. *David H. is an infectious disease doctor who practices medicine at Duke University Medical Center.*

## YOU ARE WHAT YOU EAT!

Healthy eating does not have to be boring or expensive. This hands-on workshop helps you learn the art and science behind cooking nutritionally sound meals to improve your physical and spiritual fitness. Add a couple of fresh ideas and stir some new life into your eating habits. *Paul B. is trained as a biochemist and as a nutrition expert. Gavin W. is a classically trained chef.*

## YOGA

This is an ALL levels Hatha/Flow yoga class working on building strength, balance, and movement through transition and breath. Come find your inner spirituality by connecting the mind and body. *Conor M. is a registered nurse who has been passionately involved with yoga for over 6 years.*

## BOOTCAMP

A total body blast workout that will consist of exercises using only your body weight. Adaptable to everyone's level of health. *Kelly has been a personal trainer since 2004 and has worked with a wide variety of clients.*

## RAFFLE-MANIA 2014

Non-stop prizes all weekend long! Hang on to your raffle tickets for your chance to win fabulous prizes, including one of three iPads!



*Tickets available for purchase all weekend!*

**DRAWINGS HELD AT THE FRIDAY & SATURDAY NIGHT MEETINGS AND AT LIP SYNC FOR YOUR SOBRIETY!**

# Activities

## WELCOME BONFIRE

Start your Spring Clearance 2014 with s'mores, singing 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: GREASE! SING-ALONG

You're the one that I want at this sing-along screening of the classic '50's-style musical starring Olivia Newton John and John "Adele Dazeem" Travolta. Channel your inner Kenickie, or serve up some #sandyrealness.

## NATURE HIKE

Enjoy the beauty of a spring day in New England with a relaxing, gentle hike along Beaver Pond Trail. This hike is rated E for "easy" and A for "awesome." Hiking boots not required.

## LIP SYNC FOR YOUR SOBRIETY

Shanté EVERYONE stays! Saturday night's main event offers a gag-worthy portion of Sobriety Eleganza with a lip sync show for the ages! It's fun, free and NOT a competition. Do you have the Charisma, Uniqueness, Nerve and Talent to participate or just watch the show? Either way, the time has come for you to be there!

## THE GAME CHANGER

A loving coaching system to teach you easy to understand techniques on the mental, emotional, and physical mechanics on catching and throwing a ball. Be well on your way to athletic freedom and self-assurance in the field of sports. All levels of ability welcome.

## TENNIS & VOLLEYBALL

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

## NOT YOUR USUAL ARTS & CRAFTS

A Spring Clearance first! Design and assemble your own, one-of-a-kind sobriety bracelet.

## PARLOR GAMES

One-on-one and group games are available for your enjoyment, including billiards, ping pong, air hockey, Scrabble, chess, backgammon, checkers and cards.

## TRIVIAL PURSUIT

You'd be surprised by what your fellows know about TV, fads, music, movies, sports and more! Play this multimedia version of a classic game solo or challenge each other in teams.



## THE AMAZING SPRING CLEARANCE SCAVENGER HUNT

Teams will hunt through the Interlaken grounds for sobriety related items while competing in challenges, puzzles, and trivia.

You will use your smartphone phone to find these items throughout Interlaken and take photos of them.

Up to 6 people per team - and come up with an amazing name. Don't worry if you don't have a team, we'll put you on one!

One member of the team must download the Scan-Quest app to their phone from the app store.

*See David B. for more info.*

## Cool Prizes!

### SATURDAY AT 3PM.

**MEET AT FRONT OF MAIN BUILDING**

SPECIAL THANKS TO:



**Woodside**  
141-149

**Sunnyside House**  
150-161

**Townhouses**  
207-216

**Townhouses**  
201-206

**Volleyball &  
Tennis Courts**

**Atrium Pavilion & Tent**

**Main Building 101-140**  
Restaurant, Lobby, Meeting Rooms

**Countryside House**  
300 - 307

● Designated Smoking Areas

**Lake Wononscopomuc**  
Bonfire

