

Shoulder to
Shoulder

SPRING
CLEARANCE
2013

10th
Anniversary

SPRING CLEARANCE 2013 RETREAT

Thanks for standing shoulder to shoulder with us as we deepen our connections, strengthen our spiritual lives, and be of service to each other. The schedule below lays out the weekend's exciting workshops, meetings, and activities. If you have any questions, don't hesitate to find a committee member and ask for help.

Many thanks to our wonderful hosts at the Interlaken Inn. Please enjoy yourself, but respect the property. Be mindful of housekeeping as these services will not be provided during the retreat.

For the good of everyone at the retreat, there is zero tolerance for violence or the use of drugs or alcohol. Anyone caught under the influence 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

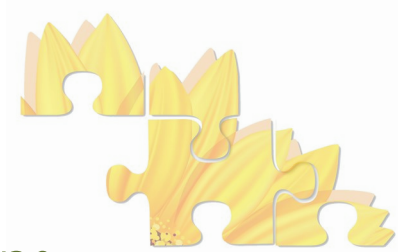
FRIDAY	
3:00 - 3:15 pm	Check-in Meeting @ Atrium Pavilion
3:15 - 4:15 pm	Registration & Service Sign-up @ Atrium Pavilion
4:15 - 5:00 pm	Fellowship @ Atrium Pavilion
5:00 - 5:45 pm	Welcome Reception @ Atrium Pavilion
6:00 - 7:30 pm	Dinner @ Main Building
8:00 - 9:45 pm	Main Meeting @ Atrium Pavilion
10:00 - 12:00am	Bonfire @ Lake Wononscoponuc <i>(if inclement weather, Ice Cream Social @ Atrium Pavilion)</i> Cinema CMA @ Will Rogers Games @ Atrium Pavilion
12:00 am	Midnight Meeting @ Penthouse
SATURDAY	
6:30 am	Coffee Service begins @ Atrium Pavilion
7:00 - 8:00 am	Early Risers Round Robin Meeting @ Penthouse Saturday Morning Boot Camp @ Deck in Atrium Pavilion
7:30 - 9:00am	Breakfast @ Main Building
9:15 - 10:45 am Recovery Workshops	Coming Clean (Step 1) @ Will Rogers I Uncover, Discover & Discard (Steps 4/5) @ Will Rogers II Letting Go of the Results (Steps 8/9) @ Patio A Return to Sanity (Steps 10/11) @ Continental
11:00 - 12:30pm Recovery Workshops	Because You Gotta Have Faith (Steps 2/3) @ Will Rogers I From Tops to Bottoms (Step 4 Sexual Inventory) @ Vineyard Separating the Men from the Boys (Steps 6/7) @ Will Rogers II Happy Destiny (Step 12) @ Continental
12:30 - 1:30 pm	Lunch @ Main Building
1:30 - 2:30 pm	Silent Hour
2:45 - 4:00 pm Wellness Workshop	Ask the Doctor @ Will Rogers I Intimate Sobriety @ Continental Designing a Sober Vision @ Will Rogers 2

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2:45 - 4:00 pm Activities	Nature Hike - Meet in Main Building CMA Field Day @ Golf Course Tennis & Volleyball @ the Tennis & Volleyball courts
4:15 - 5:30 pm Wellness Workshops	Ask the Doctor @ Will Rogers I ...Through Our Own Contributions @ Continental Creating a Sober Self @ Will Rogers 2 A New Freedom through Movement @ Vineyard
4:15 - 5:30 pm Activities	Arts & Crafts @ Patio
6:00 - 7:15 pm	Dinner @ Main Building
7:30 - 9:30 pm	10th Anniversary Celebration @ Atrium Pavilion
10:00 - 12:00am	Karaoke @ Restaurant /Lounge Theater Games @ Vineyard Cinema CMA @ Will Rogers Games @ Atrium Pavilion
12:00 am	Midnight Meeting @ Penthouse

SUNDAY

6:30 am	Coffee Service Begins @ Atrium Pavilion
7:00 - 8:00 am	Early Risers Round Robin Meeting @ Penthouse Sunday Morning Boot Camp @ Deck in Atrium Pavilion Sunday Morning Yoga @ Vineyard
7:30 - 8:45 am	Breakfast @ Main Building
9:00 - 10:30 am Recovery Workshops	Coming Clean (<i>Step 1</i>) @ Continental Because You Gotta Have Faith (<i>Steps 2/3</i>) @ Will Rogers I Uncover, Discover, Discard (<i>Steps 4/5</i>) @ Will Rogers II Letting Go of the Results (<i>Steps 8/9</i>) @ Patio
Wellness	Sacred Breath @ Vineyard
10:45 - 12:00pm Wellness Workshops	...Through Our Own Contributions @ Will Rogers I Intimate Sobriety @ Continental Designing a Sober Vision @ Will Rogers II New Freedom through Movement @ Deck in Atrium Pavilion Guided Meditation @ Penthouse
Recovery	From Tops to Bottoms (<i>Step 4 Sexual Inventory</i>) @ Vineyard
12:15 - 1:30 pm	Lunch & Checkout (<i>leave bags on Atrium Pavilion deck</i>)
1:30 - 1:45 pm	Group Photo @ Atrium Pavilion
1:45 - 3:00 pm	Closing Meeting (<i>bus departs promptly at 3:15</i>)



Recovery Workshops

COMING CLEAN (Step 1) - By creating a timeline in a group setting, we will surrender our old ideas and discuss, with honesty, the signs and symptoms of our disease.

BECAUSE YOU GOTTA HAVE FAITH (Steps 2 & 3) - A gentle & fun approach to finding Faith as worked through Steps 2 & 3.

UNCOVER, DISCOVER AND DISCARD (Steps 4 & 5) - A basic understanding of the structure and language of the 4th and 5th steps and a discussion of the instincts of life as they impact resentments.

FROM TOPS TO BOTTOMS! (Step 4 Sexual Inventory) - A 4th step sex inventory workshop to learn how to be at peace with our own sexuality.

SEPARATING THE MEN FROM THE BOYS (Steps 6 & 7) - A workshop for those who have completed Steps 4 and 5. Through practical exercises and shared experience, we will explore character defects and the actions we can take to let go of them.

LETTING GO OF THE RESULTS (Steps 8 & 9) - The workshop explores the 8th and 9th steps utilizing Big Book quotes. We will unpack the "how to" of doing the 8th and 9th steps with a focus on letting go of the results.

A RETURN TO SANITY (Steps 10 & 11) - There is a direct link between self-examination, meditation, and prayer. Taken separately, these practices are infinitely beneficial and bring much relief. But when they are brought together, the result is an unshakable foundation for life.

HAPPY DESTINY: SASHAYING DOWN THE RUNWAY OF LIFE! (Step 12) - A practical look at the principles of the 12 steps, the spiritual experience and working with others.

Wellness Workshops

SACRED BREATH - Use breath, meditation and visualization techniques to clear blocked channels and expel unwanted energy to find truth and a deeper connection to a higher power. (Brad O.) Brad is a certified yoga instructor and has been teaching vinyasa yoga and breath work in Los Angeles.

SELF-SUPPORTING THROUGH OUR OWN CONTRIBUTIONS - Work through some of the most important, but most often avoided, issues to examine financial sobriety and build a solid fiscal future. (Wendy H.) Wendy is a director at Credit Suisse Private Bank and has 15 years experience advising families about wealth preservation and management.

DESIGNING A SOBER VISION - You're sober...NOW WHAT? Emotionally connect your inner purpose and passion to your outer goals to bring about extraordinary results. *It's time to jump into life!* (Bob K.) Bob is a Certified Empowerment Life/Executive Coach and Mediator. He facilitates "AH-HA" moments in individuals to define their ultimate vision and bring it to fruition.

INTIMATE SOBRIETY - Develop a deeper understanding of the dynamic interaction between sobriety, spirituality and sexuality. (Rich R.) Rich is a LCSW, a clinician and experienced group facilitator.

A NEW FREEDOM THROUGH MOVEMENT - Rediscover your relationship with your body in sobriety. Move, stretch and dance your way through resentment, fear and stress. (Kristin W.) Kristin is a member of Actor's Equity, has performed in Broadway Bares and toured internationally with Aida. She will begin her MFA studies at Harvard University in July.

ASK THE DOCTOR - CRYSTAL METH: A MEDICAL PERSPECTIVE - An informative and interactive look at the power of crystal meth addiction and recovery. (Dr. Scott Bienenfeld). Scott is a board certified Addiction Psychiatrist board and certified by both the American Society of Addiction Medicine and The American Board of Addiction Medicine.

GUIDED MEDITATION - Experience mantra and meditation to overcome the addictive mind. Open to all. (Mike L.)

Activities

BONFIRE - Kick off Spring Clearance around a roaring fire. Join us and connect with fellows as we make s'mores and sing songs. *(In case of inclement weather, there will be an old-fashioned ice cream social in the Atrium Pavilion.)*

CINEMA CMA - Screenings of select classic films held in a quiet space. Watch with fellows while enjoying classic movie snacks.

NATURE HIKE - Enjoy the beautiful New England woods set along Beaver Pond Trail, located adjacent to the Interlaken Inn. Commune with nature while bonding 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 the fun!

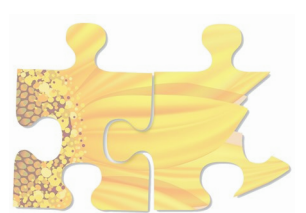
GAMES - One-on-one and group games are available for your enjoyment, including pool, ping pong, foosball, scrabble, chess, backgammon, checkers and cards.

TENNIS & VOLLEYBALL - Take advantage of the Interlaken Inn's two tennis courts and volleyball net.

ARTS & CRAFTS - Channel your inner creativity as we assemble personal vision boards – a great tool to set intensions and goals for the future.

THEATER GAMES – Join the fun as we let loose and play a series of improv-based games. Watch from the audience or be part of the show!

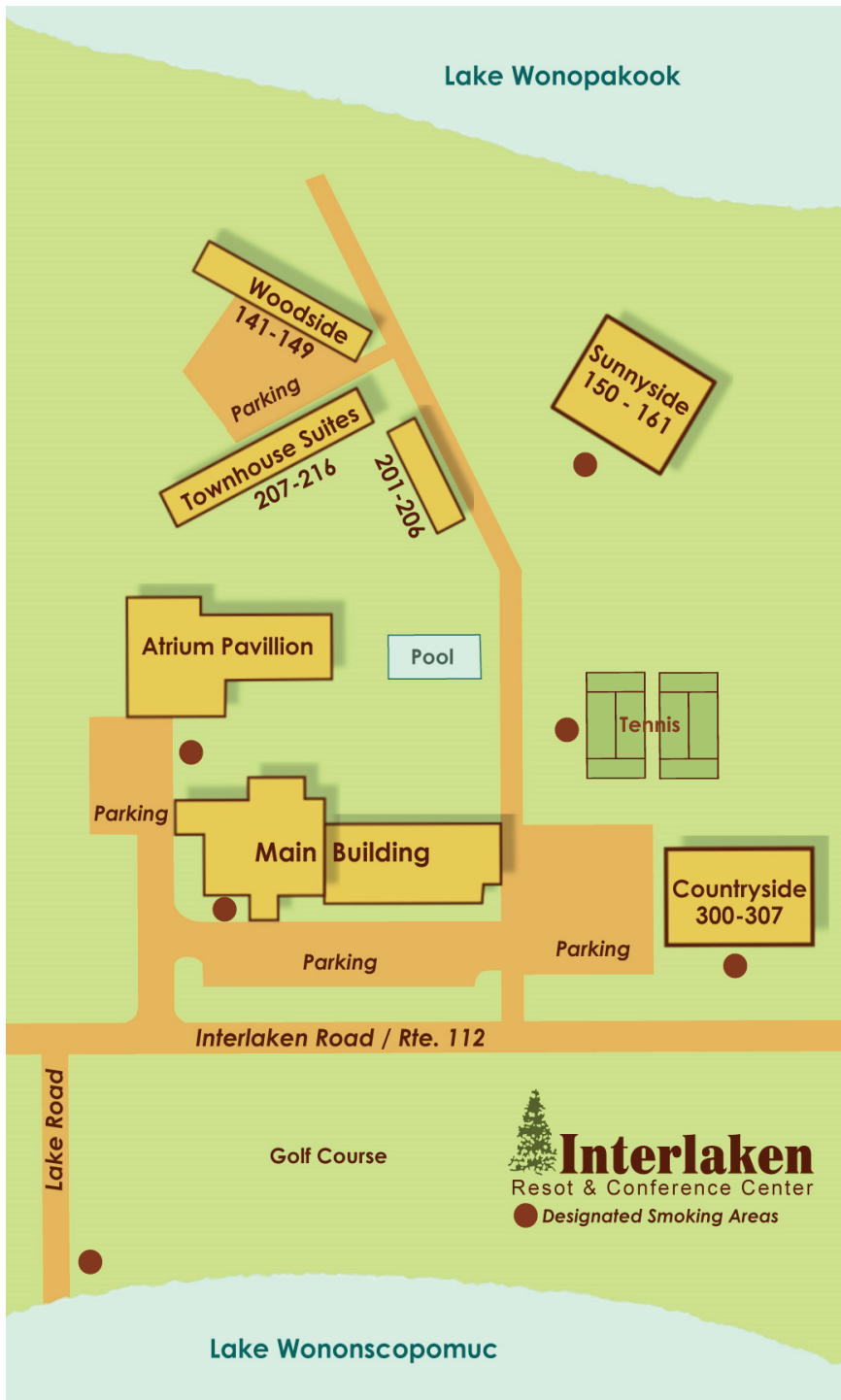
KARAOKE – Cue up your favorite track or personal anthem and take the stage!



Fitness

MORNING BOOTCAMP - Hour-long total body workout full of high energy cardio and intense muscle-building exercises.

SUNDAY MORNING YOGA - 60-minute Vinyasa-based yoga using breath, meditation and mantra to restore, heal and condition the mind and body. All levels. *(Mats provided, but bring a towel.)*



Lake Wonopakook

Woodside
141-149

Parking

Townhouse Suites
207-216

201-206

Sunnyside
150 - 161

Atrium Pavillion

Pool

Tennis

Parking

Main Building

Countryside
300-307

Parking

Parking

Interlaken Road / Rte. 112

Lake Road

Golf Course



Interlaken

Resort & Conference Center

● Designated Smoking Areas

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