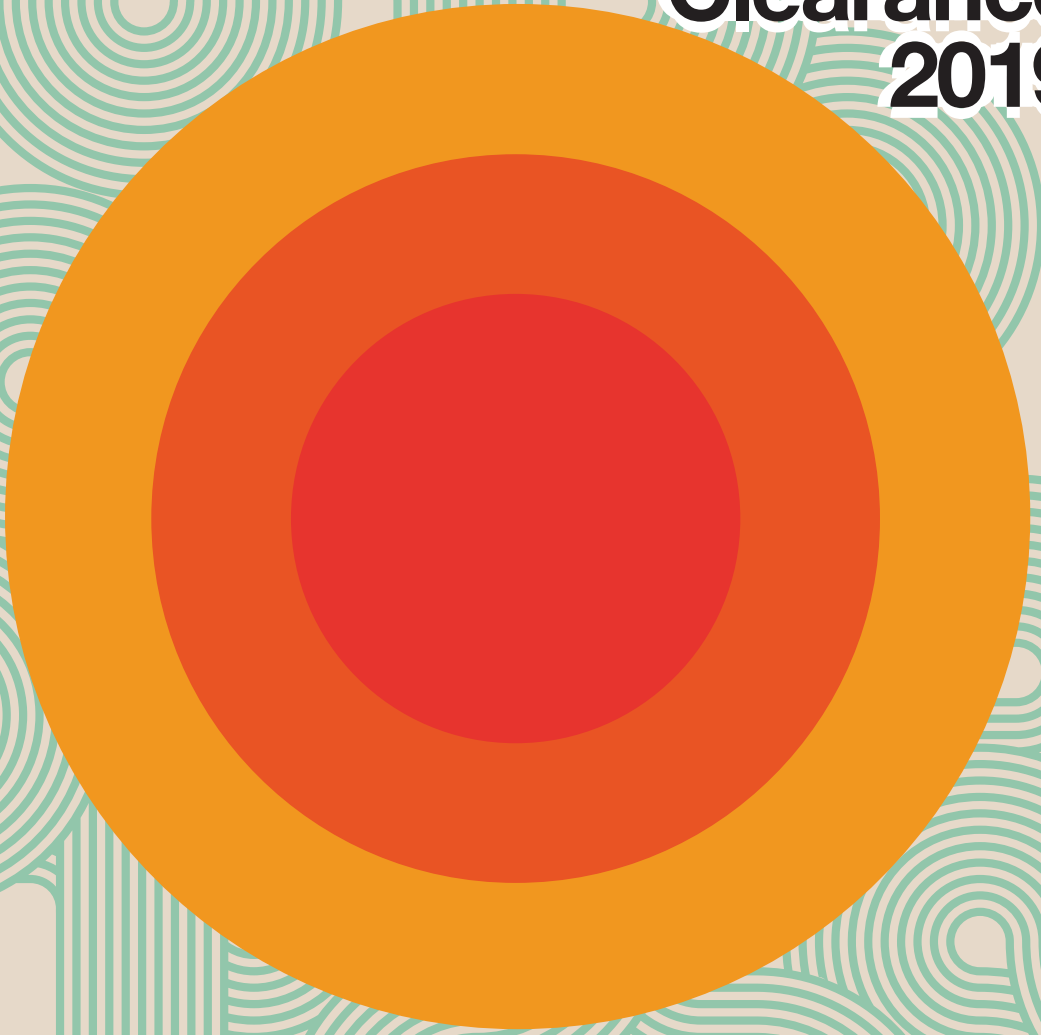


Spring Clearance 2019



into the woods

Welcome to *Spring Clearance 2019 Into the Woods!* Thank you for taking 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 Sweet Sixteen! The committee has been hard at work building upon the tremendous legacy left behind from previous retreats. The selection of Into the Woods as our theme carries strong expectations. Our rationale is that each attendee leaves behind his/her routine to come to the Connecticut countryside for spiritual sojourn. It is our hope that you leave this weekend with a new-found sense of excitement toward your sobriety.

This retreat is designed to help you physically, emotionally, and spiritually. Look through this guide to see all the activities, time for reflection, and recovery/wellness workshops to invigorate your program. Whether this is your first or sixteenth 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 Clearance 2019 planning committee, we hope that Into the Woods is a wonderful respite on your recovery journey.

In service,
Danny R

Spring Clearance Committee

Chair: Danny R
Vice Chair: Sean M
Secretary/Service: Alex M
Facilities/Registration: Conor M
Treasurer: Geoff G
Fundraising: Kevin C
Fundraising: Bruce C
Graphics: Travis D

Programming: Brandon B
Programming: Ben P
Wellness: Bernard B
Hospitality: Justin E
Activities: Alex P
Activities: Robert M
Marketing/Outreach: Lucas O

FRIDAY

11:00am - 11:30am	Boarding Buses
11:30am - 2:00pm	Travel to Interlaken
2:00pm - 2:45pm	Arrivals, Bathroom, Snacks <ul style="list-style-type: none">• <i>Atrium Pavillion</i>
2:45pm - 3:00pm	Check-in Meeting <ul style="list-style-type: none">• <i>Main Tent</i>
3:00pm - 3:30pm	Registration & Service Sign-Up <ul style="list-style-type: none">• <i>Atrium Pavilion Deck & Atrium Pavilion</i>
3:30pm - 4:30pm	Settle In, Unpack, Fellowship
3:45pm - 4:30pm	Spring Clearance 101; Freshman Orientation <ul style="list-style-type: none">• <i>Patio</i>
4:30pm - 5:15pm	Welcome Meeting <ul style="list-style-type: none">• <i>Main Tent</i>
5:15pm - 5:30pm	Group Picture <ul style="list-style-type: none">• <i>Hill @ Sunnyside House</i>
5:30pm - 7:00pm	Dinner <ul style="list-style-type: none">• <i>Morgan's Restaurant, Main Building</i>
7:00pm - 8:15pm	Fasten Your Seatbelts and Breathe — a Breathwork Healing Circle <ul style="list-style-type: none">• <i>Will Rogers I & II</i> No One is Alone <ul style="list-style-type: none">• <i>Continental</i> The Healing Promise of Qi (Life Energy): Creating Extraordinary Wellness Through Qigong <ul style="list-style-type: none">• <i>Penthouse (cap 15)</i> Start Your Weekend with Imagination and Color! <ul style="list-style-type: none">• <i>Patio</i>
8:30pm - 9:45pm	Main Speaker Meeting - Speaker: Gina B., Long Beach, CA <ul style="list-style-type: none">• <i>Main Tent</i>
10:00pm	Welcome Bonfire <ul style="list-style-type: none">• <i>Lake Wononscopomuc</i> <i>If inclement weather, ice cream social to be held in the Atrium Pavillion.</i> Spring Clearance Cinema: The Birdcage <ul style="list-style-type: none">• <i>Will Rogers I</i> Parlor Games <ul style="list-style-type: none">• <i>Atrium Pavilion</i>
10:30pm - 12:00am	Mafia! <ul style="list-style-type: none">• <i>Continental</i>
12:00am - 1:00am	Midnight Candlelight Meeting <ul style="list-style-type: none">• <i>Penthouse</i>

SATURDAY

6:30am	Coffee service begins <ul style="list-style-type: none">• <i>Atrium Pavilion</i>
7:00am - 8:00am	Early Bird Morning Meeting <ul style="list-style-type: none">• <i>Penthouse</i> Refuge Recovery <ul style="list-style-type: none">• <i>Will Rogers I</i> Slow Flow Kripalu (Yoga) <ul style="list-style-type: none">• <i>Main Tent Deck</i>
7:30am - 9:00am	Breakfast <ul style="list-style-type: none">• <i>Morgan's Restaurant, Main Building</i>
9:15am - 10:45am	Step 1 <ul style="list-style-type: none">• <i>Will Rogers II</i> Step 4: Sex Inventory <ul style="list-style-type: none">• <i>Continental</i> Step 12 <ul style="list-style-type: none">• <i>Patio</i> The 12-Step Buddhist <ul style="list-style-type: none">• <i>Will Rogers I</i> Shifting States: Tangible Tools for Healing the Wounded Soul <ul style="list-style-type: none">• <i>Main Tent</i>
11:00am - 12:30pm	Steps 3, 7 & 11 <ul style="list-style-type: none">• <i>Will Rogers I</i> Steps 8 & 9 <ul style="list-style-type: none">• <i>Will Rogers II</i> Writing Morning Pages <ul style="list-style-type: none">• <i>Patio</i> Be Yourself! Everyone Else is Already Taken <ul style="list-style-type: none">• <i>Continental</i> Sober Sex and Sexuality (Part I): A Healthy Sexual Life in Early Recovery <ul style="list-style-type: none">• <i>Main Tent</i>
12:30pm - 1:30pm	Lunch <ul style="list-style-type: none">• <i>Morgan's Restaurant, Main Building</i>
1:30pm - 2:30pm	Silent Hour <ul style="list-style-type: none">• <i>Everywhere</i> A Walk on the Quiet Side <ul style="list-style-type: none">• <i>Meet at Tennis Courts (1:15pm)</i>

2:45pm - 4:15pm	<p>Steps 6 & 7</p> <ul style="list-style-type: none"> • <i>Continental</i> <p>Steps 2 & 3</p> <ul style="list-style-type: none"> • <i>Patio</i> <p>Sober Sex and Sexuality (Part II): Eros, Love, and Self</p> <ul style="list-style-type: none"> • <i>Will Rogers I and II</i> <p>This is Me: Moving Beyond Shame to Love Ourselves Again</p> <ul style="list-style-type: none"> • <i>Vineyard</i> <p>Field activities: DODGEBALL</p> <ul style="list-style-type: none"> • <i>Field Across Road from Main Building</i>
4:30pm - 6:00pm	<p>Steps 4, 5 & 10</p> <ul style="list-style-type: none"> • <i>Patio</i> <p>Arts & Crafts: Craft Your Own Happiness</p> <ul style="list-style-type: none"> • <i>Atrium Pavilion</i> <p>That Thing Where...</p> <ul style="list-style-type: none"> • <i>Continental</i> <p>Fasten Your Seatbelts and Breathe — a Breathwork Healing Circle</p> <ul style="list-style-type: none"> • <i>Will Rogers I-II</i>
6:30pm - 8:00pm	<p>Dinner</p> <ul style="list-style-type: none"> • <i>Morgan's Restaurant, Main Building</i>
8:30pm - 10:00pm	<p>Main Speaker Meeting - Speaker: Sam T., Dallas, TX</p> <ul style="list-style-type: none"> • <i>Main Tent</i>
10:30pm	<p>GOT IT! A Spiritual Awakening</p> <ul style="list-style-type: none"> • <i>Main Tent</i> <p>Spring Clearance Cinema: Fried Green Tomatoes</p> <ul style="list-style-type: none"> • <i>Will Rogers I</i> <p>Parlor Games</p> <ul style="list-style-type: none"> • <i>Atrium Pavilion</i>
12:00am-1:00am	<p>Midnight Candlelight Meeting</p> <ul style="list-style-type: none"> • <i>Penthouse</i> <p>SCA</p> <ul style="list-style-type: none"> • <i>Will Rogers I</i>

SUNDAY

6:30am	<p>Coffee service begins</p> <ul style="list-style-type: none"> • <i>Atrium Pavilion</i>
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7:00am-8:00am	<p>Early Bird Morning Meeting</p> <ul style="list-style-type: none"> • <i>Penthouse</i> <p>Refuge Recovery</p> <ul style="list-style-type: none"> • <i>Will Rogers I</i> <p>Carry Your Weight</p> <ul style="list-style-type: none"> • <i>Main Tent Deck</i>
7:30am-8:45am	<p>Breakfast</p> <ul style="list-style-type: none"> • <i>Morgan's Restaurant, Main Building</i>
9:00am-10:30am	<p>Step 1</p> <ul style="list-style-type: none"> • <i>Will Rogers I</i> <p>Steps 2 & 3</p> <ul style="list-style-type: none"> • <i>Will Rogers II</i> <p>Step 4: Sexual Inventory</p> <ul style="list-style-type: none"> • <i>Patio</i> <p>Shifting States: Tangible Tools for Healing the Wounded Soul</p> <ul style="list-style-type: none"> • <i>Continental</i> <p>That Thing Where...</p> <ul style="list-style-type: none"> • <i>Main Tent</i>
10:45am-12:15pm	<p>Step 12</p> <ul style="list-style-type: none"> • <i>Patio</i> <p>Be Yourself! Everyone Else is Already Taken</p> <ul style="list-style-type: none"> • <i>Continental</i> <p>Fasten Your Seatbelts and Breathe — a Breathwork Healing Circle</p> <ul style="list-style-type: none"> • <i>Will Rogers I-II</i> <p>This is Me: Moving Beyond Shame to Love Ourselves Again</p> <ul style="list-style-type: none"> • <i>Main Tent</i>
12:30pm-1:45pm	<p>Lunch</p> <ul style="list-style-type: none"> • <i>Morgan's Restaurant, Main Building</i> <p>Check out, return keys to front desk, drop luggage on Pavilion Deck</p> <ul style="list-style-type: none"> • <i>Atrium Pavilion</i>
1:45pm-3:00pm	<p>Closing Meeting</p> <ul style="list-style-type: none"> • <i>Main Tent</i>
3:00pm - 3:15pm	<p>Loading buses</p> <ul style="list-style-type: none"> • <i>Front Entrance</i>
3:15pm	<p>Buses depart</p> <ul style="list-style-type: none"> • <i>Front Entrance</i>

The following workshops will run twice: Step 1; Steps 2 & 3; Step 12; Be Yourself; Everyone Else is Taken
The following workshop will run three times: Fasten Your Seatbelts & Breathe

Wellness Workshops

No One is Alone

An interactive experience to help tackle social anxiety and offer some tools to stop the instinct to isolate for "those moments in the woods".

David B, Keith B

Fasten Your Seatbelts and Breathe — a Breathwork Healing Circle

The time for healing is right now! All you have to do is show up, be open, and enjoy the ride. Your breath will do the work. This form of breathwork is a physical, active meditation technique that uses a two-part breath to open you up, clear stuck emotional energy, and facilitate connection with your spirit.

Chris P, Stephen R

The Healing Promise of Qi (Life Energy): Creating Extraordinary Wellness Through Qigong

Start your weekend by aligning your body, mind, and spirit using a series of slow graceful movements combine with mental concentration and deep rhythmic breathing to increase and balanced your vital energy. Qigong is especially effective in reducing stress, thereby enhancing the immune system, preventing illness, increase stamina, improve your sexual energy and aging. Come join us and unlock your blocked energy flow.

Eric Schneider

Start Your Weekend with Imagination and Color!

Express yourself through the wonder of painting and drawing. A safe, non-judgmental art group for all people. Talent or experience not required. Just bring your imagination and an open mind.

Sid K, Jacob H

The 12-Step Buddhist

This workshop takes a systematic approach to blend the traditional 12-Steps with timeless Buddhist teachings and principles of four noble truths and the eightfold path.

What Buddhism offers doesn't ask for blind faith or belief, it offers a practical set of tools to contemplate, practice and integrate into your own life. Explore these principles and make it an addition to your existing program. Those of us who struggle with God or Higher Power will find these fundamentals an exciting complement to their recovery.

Noam P, Brett S

This is Me: Moving Beyond Shame to Love Ourselves Again

"I've learned to be ashamed of all my scars, run away they say, no one'll love you as you are"- This is Me, Greatest Showman

During this highly interactive workshop, we will take a look at the effect shame can have on our lives and practical ways to move beyond it to experience new freedom and a new happiness.

Bob K

Be Yourself! Everyone Else is Already Taken

In moving from active addiction into recovery it can be challenging to know where one fits and to what groups one belongs.

In this workshop we will explore aspects of belonging within the recovery community and in the larger world. We will make use of experiential activities and exercises to help us better understand the dynamic interplay of who we are and where we belong.

Jennifer Z., LCAT, RDT, CPC, is a licensed creative arts therapist, public speaker, and writer/singer/theatre-maker.

Aaron R. CASAC-T and certified recovery coach currently facilitate harm reduction groups at an adult day treatment center in NYC.

Shifting States: Tangible Tools for Healing the Wounded Soul

Led by Kathleen Murphy, LMFT, LPC
As one of the nation's leading trauma therapists, Kathleen leads an interactive workshop to equip participants with tangible take-aways to recover differently. Kathleen helps answer:

Q: Why do I suffer when I want to recover?

Q: What role does sex play in finding peace + partnership?

Q: How do my senses & insecurities lead to more bad - instead of more good?

Q: How has a beam of recovery tolerance been reduced by meth + trauma?
Shifting States will include a sound healing session.

Kathleen M, Brad L

Sober Sex and Sexuality (Part I): A Healthy Sexual Life in Early Recovery

There is often a great deal of apprehension when it comes to sex and sexuality for those in early recovery. Apprehension includes how to separate sex from drugs or how to navigate sexual triggers and fear of relapse because of sex. We will examine this fear and utilize it to create a more respectful relationship with sex, sexuality, and desire.

Participants are encouraged to attend both part I and II in the series. Although both workshops can be taken separately.

Sober Sex and Sexuality (Part II): Eros, Love, and Self

Building on the first workshop, participants will have the opportunity to experientially explore and enhance capacity for awareness, intimacy, relationship, and connection. There will be some sensual, non-sexual touch in this workshop.”

Eric G. Schneider, M.Ed., D.Min., is a sex and relationship counselor, coach and educator who has worked with gay men for the last 30 years. He is a Ph.D. Candidate in Human Sexuality with a focus on the sex and relational lives of gay men. He is a frequent guest on Sirius radio as a guest expert in men and masculinity. Along with his private practice in NYC, he was the clinical director for Friends In Deed for over 17 years. He has been a practitioner of Taoist arts and sciences for the past 49 years. He is delighted to be joining the retreat for the 3rd year!”

That Thing Where...

...I've done the work, and I'm still not happy.

...I want to do more and be more.

...I'm not as excited about this as I used to be.

...I wonder what happiness is anyway.

You're in a rut and need a swift kick in the rear! Join us to discover ways to welcome back desire, spark inspiration, and honor the gifts you've been given. Let's get to work!”

Dana R, David C

Writing Morning Pages

Learn to let go, unblock and live a sober life through creative writing. This workshop will explore the benefits of journaling as a stream of consciousness exercise, how they get integrated into your recovery as morning pages, a gratitude list, or other forms of inventory checklists. Prepare to transform your

daily routine into a spiritual pathway to peace.

Ward C, Chris C

Exercise

Carry Your Weight!

Exercise is a celebration of what the body can do. Celebrate your body in this day-breaking body weight workout that will test your speed, endurance, flexibility, and strength. All levels of fitness are welcome. Be prepared to sweat!

Michael H

Slow Flow Kripalu

Grounding, slower paced alignment flow paired with quieting restorative sequence to relieve stress and balance the nervous system. An antidote to the fast and busy pace of life.

Sunie is a Kripalu-trained Yoga teacher. Her compassion and energy create a sense of focus and ease during class. She has been teaching for 12 years in NYC and New England. Sunie is well seasoned in most styles of yoga with a strong understanding of the physical body. She is responsible for launching beginner's workshops at several yoga studios throughout the northeast.

Meetings

Refuge Recovery

Refuge Recovery is grounded in the belief that Buddhist principles and practices create a strong foundation for a path to freedom from addiction. This is an approach to recovery that all individuals have the power and potential to free themselves from the suffering that is caused by addiction. Refuge Recovery currently has nine weekly meetings throughout the city.

Sexual Compulsives Anonymous
Sexual Compulsives Anonymous (SCA) is a twelve-step program for people who want to stop having compulsive sex. SCA supports healthy sexual expression and does not expect members to repress their sexuality.

Step Workshops

Step 1 Find Power Through Powerlessness: A Guide To Getting Started With Step One

Step One can be both intimidating and confusing. What does it mean that we are powerless? And how do we know we are? And what can we even do with this information? Join us for a workshop focusing on not only examining our addictions, but also learning how to change our self-defeating behaviors.

Step 2 & 3 For the Love of Shania:

Come on over so we can discuss the ideas and concepts of steps two and three, how others have gotten through these two steps, the practical applications for them in our every day lives, and attain a better understanding of how to put a higher power to work for you, from this moment on.

Steps 3, 7 & 11 No One Is Alone: Walking the Path of Your Own Understanding

Ah yes, the "God" steps. What is God? What's an HP? What is spirituality? WHAT ARE THE ANSWERS AND WHERE CAN I FIND THEM?! If you've ever had these questions you are not alone! Let's travel together down this path of discovery and exploration. Wherever you are at today, hand in hand we can search for the path of least resistance.

Steps 4, 5 & 10 Clean up in Aisle 5!

It's time to spill the tea with the inventory steps of 4/5/10. Learn and practice how to inventory resentments, fears, old behaviors, and sexual behaviors and how to discuss them with another addict. Step 10 helps keep that process fresh.

Steps 6 & 7: Going from Willful to Willing: Drop the Rock Already!

will focus on steps 6 and 7 by using the spiritual principles of willingness (step 6) and humility (step 7) as a guide to having our defects of character removed, allowing us to begin to intuitively know how to "Drop the Rock" and live a spiritual life of intention. Come with your defects! Leave with willingness and humility.

Step 8 & 9 Ready, willing and able: how to do an effective Step 8 and 9

This workshop will show you what becoming willing looks like in practical terms, different types of amends, and how to make them. Join us, have fun, and learn more about taking this vital step in your recovery!

Sexual Inventory Sexual Healing: From inventory to ideal

Sex can be a challenging and triggering experience for those in recovery. Come to the sexual healing workshop where you will learn how to work through your sexual past to create a healthy sexual future.

Step 12 The Joy of Living: Into Action

The Twelfth Step offers some of the most profound promises of the twelve-step program of recovery—the return of sanity, freedom from fear and isolation, a happy and purposeful life. Whether you've got days, months or years, this dynamic workshop will leave you present and awake to the promises and

possibilities of carrying the message and practicing the principles of recovery.

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: The Birdcage

Saturday: Fried Green Tomatoes

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, large-scale interactive game that will test your powers of memory and deception. Led by Omar V. from Austin, TX.

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 Stephen L. and Ben P. 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.

Arts & Crafts: Craft Your Own Happiness

Saturday 4:30pm

Join us and let's get verbal on your walls together as we each create our own fun wall art using wood slices. This unique decor is simple to construct and personalized with your choice of names, positive affirmations, special dates, etc. It's a wonderful gift to both yourself and others!

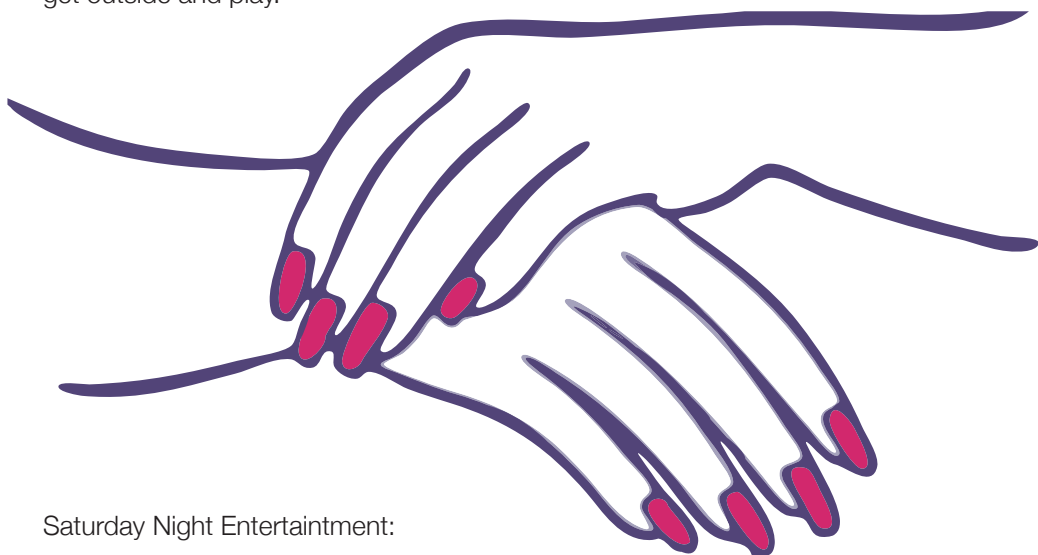
Eric H. and Daniel M.



Field Day: Dodge Ball (Weather permitting)

Saturday, 2:45pm

Let out your resentments and have some fun by getting old school in a light-hearted dodge ball game. Alex M. and Lucas O. are organizing teams to get outside and play.

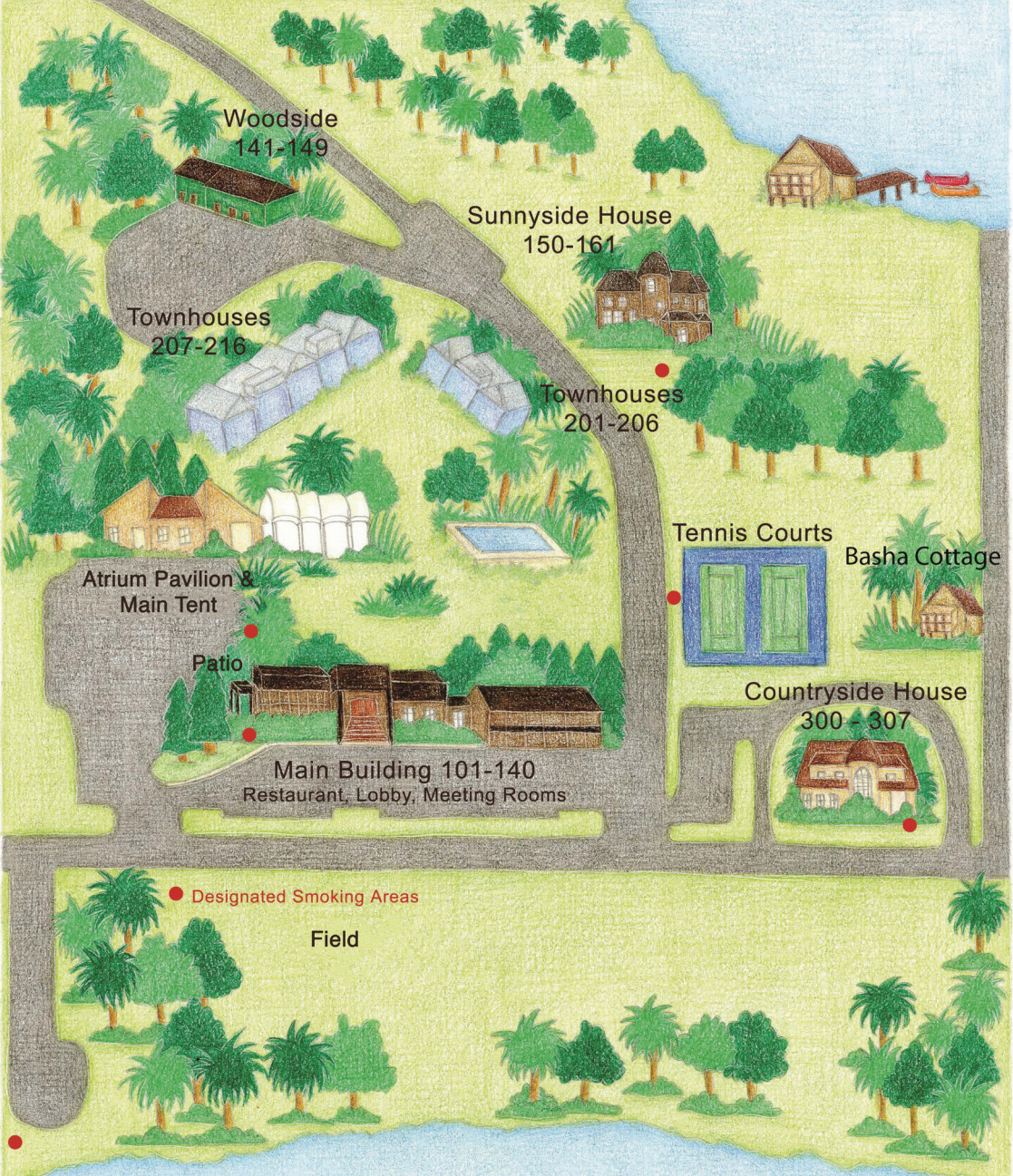


Saturday Night Entertainment:

GOT IT: A SPIRITUAL AWAKENING

Program Legends Karen K and Kathy W return to the stage after their triumphant statewide "Got It" Prison and Outpatient Tour to present a brand-new spiritually enhanced evening of music and workshops for the recovered addict who's ready to dial back their recovery and enlighten their life.

"Get ready to receive everything you've been missing in those boring, time-consuming meditation meetings!" -Time Out New York



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