



Schedule

Welcome...

And relax. You're in a safe place and among friends.

As the primary goal this weekend is to gain spiritual awareness, it is our sincere hope that you leave feeling better connected to yourself, the fellowship and, perhaps, your Higher Power.

In Service -

Your Retreat Committee—2010

Friday

3:00 - 4:15 PM	Check-in, Service Sign-up and Raffle Drawing
4:30 - 5:00	Refreshments
5:00 - 6:00	Welcome Reception
6:00 - 7:30	Dinner
8:00 - 9:45	Opening Meeting Main Speaker - Brad O. (LA)
10:00 PM	Bonfire/ Fellowship/ Activities
12:00 AM	Midnight Meeting

Saturday

6:30 - 7:30 AM	Coffee Service
7:00 - 8:00	Early Risers Round Robin
and	Early Risers Boot Camp
7:30 - 9:00	Breakfast
9:15 - 10:45	WORKSHOPS: TRACK 1 <ul style="list-style-type: none"> • Powerlessness - Patio/Slate Terrace • Ready, Willing, and Able - Will Rogers II • The Doctors' Opinions - Penthouse • Careers and Money - Vineyard • Making Amends - Countryside II
11:00 - 12:30 PM	WORKSHOPS: TRACK 2 <ul style="list-style-type: none"> • Continuing the Process - Patio/Slate Terrace • Power - Vineyard • Prayer & Meditation - Penthouse • Carrying the Message - Countryside II • Relationships in Sobriety - Will Rogers II • Just Do It! - Continental
12:30 - 1:45	Lunch
2:00 - 3:00	Silent Time or Silent Walking Meditation
3:15 - 5:45	Free Time + Group Activities All are encouraged to participate
6:00 - 7:30	Dinner
8:00 - 9:30	Main Meeting Michael M. (DC) and Juan R. (Phoenix)
10:00 PM	Bingo/Fellowship/Activities
12:00 AM	Midnight Meeting

Sunday

6:30 - 7:30 AM	Coffee Service
7:00 - 8:00	Early Risers Round Robin
and	Early Risers Boot Camp
7:30 - 9:00	Breakfast
9:15 - 10:45	WORKSHOPS: TRACK 2 <ul style="list-style-type: none"> • Continuing the Process - Patio/Slate Terrace • Power - Vineyard • Prayer & Meditation - Penthouse • Carrying the Message - Countryside II • Relationships in Sobriety - Will Rogers II
11:00 - 12:30 PM	WORKSHOPS: TRACK 1 <ul style="list-style-type: none"> • Powerlessness - Patio/Slate Terrace • Ready, Willing, and Able - Will Rogers II • The Doctors' Opinions - Penthouse • Careers and Money - Vineyard • Making Amends - Countryside • Just Do It! - Continental
12:30 - 2:00	Lunch and Checkout Leave Tuggage at Executive Center and return key to Front Desk.
2:00 - 3:00	Closing Meeting - Gratitude and Group Photo
3:15	Bus Departs for NYC

Please

Workshop Descriptions: See Workshop Schedule insert for descriptions.

Smoking: Permitted outdoors in designated areas only. All guest rooms are non-smoking.



Spring Clearance Workshop Schedule

Saturday

9:15 - 10:45 AM, Track 1

- Powerlessness - Patio/Slate Terrace
- Ready, Willing, and Able - Will Rogers II
- The Doctors' Opinions - Penthouse
- Careers and Money - Vineyard
- Making Amends - Countryside II

11:00 - 12:30 PM, Track 2

- Power - Vineyard
- Continuing the Process - Patio/Slate Terrace
- Prayer & Meditation - Penthouse
- Carrying the Message - Countryside II
- Relationships in Sobriety - Will Rogers II
- Just Do It!, Part 1 (Resentments) – Continental

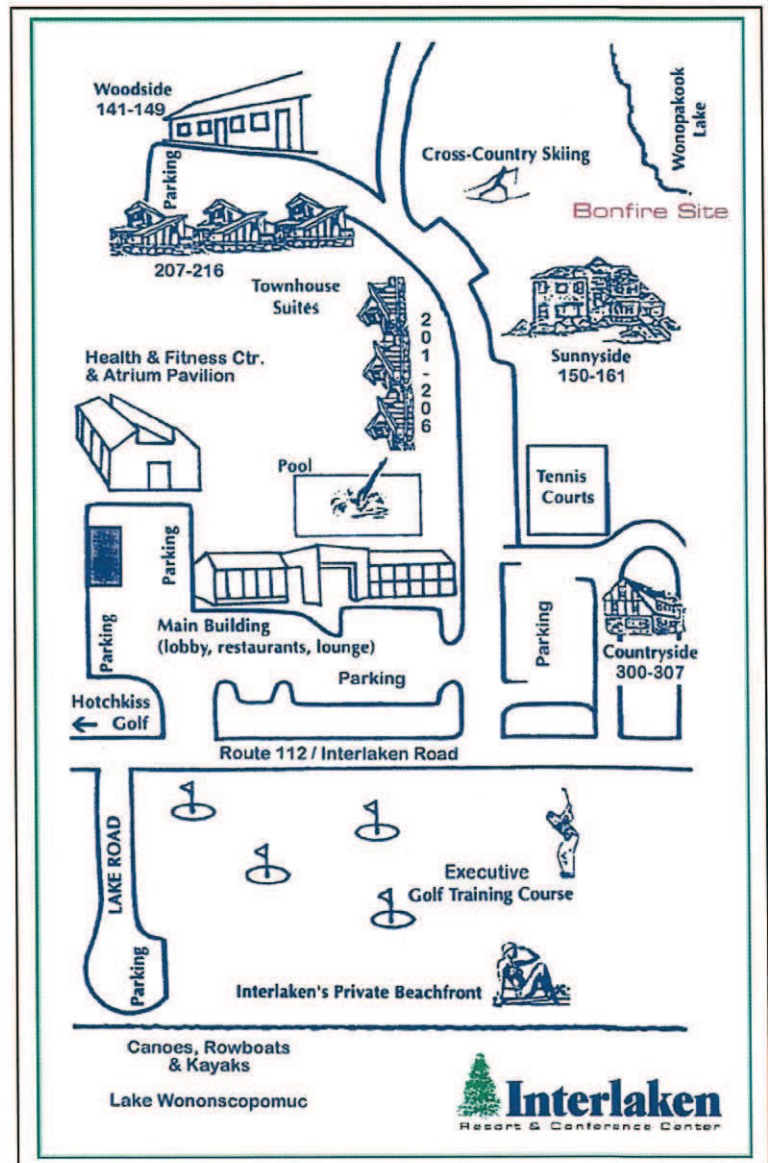
Sunday

9:15 - 10:45 AM, Track 2

- Power - Vineyard
- Continuing the Process - Patio/Slate Terrace
- Prayer & Meditation - Penthouse
- Carrying the Message - Countryside II
- Relationships in Sobriety - Will Rogers II

11:00 - 12:30 PM, Track 1

- Powerlessness - Patio/Slate Terrace
- Ready, Willing, and Able - Will Rogers II
- The Doctors' Opinions - Penthouse
- Careers and Money - Vineyard
- Making Amends - Countryside II
- Just Do It!, Part 2 (Fears and Sex) – Continental



- ❖ All workshops are in the Main Building, except for *Making Amends* and *Carrying the Message*, which are in the Countryside building.

Workshop Descriptions

- **Powerlessness (Step 1)**
How to work your initial 1st step and work 1st steps around other issues like sex, money, careers, and relationships.
- **Power (Steps 2 & 3)**
How to find a Higher Power, whether newcomer or old timer—a new look at the 2nd & 3rd Steps.
- **Just Do It! (Steps 4 & 5)**
How to do a personal inventory: a two-part workshop for those who want to get started on their 4th step but don't know how (Part 1: Resentments, Part 2: Fears and Sex).
- **Ready, Willing, and Able (Steps 6 & 7)**
How to practice the 6th and 7th steps continuously to remain spiritually fit and handle issues like self-image, self-worth, and body image.
- **Making Amends (Steps 8 & 9)**
How to make amends—includes real-life experiences and examples.
- **Continuing the Process (Step 10)**
How to continue the Program and practice personal spot-checks through the 10th step.
- **Prayer & Meditation (Steps 3, 7 & 11)**
How to use prayer and meditation in your recovery.
- **Carrying the Message (Step 12)**
How to be a sponsor and how to use a sponsor.
- **Relationships in Sobriety (Steps 10 & 12)**
How to navigate many types of relationships in recovery such as family, friends, boyfriends, girlfriends, and partners.
- **The Doctors' Opinions**
How to understand the disease concept, the pink cloud, and why twelve-step recovery works.
- **Careers and Money**
How to come up with a plan, and practice patience, concerning your future, your career, and your finances in sobriety.