

"...withholding nothing, we are delighted..."

—Alcoholics Anonymous, p.75

PROGRAM



APRIL 15-17, 2011

Interlaken Resort and Conference Center

74 Interlaken Road

Lakeville, Connecticut 06039

SPRING CLEARANCE 2011 RETREAT AND THE INTERLAKEN INN

Welcome to Spring Clearance 2011. We hope this will be a weekend of fellowship that feeds your spirit and your program.

The Interlaken Inn has extensive facilities:

- Frontage on Lake Wonoscopomuc, CT's deepest natural spring-fed lake.
- Two outdoor all-weather courts.
- Game room with billiards, ping-pong and air hockey.
- Widescreen TV, card and game tables in the lounge
- Health and fitness center and sauna
- 30 acres to be explored

Please enjoy yourselves, but respect the property.

Please be mindful of housekeeping as there will be no in-room housekeeping during the retreat. Also, please be aware that for the duration of the weekend, there is no television reception in the rooms.

For the good of everyone on the retreat, there is zero tolerance for violence or the use of drugs or alcohol. Anyone caught under the influence of drugs or alcohol will be asked to leave. We want to maintain a safe and respectful environment and hope that this weekend will be a rewarding experience for all.

SCHEDULE

FRIDAY	
3:00 – 4:15 pm	Check-in, Service Sign-up
4:30 – 5:00 pm	Refreshments @ <i>Atrium Pavilion</i>
5:00 – 5:30 pm	Welcome Reception @ <i>Atrium Pavilion</i>
5:30 – 5:45 pm	Home Group Check-in
6:00 – 7:30 pm	Dinner
8:00 – 9:45 pm	Opening Meeting Main Speaker @ <i>Atrium Pavilion</i>
10:00 – 12:00 am	Bonfire @ <i>Wonopakook Lake</i> <i>Or, if inclement weather:</i> Ice cream social @ <i>Atrium Pavilion</i> Cinema CMA @ <i>Will Rogers</i> Games @ <i>Atrium Pavilion</i>
12:00 am	Midnight Meeting @ <i>Penthouse</i>

SATURDAY	
6:30 – 7:00 am	Morning Meditation @ <i>Penthouse</i> Coffee Service Begins @ <i>Atrium Pavilion</i>
7:00 – 8:00 am	Early Risers Round Robin @ <i>Penthouse</i> Morning Boot Camp @ <i>Deck in Atrium Pavilion</i> Morning walk/run: meet @ <i>Main Building Lobby</i> Yoga @ <i>Vineyard</i>
7:30 – 9:00 am	Breakfast
9:15 – 10:45 am	Relapse and Recovery (Step 1) @ <i>Penthouse</i> Workshops: Power (Step 2 & 3) @ <i>Will Rogers II</i> Recovery Continuing to Take Inventory (Step 10) @ <i>Will Rogers I</i> Sponsorship (Step 12) @ <i>Patio & Slate Terrace</i> Relationships in Sobriety (Step 12) @ <i>Vineyard</i>
Wellness	A Bridge To Life: The Path To Purposeful Living @ <i>Continental</i>
11:00 – 12:30 pm	Powerlessness & Unmanageability (Step 1) @ <i>Patio</i> Workshops: Prayer & Meditation (Step 3, 7 & 11) @ <i>Penthouse</i> Recovery 1st Inventory* - Part I of II: Resentments (Step 4) @ <i>Continental</i> Drop the Rock (Step 5, 6 & 7) @ <i>Will Rogers II</i> Making Amends (Step 8 & 9) @ <i>Will Rogers I</i> Careers and Money (Step 12) @ <i>Vineyard</i>
Wellness	Shame, Internalized Homophobia & Recovery @ <i>Sunnyside Lobby</i>
12:30 – 1:45 pm	Lunch
2:00 – 2:45 pm	Silent Time 12-Step Guided Meditation With Breath Work @ <i>Will Rogers 2</i>
3:00 – 4:15 pm	A Bridge To Life: The Path To Purposeful Living @ <i>Continental</i> Wellness Mirror, Mirror... @ <i>Vineyard</i> Workshops Out Of The Head, Into The Body @ <i>Deck in Atrium Pavilion</i> Reclaiming The Self Through Writing @ <i>Will Rogers II</i> Healthy Eating In Recovery @ <i>Will Rogers I</i>
Sports/Group Activities	Nature Hike @ <i>Beaver Bond Trail</i> (meet in <i>Main Building Lobby</i>) CMA Field Day @ <i>Interlaken Beach</i> Games @ <i>Atrium Pavilion</i> Tennis and Volleyball @ <i>Tennis and Volleyball Courts</i> (till 5:45 pm)
4:30 – 5:45 pm	Spiritual and Financial Abundance In Recovery @ <i>Continental</i> Wellness Shame, Internalized Homophobia and Recovery @ <i>Vineyard</i> Workshop Out Of The Head, Into The Body @ <i>Deck in Atrium Pavilion</i> Healthy Eating In Recovery @ <i>Will Rogers I</i>
Sports/Group Activities	Arts & Crafts @ <i>Patio</i> American Indian Drumming @ <i>Wonopakook Lake</i>

* 2 Part Workshop (Part I on Saturday @ 11:00 am & Part II on Sunday @ 11:00 am)

6:00 – 7:30 pm	Dinner
8:00 – 9:30 pm	Main Meeting @ <i>Atrium Pavilion</i>
10:00–12:00 am Fellowship & Activities	Karaoke @ <i>Restaurant and lounge</i> Games @ <i>Atrium Pavilion</i> Cinema CMA @ <i>Will Rogers</i> Charades @ <i>Vineyard</i>
12:00 am	Midnight Meeting @ <i>Penthouse</i>
SUNDAY	
6:30 –7:00 am	Morning Meditation @ <i>Penthouse</i> Coffee Service Begins @ <i>Atrium Pavilion</i>
7:00 – 8:00 am	Early Risers Round Robin @ <i>Penthouse</i> Morning Boot Camp @ <i>Deck in Atrium Pavilion</i> Morning Walk/Run: meet @ <i>Main Building Lobby</i> Yoga @ <i>Vineyard</i>
7:30 –9:00 am	Home Group Breakfast
9:15 –10:45 am Workshops: Recovery	Powerlessness & Unmanageability (Step 1) @ <i>Patio</i> Prayer & Meditation (Step 3, 7 & 11) @ <i>Penthouse</i> Drop the Rock (Step 5, 6 & 7) @ <i>Will Rogers II</i> Making Amends (Step 8 & 9) @ <i>Will Rogers I</i> Careers and Money (Step 12) @ <i>Vineyard</i>
Wellness	Soulful Integration of Sexuality & Spirituality @ <i>Continental</i>
11:00 –12:30 pm Workshops: Recovery	Relapse and Recovery (Step 1) @ <i>Penthouse</i> Power (Step 2 & 3) @ <i>Will Rogers II</i> 1st Inventory* - Part II of II: Fears and Sex (Step 4) @ <i>Continental</i> Continuing to Take Inventory (Step 10) @ <i>Will Rogers I</i> Sponsorship (Step 12) @ <i>Patio & Slate Terrace</i> Relationships in Sobriety (Step 12) @ <i>Vineyard</i>
Wellness	Spiritual and Financial Abundance in Recovery @ <i>Sunnyside Lobby</i>
12:30 –1:45 pm	Lunch & Checkout Leave bags at <i>Exec Center</i> & return key to <i>Front Desk</i>
1:45 - 2:00 pm	Group Photo <i>Outside of Atrium Pavilion</i>
2:00 –3:00 pm	Closing Meeting @ <i>Atrium Pavilion</i>
3:15 pm	Bus Departs for NYC

* 2 Part Workshop (Part I on Saturday @ 11:00 am & Part II on Sunday @ 11:00 am)

RECOVERY WORKSHOPS

TWO PART WORKSHOP (PART I ON SAT @ 11:00 AM & PART II ON SUN @ 11:00 AM)

1st Inventory (Step 4) Track 1 (Resentments) & Track 2 (Fears and Sex)

A two-part workshop providing a 4th step guide for those who are wanting to get started but don't know how. Part 1 covers resentments, and part 2 covers fears and sex.

TRACK 1 (SATURDAY 9:15 – 10:45 AM & SUNDAY 11:00 – 12:30 PM)

Relapse and Recovery (Step 1)

A review of this important chapter in the basic text of Narcotics Anonymous.

Power (Steps 2 & 3)

Geared for those new to recovery who want to work the steps or for those who've been around and want a fresh start.

Continuing to Take Inventory (Step 10)

A practical guide to taking 10th steps, with real life examples.

Sponsorship (Step 12)

How to be a sponsor and how to use a sponsor.

Relationships in Sobriety (Step 12)

How to navigate relationships in recovery.

TRACK II (SATURDAY 11:00 – 12:30 PM & SUNDAY 9:15 – 10:45 AM)

Powerlessness & Unmanageability (Step 1)

Step One and first steps around other issues.

Prayer & Meditation (Steps 3, 7 & 11)

Using prayer and meditation in recovery.

Drop the Rock (Steps 5, 6, 7)

Letting go of unrealistic ideals when it comes to body image, relationships, sex, finances, and career.

Making Amends (Steps 8, 9)

A practical guide to making amends with real life examples.

Careers and Money (Step 12)

Patience and planning for career and financial success in sobriety.

WELLNESS WORKSHOPS

Reclaiming The Self Through Writing - This workshop uses writing to uncover our dreams and a new sense of self, beyond addiction. It's a tool for continued self-growth, awareness and healing. Jennifer is a certified Core Strengths Coach. Focusforwardcoach@gmail.com

Mirror, Mirror ... - We will use eye contact to cultivate personal intimacy and create a daily practice of mirror work. It's a love letter to our selves! Barry is a writer, healer and mentor. www.BarryLipscomb.com

Out Of The Head, Into The Body - Through movement, music and play, find greater awareness of how the mind and body are connected, increasing mindfulness and presence in daily life. Todd is a professional dancer and certified yoga instructor.

Shame, Internalized Homophobia And Recovery, Oh My! - This experiential workshop will explore how we can transform shame and internalized homophobia into pride and empowerment. Craig is a psychotherapist. www.new-leaf-counseling.com.

Healthy Eating In Recovery: Developing A Balanced Relationship With Food & Nutrition - This workshop introduces a framework for nutrition that helps create healthy eating habits around maintaining a well-balanced diet and making better nutritional choices for a fast-paced lifestyle. Anthony is as a chef and food stylist. www.AnthonyLeberto.com

A Bridge To Life: The Path To Purposeful Living - Through interactive exercises and experiential activities, you will develop a simple statement summarizing your personal life purpose and uncover a manageable slice of potential. Alan is a business and life coach. www.actsofbalance.com

Spiritual And Financial Abundance In Recovery - Together we will explore some of the spiritual principles you can use to recover financial health. We will also look at budgeting, investing and repairing our credit rating. John is a financial professional who shares from his own story of financial recovery.

Soulful Integration Of Sexuality And Spirituality - We will explore the idea that sexuality and spirituality are the same energy. Then through a guided meditation, integrate those energies for healthier dating, sexual expression and relationships. Facilitated by Barry.

WELLNESS ACTIVITIES

Morning Meditation (Quiet) - Join Barry each morning from 6:30 – 7:00 (drop in any time).

Morning Yoga - Todd will lead an hour of yoga each morning at 7:00.

A 12-Step Guided Meditation With Breath Work - During the Saturday afternoon quiet hour, we will journey through the 12 steps in a guided meditation and breathe new energy into our spirits. Brad has studied meditation, is training as a yoga instructor and working with a breath coach.

FUN & FELLOWSHIP

Bonfire - Kick off Spring Clearance around a roaring fire, making s'mores, singing camp fire songs and connecting with fellows. In case of inclement weather, there will be an old-fashioned ice cream social in the Atrium Pavilion.

Cinema CMA - Watch select films on a large screen television in a quiet space and enjoy fellowship and classic movie snacks.

Boot Camp - Combine drills and kickboxing for an energizing, heart-pumping hour of choreographed punches and kicks. Through multiple series of combos, you'll be encouraged to have fun and exceed physical limits to realize your inner potential.

Morning Walk/Run - Start your morning off with a short-distance run or walk through one of northwestern Connecticut's most picturesque communities. All levels welcome.

Nature Hike - Enjoy a casual walk in the beautiful New England woods along Beaver Pond Trail, located adjacent to the Interlaken Inn. Convene with nature and enjoy quiet conversation with fellows.

CMA Field Day - A series of events designed to test your mind and body while working as a team with your fellows. Catch the cooperative spirit and join in on this fun twist of a field day.

Games - One-on-one and group games are available for your enjoyment, including pool, ping pong, futsal, scrabble, chess, backgammon, checkers, cards and Uno.

Tennis and Volleyball - Take advantage of the Interlaken Inn's two tennis courts and volleyball pit. All are welcome.

Arts and Crafts - Relax and let your creativity flow in this art therapy-inspired activity. No requirements, just grab some paint and glitter and express yourself any way you see fit.

Lakota Drumming Experience Come and experience authentic Lakota (Sioux) drumming and song. Songs that are used in prayer and healing ceremonies will be shared around the pow wow drum.

Karaoke - Whether you like disco, soul, pop or Broadway, come on down and show off your talents, or lack of them. Sure-fire fun for performers and audiences alike.

Charades - Using physical rather than verbal language, teams of fellows will act out words or phrases while teammates try and guess the answer.

Woodside
141-149



Parking



207-216

Townhouse
Suites

Cross-Country Skiing



Wonopakook
Lake

Bonfire Site



Sunnyside
150-161

Health & Fitness Ctr.
& Atrium Pavilion



201-206

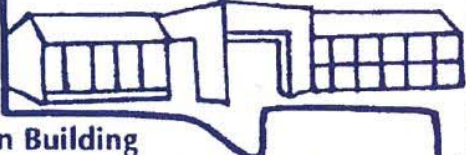
Pool



Tennis
Courts



Parking



Main Building
(lobby, restaurants, lounge)

Parking



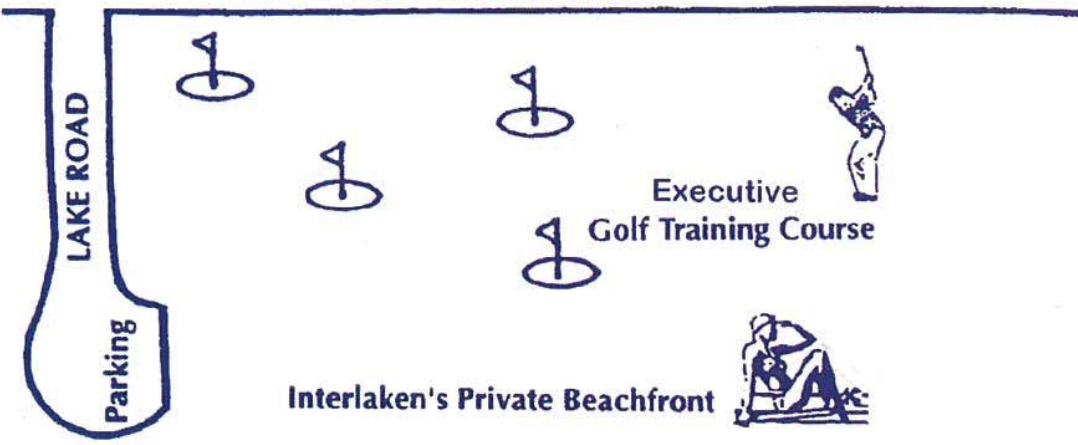
Parking



Countryside
300-307

Hotchkiss
← Golf

Route 112 / Interlaken Road



Canoes, Rowboats
& Kayaks

Lake Wononscopomuc



Interlaken

Resort & Conference Center