



Free to be

SPRING CLEARANCE 2018

Welcome to Spring Clearance 2018!

We are delighted to have you here for this, the fifteenth edition of this special weekend.

Our theme this year is "Free to Be". It was picked almost unanimously by the committee as we felt it reflected so many of the things that recovery grants us. Whether you read it as "Free to be whoever/whatever/however you want to be" or just "Free to exist and live and experience", we thought it was an uplifting and optimistic slogan. We hope that you do too.

This weekend is the result of dedication and hard work by many. Committee meetings started at the end of October last year, but work really began almost as soon as last year's event was over. We hope that you find something this weekend to inspire you. We have a range of step and wellness workshops, fun activities, meetings and opportunities for you to get to know each other better.

There are no rules about how best to enjoy the weekend, but if you approach things with a sense of willingness and open-mindedness, we are sure you will leave on Sunday feeling that you have had a chance to grow.

Wherever you are on your journey, we hope that this weekend gives you the opportunity to be a little more free, and to become the best you that you can be.

In service,
Alasdair C., Chair

Spring Clearance 2018 Committee

CHAIR Alasdair C.

VICE CHAIR Danny R.

SECRETARY/SERVICE Daniel O.

FACILITIES & REGISTRATION Sean M.

TREASURER Geoff G.

FUNDRAISING CHAIR David B.

FUNDRAISING VICE Andrew B.

GRAPHICS CHAIR Bernard B.

PROGRAMMING CHAIR Michael H.

PROGRAMMING VICE Brandon B.

WELLNESS CHAIR Gavin W.

HOSPITALITY CHAIR Ramiro S.

ACTIVITIES & SPECIAL EVENTS

Conor M.

MARKETING, COMMUNICATIONS & OUTREACH Travis D.

FRIDAY

- 3:00pm-3:15pm Check-in Meeting
➤ Main Tent
- 3:15pm-4:15pm Registration & Service Sign-up
➤ Main Tent
- 4:15pm-5:00pm Settle in, Unpack, Fellowship
➤ Main Tent
- 4:30pm-5:00pm Like A Virgin – Here for the Very First Time
➤ 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: Steven N, Dallas, TX
➤ Main Tent
- 10:00pm-12:00am Welcome Bonfire
(If inclement weather, ice cream social to be held in the Atrium Pavilion)
➤ Lake Wononscopomuc
- 10:30pm-12:00am Spring Clearance Cinema: Clue
➤ Will Rogers I
- Parlor Games
➤ Atrium Pavillion
- Mafia!
➤ Continental
- 12:00am-1:00am Midnight Candlelight Meeting
➤ Meditation Room



SATURDAY

- 6:30am Coffee Service Begins
↖ Atrium Pavilion
- 7:00am-8:00am Round-Robin Morning Meeting
↖ Meditation Room
- Restorative Yoga
↖ Atrium Pavilion Deck
- 7:30am-9:00am Breakfast
↖ Morgan's Restaurant, Main Building
- 9:15am-10:45am Step 1*
↖ Will Rogers I
- Steps 3, 7, 11*
↖ Continental
- Steps 8, 9
↖ Will Rogers II
- Steps 12
↖ Patio
- 11:00am-12:30pm But I Have Been Promised Freedom
from Financial Insecurity!!*
↖ Will Rogers I
- Aging In Recovery:Hopes, Fears,
Aspirations and Myths
↖ Will Rogers II
- Race Matters in Recovery: Let's
Talk About the Elephant in the
Rooms
↖ Continental
- Bringing Sexy Back: Scintillating
Sober Sex Begins with Reconnecting
to Our Sexual Selves
Eric G. Schneider
↖ Patio
- 12:30pm-1:30pm Lunch
↖ Morgan's Restaurant, Main Building

* Also offered
on Sunday



- 1:30pm-2:30pm **Silent Hour**
A Walk on the Quiet Side
- 2:45pm-4:15pm **Step 4 (Sex Inventory)***
➤ Will Rogers I & II
- Steps 2, 3**
➤ Continental
- Steps 6, 7**
➤ Patio
- Field Day: Trust is the Name of the Game**
➤ Field Across Road from Main Building
- 4:30pm-6:00pm **Take a Breath, Girl: A Breathwork Healing Circle***
➤ Will Rogers I & II
- Finding Our Way Through the Labyrinth of Grief and Loss in Recovery**
➤ Continental
- Steps 4, 5, 10***
➤ Patio
- Arts & Crafts: A Protective Web**
➤ Dining Room
- 6:30pm-8:00pm **Dinner**
➤ Morgan's Restaurant, Main Building
- 8:30pm-10:00pm **Main Speaker Meeting: Carrie W, Los Angeles, CA**
➤ Main Tent
- 10:30pm-End **Saturday Night Entertainment:**
Got It! An Advanced Recovery Masterclass
➤ Main Tent
- Spring Clearance Cinema: Sister Act**
➤ Will Rogers I
- Parlor Games**
➤ Atrium Pavilion
- 12:00am-1:00am **Midnight Candlelight Meeting**
➤ Meditation Room

SUNDAY

- 6:30am Coffee Service Begins
➤ Atrium Pavilion
- 7:00am-8:00am Round-Robin Morning Meeting
➤ Meditation Room
- Retro Fitness
➤ Atrium Pavilion Deck
- 7:30am-8:45am Breakfast
➤ Morgan's Restaurant, Main Building
- 9:00am-10:30am Step 1
➤ Will Rogers I
- Step 4, 5, 10
➤ Will Rogers II
- Step 4 (Sex Inventory)
➤ Continental
- Steps 3, 7, 11
➤ Patio
- 10:45am-12:15pm Take a Breath, Girl:
A Breathwork Healing Circle
➤ Will Rogers I & II
- Finding Our Way Through the
Labyrinth of Grief and Loss
in Recovery
➤ Patio
- But I Have Been Promised Freedom
from Financial Insecurity!!
➤ Continental
- 12:30pm-1:45pm Lunch
➤ Morgan's Restaurant,
Main Building



By 1:45pm Checkout, Return Keys to Front Desk,
Drop Luggage at Pavilion Deck
➤ Atrium Pavilion Deck

1:45pm-3:00pm Closing Meeting
➤ Main Tent

3:00pm-3:15pm Board Buses and Depart Interlaken
➤ Front Entrance

WELLNESS

Restorative Yoga

Saturday 7:00am

Wake up & restore your body, mind & spirit as Melissa Pressmar, a certified yoga teacher and Reiki, Reflexology & CranioSacral Practitioner guides you through asanas (poses). As you pause in poses & connect to your sacred breath, you will align your mind with your body, leaving this class feeling refreshed, rejuvenated & centered.

Melissa P.

Retro Fitness

Sunday 7:00am

Come join Fitness Icon Jeff Martin and exercise to his Signature Retro Robics Class. The class is filled with challenging moves and choreography mixed with high and low impact aerobics. You're guaranteed to have fun, work up a sweat, all while jammin to 80's music. So grab your leg warmers, get your dancin' sneakers on and enjoy the best workout of 2018!!!

Jeff M.

Aging In Recovery:Hopes, Fears, Aspirations and Myths

Saturday 11:00am

Join us as we explore a wide range of topics from body image to self worth, that affect us all as we age in recovery. What are some of the common fears, myths and misconceptions that hold us back from engaging our full potential in recovery and beyond?

Rory P. and Rob R.

Take a Breath, Girl: A Breathwork Healing Circle

Saturday 4:30pm & Sunday 10:45am

Do you find yourself feeling anxious, thinking too much, blocked emotionally? Join us for a Breathwork Healing circle and practice using this powerful tool for self-healing. 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. and Stephen R.

Bringing Sexy Back

Saturday 11:00am

Scintillating sober sex begins with where we are and reconnecting with our sexual selves.

The goal of this workshop is to help unpack the notions of sex and sexuality and what these concepts mean to you. It aims to expand the beliefs surrounding these ideas so that you can construct a healthier version of sex and sexuality that can live, in tandem, with your sobriety.

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 currently working on his doctorate in Human Sexuality with a focus on the sex and relational lives of gay men. Along with his private practice in NYC, he was the clinical director for Friends In Deed for over 17 years. Prior to that he was the assistant clinical director of the Manhattan Center for Living.

Race Matters in Recovery: Let's Talk About the Elephant in the Rooms

Saturday 11:00am

Sharing honestly about the nature and essence of who we are is a vital component of lasting sobriety. In this workshop we will explore how our racial identity complicates our 12-step recovery process. Please join us as we reflect on how to overcome systemic racism and social marginalization in our recovery from addiction, our service in the rooms, and our sanity in a racialized society at large.

Michael C. and Gustavo G

But I Have Been Promised Freedom from Financial Insecurity!!

Saturday 11am & Sunday 10:45am

We get it. The first priority in early sobriety is staying away from the first drug. That said, few if any of us fly into sobriety on the wings of financial security. In this workshop, we will practice simple tools like tracking expenses and budgeting and discuss options for removing some of the pain from crushing debt. You don't have to navigate finances on your own.

Bruce W. and Ilan K.

Finding Our Way Through the Labyrinth of Grief and Loss in Recovery

Saturday 4:30pm & Sunday 10:45am

In this workshop, we will explore and process the many ways we encounter grief and loss through creative, experiential exercises, in a safe and compassionate environment. Come ready to engage with others as you deepen your understanding of the varied emotions that arise due to permanent changes in our lives.

NOTE: This workshop is limited to 20 participants. Be sure to sign up outside the workshop room to reserve your seat.

Jennifer Z., MA, LCAT, RDT, CPC is a licensed creative arts therapist, certified coach, and writer/singer/actor.

Dana R., CPCC, PCC, CRC, CGC is a composer, mentor and certified coach for arts professionals.



STEP WORKSHOPS

Step 1: Possibilities in Powerlessness

Saturday 9:15am & Sunday 9:00am

Add to your Recovery Toolbox, in making acceptance a key to your recovery. How do we exercise power while giving up complete control? How do drugs and alcohol exist in a recovery orbit? Learn to make acceptance a powerful possibility in your recovering life as we mine the topic and practice during this workshop.

Brad L. and Chris H.

Steps 2, 3: Reaching New Heights: Building a Stronger Connection with Your Higher Power

Saturday 2:45pm

Some say God. Some say Cher. What you call it matters less than what your relationship is with your higher power. In this workshop, we'll examine and share practical ways to discover, build, and nurture your relationship with your Higher Power. The goal: walk away with simple, actionable tools and concepts that can strengthen your spiritual program.

Mike W. and Cory B.

Steps 4, 5, 10: Owing Your Sh*t so it Doesn't Own You

Saturday 4:30pm & Sunday 9:00am

From Victim to Victor: we will study pages 63-67 of the Big Book to analyze how we can create personal transformation. Participants will

experience a powerful technique: The Inventory, The Understanding and The Turnaround, a proven strategy that helps addicts and alcoholics become responsible for their own actions, allowing them a chance to walk through the Arch of Freedom.

Jeff G. and Tim G.

Step 4: Sexual Inventory – Putting It All on the Table

Saturday 2:45pm & Sunday 9:00am

This workshop will discuss the significance of making a thorough inventory of our sexual conduct. Whom did we hurt, what did we do, what was the nature of our wrongs, and what feelings did they arouse? These are some of the questions we'll be examining as we put it all out on the table.

Andrew C. and Omar V.

Steps 6 and 7: Taking Action

Saturday 2:45pm

The twelve steps lead us from the bondage of drugs and bring us to serenity. As we begin to do the work, we learn to get honest, stop hiding, show up and tell the truth. In this workshop, we will explore what becoming entirely ready, humbly asking for help, and contrary action looks like as we aim to break unhealthy patterns of behavior and live differently in steps 6 and 7.

Jimmie S. and John W.



Steps 8, 9: The Curse of the Hidden F*ck You! How to Navigate the Fine Line Between Making Excuses and Making Amends

Saturday 9:15am

This workshop will help answering questions that arise with the 8th Step:

- How do I know if I owe an amend?
- Does it help to separate amends by type? (Financial, Emotional, Sexual)

And 9th Step:

- The Difference between direct and indirect amends
- Meaningful ways to make indirect amends
- What are Living Amends?
- How to Set up a formal amend and what to say

Fabrice C. and Aaron R.

Steps 3, 7, 11: Hooking Up With Your Higher Power

Saturday 9:15am & Sunday 9:00am

Sometimes it is the bondage of self, other times it is about giving all of yourself including the good and the

bad. We are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done'. We ask ourselves is this the right thought or action? Apply your faith, humility and spirituality for a successful hookup with your HP.

Craig M. and Steven S.

Is Step 12 the End of the Road? Hell No! It's Only the Beginning of Your Journey as a "Spiritually Woke" Person Leading an Honorable Life.

Saturday 9:15am

In this workshop, we'll demystify the idea of a "spiritual awakening" and help you connect in a meaningful way to the spiritual principles that are the foundation of the steps. We'll explore the ways you can try to "carry the message" and "practice these principles in all our affairs," whether you have one day or 25 years of sobriety. All are welcome, regardless of how "spiritually woke" you are!

Andrew S. and Justin E.



Looking for an evening of class and sophistication? Come to:

Got It! An Advanced Recovery Masterclass.

Featuring program "Legends" Kathy W. & Karen K! This promises to be the most inappropriate workshop ever to be done at Spring Clearance!

Saturday 10:30pm

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: Clue

Saturday: Sister Act

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:

A Protective Web

Saturday 4:30pm

Dreamcatchers have an ancient history of acting as spiritual protectors. Native Americans were shown how to make Dreamcatchers to extend protection as their tribe grew. Come make a dreamcatcher to symbolize your ability to protect yourself while also acknowledging a power greater than you. Led by Drew F. and Charlie V.

Field Day: Trust is the Name of the Game

Saturday, 2:45pm

Join Christopher P-R. and James M-A. as they lead us through a series of outdoor games and fun! We will be challenged both mentally and physically as we overcome obstacles not just on the course but also in our own lives.

Saturday Night Entertainment: Got It! An Advanced Recovery Masterclass

Saturday 10:30pm

Program legends Karen K. and Kathy W. present an evening of music, ministry, and tricks. They'll teach us short-cuts for the recovered addict who's done all the work and is ready for that perfect relapse!

Spiritual Disclaimer: The views, thoughts, opinions and shade provided by tonight's speakers are in no way associated with reality or the Spring Clearance Committee or Attendees.

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

