

Spring Clearance 2016

PATHWAY TO PEACE



Welcome to Spring Clearance 2016!

We're thrilled to welcome you to our thirteenth edition of this special weekend.

Our theme this year, Pathway to Peace, comes from the little-known second part of the Serenity Prayer, which evokes acceptance, surrender, service and joy. For us, it captures the spirit of the retreat and of recovery itself. Regardless of our past, we find ourselves here today, living in the present moment in anticipation of the weekend's possibilities.

Over the past several months, we've worked on this weekend's robust programming to ensure opportunities for personal and spiritual growth, as well as an abundance of fellowship. The committee invites you to take part in the wonderful workshops, meetings, events and activities we have planned for the next two days. There's something for everyone! All we ask is that you remaining willing: to try something new, to extend your hand in friendship, to look at something in a new light.

We hope that wherever you are on your journey we can, together, take this weekend to get a little closer to peace.

In service,
Edward P., Chair



Spring Clearance 2016 Committee

CHAIR Edward P.

VICE CHAIR Andrew S.

SECRETARY Joe H.

FACILITIES & REGISTRATION CHAIR Alasdair C.

TREASURER Vaughn N.

FUNDRAISING CHAIR Joe H.

FUNDRAISING VICE CHAIR Hernando C.

GRAPHICS CHAIR Bernard B.

MARKETING & COMMUNICATIONS Michael H.

PROGRAMMING CHAIR Sean M.

PROGRAMMING VICE CHAIR Michael A.

WELLNESS CHAIR Jennifer Z.

ACTIVITIES & SPECIAL EVENTS CHAIR Sam L.

HOSPITALITY CHAIR Todd A.

SERVICE CHAIR Danny R.



Friday

3:00pm-
3:15pm

Check-in Meeting

📍 Main Tent

3:15pm-
4:15pm

Registration & Service Sign-up

📍 Atrium Pavilion

4:15pm-
5:00pm

Settle in, Unpack, Fellowship

📍 Atrium Pavilion

4:30pm-
5:00pm

First Timers Meet and Greet: Making Your Debut

📍 Patio

5:00pm-
5:45pm

Welcome Meeting

📍 Main Tent

5:45pm-
6:00pm

Group Picture

📍 Hill by Sunnyside House

6:00pm-
7:30pm

Dinner

📍 Morgan's Restaurant, Main Building

8:00pm-
9:30pm

Friday Night Main Meeting: Scott H., Durham, NC

📍 Main Tent

10:00pm-
12:00am

Welcome Bonfire

(If inclement weather, ice cream social to be held in the Atrium Pavilion)

📍 Lake Wononscopomuc

Spring Clearance Cinema: *She-Devil*

📍 Will Rogers I

Parlor Games

📍 Atrium Pavilion

10:30pm-
12:00am

Mafia!

📍 Continental

12:00am-
1:00am

Midnight Candlelight Meeting

📍 Basha



Saturday

6:30am

Coffee Service Begins
📍 Atrium Pavilion

7:00am-
8:00am

Round-Robin Morning Meeting
📍 Basha

Total Body Conditioning
📍 Atrium Pavilion Deck

7:30am-
9:00am

Breakfast
📍 Morgan's Restaurant, Main Building

9:15am-
10:45am

Step 1*
📍 Will Rogers I

Steps 2, 3
📍 Patio

Steps 4, 5, 10
📍 Continental

Steps 6, 7
📍 Will Rogers II

11:00am-
12:30pm

Steps 3, 7, 11*
📍 Continental

Step 4 (Sex Inventory)*
📍 Patio

Steps 8, 9
📍 Will Rogers II

Step 12*
📍 Will Rogers I

12:30pm-
1:30pm

Lunch
📍 Morgan's Restaurant, Main Building

*Also offered on Sunday.

1:30pm-
2:30pm

Silent Hour

*Also offered on Sunday.

A Walk on the Quiet Side

2:45pm-
4:15pm

Off the Hook: Overcoming Blocks to Forgiveness

📍 Will Rogers I

Discovering the Power of Prayer and Meditative Reflection*

📍 Continental

Hello, It's Me! Your Itty Bitty Sh*tty Committee (IBSCo)*

📍 Patio

Spring Clearance Field Day

📍 Field Across Road from Main Building

4:30pm-
6:00pm

Lead with Energy, Lead for Life*

📍 Will Rogers I

Till I Can Say I Am What I Am

📍 Will Rogers II

Meditation 101

📍 Penthouse

Arts & Crafts

📍 Patio

6:30pm-
8:00pm

Dinner

📍 Morgan's Restaurant, Main Building

8:30pm-
10:00pm

Main Speaker Meeting: Theresa M., Phoenix, AZ

📍 Main Tent

10:30pm-
End

The Little Miss She-Used-to-be-a-Street-Walker-Junkie-but-Turned-Her-Life-Around Recovery Queen Pageant

📍 Main Tent

Spring Clearance Cinema: *Dreamgirls*

📍 Will Rogers I

Parlor Games

📍 Atrium Pavilion

12:00am-
1:00am

Midnight Candlelight Meeting

📍 Basha



Sunday

6:30am

Coffee Service Begins

📍 Atrium Pavilion

7:00am-
8:00am

Round-Robin Morning Meeting

📍 Basha

Yoga

📍 Atrium Pavilion Deck

7:30am-
8:45am

Breakfast

📍 Morgan's Restaurant, Main Building

9:00am-
10:30am

Step 1

📍 Continental

Step 4 (Sex Inventory)

📍 Patio

Steps 3, 7, 11

📍 Will Rogers I

Step 12

📍 Will Rogers II

10:45am-
12:15pm

Employment: From a Sober Job to a Career

📍 Will Rogers II

Hello, It's Me! Your Itty Bitty Sh*tty Committee (IBSCo)

📍 Patio

Discovering the Power of Prayer and Meditative Reflection

📍 Continental

Lead with Energy, Lead for Life

📍 Will Rogers I

12:30pm-
1:45pm

Lunch
📍 Morgan's Restaurant, Main Building

By
1:45pm

Checkout, Return Keys to Front Desk, Drop Luggage on Pavilion Deck
📍 Atrium Pavilion Deck

1:45pm-
3:00pm

Closing Meeting
📍 Main Tent

3:00pm-
3:15pm

Board Buses and Depart Interlaken
📍 Front Entrance

First Time at Spring Clearance?

Feeling confused, alone, triggered or scared? Don't worry, we've all been there and **we've got your back!** Come to the Patio on Friday at 4:30pm to meet with some of the committee members and fellows. We'll discuss everything from "where do I go and how do I get there?" to "what if I'm feeling triggered?" You'll leave with knowledge, new friends, and service positions!



PRIZES, PRIZES, PRIZES!

Don't forget to buy extra raffle tickets to increase your odds of winning one (or more) of our incredible prizes! Drawings will take place throughout the weekend. You've gotta be in it to win it!



Step Workshops

Step 1

New Beginnings Start with the First Step

Saturday 9:15am & Sunday 9:00am

Discuss the many aspects of your life over which you are powerless, and how acceptance of these can build your strength and courage.

Steps 2, 3

Opening Doors and Turning It Over

Saturday 9:15am

Come explore different ways to open the doors to your spirituality by understanding your unique personal concept of a higher power. We will empower each other to build a daily practice of turning it over and finding inner peace. Higher Power Take-Away included!

Step 4

Sex Inventory: Now About Sex

Saturday 11:00am & Sunday 9:00am

"We all have sex problems. We'd hardly be human if we didn't." (AA Big Book, p. 69) In this workshop, we'll review program literature, learn how to take our sexual inventory, and explore ways to develop a healthy sexual ideal that can be put into practice.

Steps 6, 7

Get Off the Island:

Cast Away Your Defects!

Saturday 9:15am

Our character defects can keep us marooned on an island of resentment and fear. In this workshop we will explore ways to manifest the courage, patience, tolerance and love we already have inside us to make the change! Get willing. Let go.

Steps 4, 5, 10

The Inventory Process:

Out of the Darkness, Into the Light

Saturday 9:15am

As you walk out of the dark past into a present and future filled with light, the inventory process of Steps 4, 5 and 10 is a necessary aid that involves humility in facing your defects, fearlessness in examining them, and honesty in sharing them boldly with another. This workshop can help you to lighten your load as you journey on the pathway to peace.

Steps 3, 7, 11

Building a LTR with My HP

Saturday 11:00am & Sunday 9:00am

Best friends are formed over time: from acquaintance, to friend, and ultimately to best friend. Using this example, we'll work to improve our relationship with our Higher Power through the progression of Steps 3, 7, and 11.

Steps 8, 9

A New Freedom

Saturday 11:00am

Why should I do Steps 8 and 9? Explore the many gifts and benefits of the amends process through this practical, hands-on, pens-up workshop.

Step 12

The Three Tenets of 12

Saturday 11:00am & Sunday 9:00am

A workshop focused on the three components of Step 12: spiritual awakening, carrying the message and daily practice.

Wellness Workshops

Hello, It's Me! Your Itty Bitty Sh*tty Committee (IBSCo)

Saturday 2:45pm & Sunday 10:45am

By playing the *Saboteur Dating Game* we help you identify who is on your committee, who's the *Leader of the Pack*, how they limit you, and ways you can deal with them and become a *Ninja Saboteur Warrior*.

WARNING: If your IBSCo is whispering, "You don't need this workshop," you probably do!

Space is **limited to 20 people** per workshop.

Bill B. and **Dana R.** are actual bona fide experts on letting the IBSCo paralyze them and limit any possibility of forward movement and growth in their lives. And boy, do they look forward to sharing that wealth of knowledge and expertise with you!

Off the Hook: Overcoming Blocks to Forgiveness

Saturday 2:45pm

In this experiential workshop, you'll learn to identify common myths about forgiveness that create obstacles for us in recovery. You will then practice several simple tools with your peers, using action, writing and guided imagery to propel you forward on your path toward freedom. (BYOR-Bring Your Own Resentment.)

Jennifer Z., M.A, LCAT, RDT, CPC, is a Licensed Creative Arts Therapist, Actor/Director and Certified Professional Life Coach.

John T., MD, LMSW, CASAC is an outpatient addiction counselor in NYC with a clinical focus in LGBT-competent care for adults in early recovery.

Discovering the Power of Prayer and Meditative Reflection

Saturday 2:45pm & Sunday 10:45am

The benefit in having a prayer partner lies in knowing that where two or more are gathered with an intention of sharing an awareness of Spirit's presence, there is an increased level of power to your prayers.

Whether you are just beginning your spiritual practice or are already a "Zen Warrior," attendees are invited to discover new ways for building and developing a deeper spiritual relationship/practice.

TJ J. is a lover of life and its teachings. He is learning each day how to become a better human being.

Stephen R's spiritual journey started with a *feng shui* ritual. Over time, he's developed a great love for prayer and meditation in his life.

Lead with Energy, Lead for Life

Saturday 4:30pm & Sunday 10:45am

Are you leading life with powerful, intentional action? Or do you find yourself stuck in "default" mode, reacting to whatever life throws your way?

Energy Leadership™ is a unique form of self-leadership that gives you the skills to understand your own energy and make your innate power work for you rather than against you. In this workshop, learn the tools to shift your energy to work for you, thus creating possibilities that you never imagined.

Alan C. is a leadership, connection and communication coach, who also helps men experience freedom from addiction.

Hernando C. was a principal dancer with the Paul Taylor Dance Company and Baryshnikov's White Oak Dance Project. He co-founded Dancers Responding to AIDS.

Body & Spirit

Employment: From a Sober Job to a Career

Sunday 10:45am

Let's explore the personal and professional changes that impact how we work. The focus of this workshop will look at our strengths and potential barriers in returning to work or changing career goals. The workshop will end with a panel discussion of fellows and their experience of sobriety in the workplace. Space is limited to 30 people.

Danny R. is a Vocational Rehabilitation Counselor who has guided individuals with disabilities returning to work for the past nine years. Danny empowers people to identify their strengths and areas of consideration to make informed choices for greater independence, and maintain competitive employment.

Til I Can Say I Am What I Am

Sunday 4:30pm

Have you ever turned away from meeting new people because you weren't sure how real you could be? Do you ever think, I don't know if I can share that with this group of people? Were you secretly hoping you'd be dancing across a library with Ally Sheedy and Emilio Estevez singing "we are not alone?"

This wellness workshop will get you up and moving around the room, discovering the ways in which we are different from and similar to each other. We'll also explore process writing to clean up our negative self-talk, and share some positive experiences we've had setting boundaries without falling apart.

Brett S., MSW, MA Ed Tech, MA Ed Admin, EdD Learning Technologies, has been committed to connecting education, counseling, and out-of-the-box endeavors for the last 24 years.

Total Body Conditioning

Saturday 7:00am

Giovanni O. is a certified personal trainer, and a seminar, workshop and group facilitator.

Yoga

Sunday 7:00am

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

Meditation 101

Saturday, 4:30pm

Come with your questions, concerns & hesitations, but leave with the foundation for a meditation practice. Clear your mind of the stigmas & judgement in this 60-minute workshop. Greet each thought & then say "no thank you" as you sit in the space between each thought. Space is limited to 20 people.

Melissa P. is a yoga, reiki and meditation instructor based in Torrington, CT.

Meditation Room

Open until 10pm on Friday, from 7am to 10pm on Saturday, and at 7am on Sunday

For the first time at Spring Clearance, we're excited to provide a Meditation Room, available for those seeking a quiet space for contemplation and reflection. Everyone from spiritual gurus to those just starting their practice are welcomed to drop in, clear your thoughts and get centered. Located in the Penthouse.

Want to add to your Spring Clearance swag?
New for 2016: Spring Clearance T-Shirts!

For the first time, we have Spring Clearance commemorative t-shirts available for purchase. Get yours today in the Atrium Pavilion.

Activities

Welcome Bonfire

Friday 10:00pm

Start your Spring Clearance 2016 with s'mores and a festive gathering around a roaring outdoor campfire. In the event of 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: *She-Devil*

Saturday: *Dreamgirls*

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, 1:30pm

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, but silence is. Please meet by the tennis courts at 1:15pm to discuss the hike prior to Silent Hour. Led by **Stephen L.**

Arts & Crafts: Make Your Own God/HP Box!

Saturday 4:30pm

Join us during this crafty session for the chance to customize a special box in which to store your hopes, dreams and prayers! From letters to your HP to intentions you want to set for yourself, the opportunities are endless! We provide the boxes and materials to get inspired. All you need to bring is your creativity! Led by **David F.**

Field Day at Spring Clearance

Saturday, 2:45pm

Remember the good ol' days of playing outside with friends, when life was much simpler? Go back to that time and play a little kickball, a round of cornhole, or team up with your fellows for a potato sack race! Let these activities fulfill your physical pathway to peace. Led by **Danny R.** and **David B.**

In case of rain... Come join your fellows in Vineyard for an assortment of games to get to know each other better. Cards Against Humanity, Cranium, Jenga, Uno, and puzzles are some of the options to keep your mind engaged and spirits up on a soggy Saturday.

The Little Miss She-Used-to-be-a-Street-Walker-Junkie-but-Turned-Her-Life-Around Recovery Queen Pageant

Saturday 10:30pm

Sober drag queens unite as they compete for the crown in this camp beauty pageant. Get ready to be served some #comedyqueenrealness. Wigs will fly, girl! Hosted by Vivian Lynn D'Maples.

Tennis & Volleyball

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

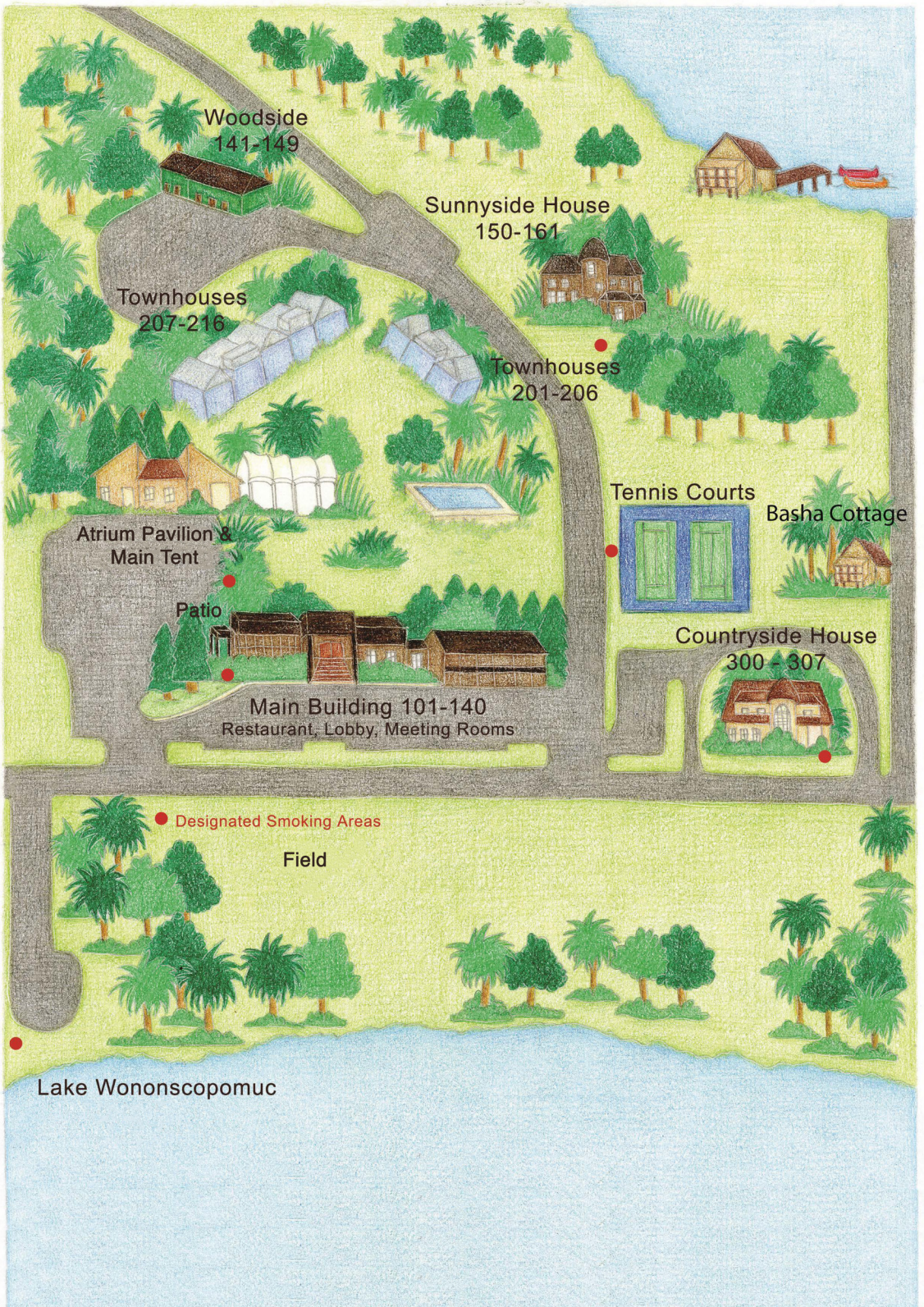
Games

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

Need a Space to Reflect?

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





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