

# Welcome to Spring Clearance 2025

#### **Beyond Your Wildest Dreams!**

We are so grateful that you're here and that you've chosen to show up for yourself and your recovery in this, our 22nd year. Whether this is your first time at Spring Clearance, your 22nd, or anywhere in between, know that this is a safe and welcoming space for all—a place to expand our recovery, open our minds, and deepen our connections with both new and familiar faces.

Each year, we pour our hearts into creating a weekend packed with workshops, wellness activities, entertainment, meetings, and plenty of fun and laughter. This year is no different! Our dedicated committee members have worked tirelessly over the past nine months to ensure this weekend is a meaningful and memorable experience for all. A huge heap of gratitude goes out to them for their passion and commitment.

We encourage you to let go of expectations, embrace the unknown, and allow yourself the space to explore, grow, and be inspired. Step out of your comfort zone and try something new—you never know, this could be the first step toward a life Beyond Your Wildest Dreams.

Wherever you are in your journey, we invite you to come as you are. Take this time to unplug from the digital world and your busy schedules, unwind, and open your heart to new experiences, perspectives, and possibilities. And most importantly—let's enjoy this time together! Laugh, connect, dance, play, and celebrate this incredible journey we're on.

Welcome—we're so glad you're here.

Brandon B. & The 2025 Committee





Chair Brandon B.

Vice Chair Gustavo G.

Treasurer Mark V.

Secretary Jacob H.

Registration Damian J.

Fundraising Chris C.

Fundraising Michael S.

Programming Sean S.

Programming Steven S.

Wellness Phillip P.

Wellness Phil O.

Activities Frank N.

Activities Dan K.

Entertainment Sam L.

Entertainment Robert M.

Hospitality Yobany M.

Service Carlos M.

Marketing Hugo A.

Marketing Drew M.

Graphics Derek N.

Webmaster Daniel S.

# Friday

11:00 am	Boarding Buses (30 min)
11:30 am	Departure to Interlaken Travel time (2 hours and 30 min)
2:00 pm	Arrival Atrium Pavilion
2:45 pm	Check-in Meeting Main Tent
3:00 pm	Registration & Service Sign-Up Atrium Pavilion
3:30 pm	Settle In, Unpack, Fellowship
3:45 pm	• Spring Clearance 101; Freshman Orientation with Yobany Patio
	• Sponsorship Meeting: Brandon & Gustavo Movie Theater
4.00	
4:30 pm	Welcome Meeting Main Tent
5:15 pm	Group Picture Main Tent
5:30 pm	Dinner (90 min) Morgan's Restaurant
6:30 pm	Inner Stillness: 30-min Grounding Meditation* Penthouse
7:00 pm	• STEP 1) Step One Reimagined <i>Patio</i>
	• The Air of Self-Care: Breathwork for Recovery Morgan's Vineyard
	• Erotic Renaissance: Sexual Reawakening in Sobriety* Movie Theater
	• TGNB&W Meeting Continental
8.30	Main Speaker Mastings Stanker Lee Veres (45 min) Main Tent
8:30 pm	Main Speaker Meeting: Stephen, Las Vegas (45 min) Main Tent
10:00 pm	• Welcome Bonfire Lake Wononscopomuc
	• Spring Clearance Cinemas: Wicked Movie Theater
	• Parlor Games* Atrium Pavilion
10:30 pm	Mafia! (90 min) Main Tent
12:00 am	Midnight Candlelight Meeting (60min)* Penthouse
	* Also offered on Saturday

# Saturday

6:30 am Coffee service begins Atrium Pavilion

7:00 am • Sunrise Run (60 min ) Steps of the Hotel

• Early Bird Morning Meeting (60 min ) Penthouse

• Grace in Motion: A Heart-Centered Yoga Practice (75 min) Gym

7:30 am **Breakfast** finishes at 9:00 am **Morgan's Restaurant** 

9:15 am • STEP 2 & 3) Surrender: It's Not Waving a White Flag,

It's Waving at a Higher Taxi Gym

• BIPOC CMA Meeting Movie Theater

• Expanding the View: Considering pain as an invitation to

transformation\*\* Continental

• Pen to Paper Patio

11:00 am • STEP 4 & 5) Made a Searching And Fearless Moral

Inventory of Ourselves Gym

• STEP 6 & 7) Quit Doing Drugs and Stop Being an

**Asshole:** A guide though steps 6 & 7 *Patio* 

• Is DEI an Outside Issue? Movier Theater

• Reclaiming Sex in Recovery Morgan's Skydeck

• These Parts of Me: Using IFS in your Recovery\*\* Continental

12:30 pm Lunch (60 min) Morgan's Restaurant

1:30 pm • Silent Hour (60 min) Everywhere

• Into the Wild (Meet at 1:15 pm) Tennis Courts

2:00 pm • Breathe into Silence: (30 min) A Collective Quiet Meditation

**Penthouse** 

\*\* Also offered on Sunday

## PLEASE RESPECT SILENT HOUR

NO Talking
NO Sporting Activities



# Saturday

2:45 pm • STEP 8 & 9) Healing Through Amends Patio

• Breathwork to Shift and Recalibrate\*\* Morgan's Vineyard

• Recovering Financial Health\*\* Movie Theater

• Breaking the Mirror Continental

4:30 pm • STEP 10) Mantaining the Gift Continental

• Erotic Renaissance: Sexual Reawakening in Sobriety\* Movie Theater

Photography as a Creative Outlet Patio

• Embracing Ourselves, Embracing Trans & Non-Binary Meeting

Morgan's Skydeck

6:00 pm Inner Stillness: 30-min Grounding Meditation\* *Penthouse* 

6:30 pm **Dinner** (90 min) *Morgan's Restaurant* 

8:30 pm Main Speaker Meeting - Quiana, Denver Main Tent

10:30 pm • Got It: A Brave New Musical Main Tent

• Spring Clearance Cinema: The Wiz Movie Theater

• Parlor Games\* Atrium Pavilion

12:00 am • Midnight Candlelight Meeting (60 min)\* Penthouse

Adult Children of Alcoholics (ACA Meeting)/Dysfunctional Families

**Continental** 

\* Also offered on Friday

\*\* Also offered on Sunday

# BEE CHIC Get Ready to 'Buzz' Down the Runway

Official dress-code for Saturday night is Bee Chic





# Sunday

6:30 am Coffee service begins Atrium Pavilion

7:00 am • Early Bird Morning Meeting Penthouse

• Strong in Recovery: A HITT Workout for Mind & Body Great Lawn

• Ayurveda Yoga: Healing: through opposite action Gym

7:30 am Breakfast finishes at 8:45 am Morgan's Restaurant

9:00 am • STEP 11) Lifeline Patio

• Recovering Financial health\*\* Movie Theater

• These Parts of Me: Using IFS in your Recovery\*\* Continental

10:45 am • STEP 12) Rise and Shine: A Gentle Practice of Step Twelve Patio

• Breathwork to Shift and Recalibrate\*\* Morgan's Vineyard

• Expanding the View: Considering pain as an invitation to

transform\*\* Continental

• CMA en Español Movie Theater

12:30 pm Lunch finishes at 1:45pm Morgan's Restaurant

Check out, return keys to front desk, drop luggage on Pavilion Deck

**Atrium Pavilion** 

1:45 pm Closing Meeting (75 min) Main Tent

3:00 pm Loading Buses (15 min) Front Entrance

3:15 pm **Buses Depart Front Entrance** 

\*\* Also offered on Saturday

### **NEED A SPACE TO BE STILL?**

Drop in to the meditation room in the **Penthouse** for a chance to get still

# Step Workshops

#### Step 1) One Step Reimagined.

Friday 7:00 pm to 8:15 pm Patio

There's so much power in admitting that you are powerless. Yes! I'll say it again for the people in the back—there's so much power in admitting that you are powerless! What?? Yes!

Step One: "We admitted we were powerless over (fill in the blank) —that our lives had become unmanageable." But what does that really mean? And why is there power in this kind of surrender? How often have we tried to drink/use/eat/sex away fear, numb out sadness, or chase happiness through external means? When we admit we are powerlessnot just over our addiction, but over the emotions we've been trying to manage with it—we take the first step toward real healing. In this interactive workshop, we will explore the paradox of Step One and how embracing powerlessness opens the door to real transformation. True power doesn't come from controlling everything—and it's not just about alcohol/drugs/sex/food, etc. It's about recognizing how we are often powerless over our own emotions. We can't control our feelings any more than we can control the weather, but we can change our relationship with them. Quiana

# **Step 2 & 3) Surrender:** It's not Waving a White flag, It's Waving at a Higher Taxi.

Saturday 9:15 am to 10:45 am Gym

Whether we know where we're going in our recovery or not, accepting guidance from a HP is the way to get where we need to be. Learning to identify & connect with a higher power of our OWN understanding is crucial to our journey of recovery.

Wes B. and Finin

#### Step 4 & 5) Made a Searching And Fearless Moral Inventory of Ourselves.

Saturday 11:00 am to 12:30 pm **Gym** 

"Next we launched out on a course of vigorous action, the first step of which is a personal housecleaning, which many of us had never attempted. Though our decision was vital and crucial step, it could have little permanent effect unless at once followed by a strenuous effort to face, and to be rid of, the things in ourselves which had been blocking us. Our liquor was but a symptom. So we had to get down to causes and conditions." **Gerard M.** 

### Step 6 & 7) Quit Doing Drugs and Stop Being an Asshole

Saturday 11:30 am to 12:30 pm Patio

Are you ready to let go of old habits and character defenses that hinder growth and recovery? This workshop will encourage introspection, openness to change, and spiritual growth, helping participants deepen their understanding of Steps 6 and 7 as they embrace change on the path to lasting sobriety. **Conor and Saurabh** 

# Step 8 & 9) Healing Through Amends: Understanding and Practicing Steps 8 and 9.

Saturday 2:45 pm to 4:15 pm Patio

How can we embrace accountability and self-forgiveness while making amends? In this interactive workshop on Steps 8 and 9, we'll explore powerful strategies for acknowledging past harms, making heartfelt amends, and embracing self-forgiveness. Come discover how taking responsibility can rebuild trust—with others and within yourself—and pave the way for personal growth and renewal. Step into your journey of healing and transformation!

## Step Workshops Cont

#### Step 10) Maintaining the Gift

Saturday 4:30 pm to 6:00 pm Continental

Recovery isn't just about quitting—it's about staying free. Step 10 is like a daily reset—a way to catch ourselves before small messes turn into big problems. In this workshop, we'll dig into what holds us back, how to make a 10th Step second nature, and why it makes life easier. Together, we'll walk through a 10th Step, so you can leave with practical tools to keep the gift alive—every day. **Ross H. and Austin B.** 

#### Step 11) Lifeline

Sunday 9:00 am to 10:30 am Patio

is a workshop that will focus on Step 11- improving our Conscious Contact. During this time, we will discuss the importance of developing an essential practice of prayer and meditation through literature, dialogue, and group sharing. Improving our conscious contact is an action that opens us to another level of surrender. **Chris R. and Damal** 

### **Step 12) Rise and Shine:** A Gentle Practice of Step Twelve

Saturday 11:00 am to 12:30 pm Patio

Step Twelve speaks to the experience of a spiritual awakening. Join us as we explore the core message behind the step and reflect on what it truly means to have such an awakening. Together, we'll consider whether we've experienced one ourselves, how it has shaped our recovery, and what might lie ahead as we continue to practice these principles in our daily lives. **Taimur and Edward P.** 



### FIRST TIME AT SPRING CLEARANCE?

Get your first Spring Clearance off to a perfect start!

Join us Friday at 3:45 pm on the, Patio for Spring Clearance 101;

First-Year Orientation - a welcome reception for all first-time attendees. We'll help break the ice and answer your questions (and there are no stupid questions) You'll leave with some tips for making the most of your first Spring Clearance and excitement for the weekend ahead. By the way, if you are feeling overwhelmed, confused or scared, don't panic. Many of us felt the same way initially, but these feelings pass. Also, if at any point during the retreat, if you are feeling triggered or just need to talk, please see a member of the Spring Clearance committee or one of our weekend sponsors.

# Wellness Workshops

### **The Air of Self-Care:** Breathwork for Recovery

Friday 7:00 pm to 8:15 pm Morgan's Vineyard

In this workshop, you'll explore the ancient practice of Pranayama, or Breath Control, as a powerful tool to support your recovery journey. Through intentional, mindful breathing, this yogic practice bridges the gap between mind and body, cultivating inner calm, resilience, and presence. You'll be guided through accessible techniques that can be integrated into daily life—whether you're seeking emotional balance, easing tension, or creating space for self-reflection. No prior experience is needed. Please dress comfortably and consider bringing a sweatshirt or blanket for the resting portion of the practice so you can soak in the benefits of your breathwork experience. **Tommy V.** 

### The Erotic Renaissance: Sexual Reawakening in Sobriety

Friday 7:00 pm to 8:15 pm Movie Theater

This workshop invites you to embark on a journey of reclaiming pleasure and intimacy in your sober life. We will challenge societal and personal myths surrounding sex, pleasure, and desire forging a new path toward healing and sexual freedom in recovery. Break free from the old ideas and limitations of chemsex through revelation and exploration of just how sobriety can be the gateway drug to a more liberated, authentic, and empowered sexual self.. Whether you're navigating early recovery or have years sober, this workshop will reignite your connection to sensuality, empower you to embrace your desires, and help you cultivate a new, vibrant, sexual freedom built on a foundation of true intimacy and self awareness. **Mell M.** 

#### Pen to Paper

Saturday 9:15 am to 10:45 am Patio

In this workshop, we will look at the spiritual benefits of writing. To see firsthand how powerful it can be as a meditative practice, we'll try morning pages, themed journals, and other exercises. We'll also talk about the power of writing as we do the Steps. Writing makes it real, they say — are you ready to get real? Mark L. and Brian H<sub>7</sub>W.

# **Expanding The View:**Considering Pain as an Invitation to Transformation

Saturday 9:15 am to 10:45 am Continental

This interactive wellness workshop invites you to explore how Internal Family Systems (IFS) can be a powerful tool in your recovery journey. Ever wonder why one part of you shows up strong while another takes over in moments of stress? IFS, an evidence-based clinical model, helps deepen emotional healing by recognizing and understanding these internal "parts." Together, we'll uncover how different parts of us form, how they step in to manage life's challenges, and how shifting from judgment to curiosity can foster self-compassion. Whether you're new to IFS or already familiar, this workshop offers a supportive space to integrate this practice into daily recovery. **Kathleen M.** 

### These Parts Of Me: Using Internal Family System In Your Recovery

Saturday 11:00 am to 12:30 pm **Continental** Sunday 9:00 am to 10:30 am **Continental** 

This interactive wellness workshop invites you to explore how Internal Family Systems (IFS) can be a powerful tool in your recovery journey. Ever wonder why one part of you shows up strong while another takes over in moments of stress? IFS, an evidence-based clinical model, helps deepen emotional healing by recognizing and understanding these internal "parts." Together, we'll uncover how different parts of us form, how they step in to manage life's challenges, and how shifting from judgment to curiosity can foster self-compassion. Whether you're new to IFS or already familiar, this workshop offers a supportive space to integrate this practice into daily recovery. **Brad L. and Brian W.** 



# Wellness Workshops Cont

#### Is DEI an Outside Issue?

Saturday 11:00 am to 12:30 pm Movie Theater

Since the establishment of the DEI Advisory
Committee in 2021, there has been much discussion
about whether it is appropriate to engage in issues
such as race, gender, or disability in CMA. In this
workshop, we will learn how Traditions 1, 3, 5,
and 10 affirm the existence and mission of the DEI
Advisory Committee and why DEI is crucial to the
growth and vitality of Crystal Meth Anonymous.

Michael C. and Chris PR.

#### Reclaiming Sex in Recovery

Saturday 11:00 am to 12:30 pm Morgan's Skydeck

Just because you quit meth doesn't mean you have to quit leather, ropes, or safe words. In this workshop, we'll explore what sex looks like in recovery and how to reconnect with pleasure on your own terms. Using tools from SCA, you'll create a personalized sex plan to help you define healthy behaviors, set boundaries, and navigate desire while staying clean and sober.. Gerson W. (CMA, SCA) and Stephen M. (CMA, SLAA)

### Breathwork to shift and recalibrate

Saturday 2:45 pm to 4:15 pm Sunday 10:45 am to 12:15 pm both at

Morgan's Vineyard

Breathwork takes many forms, most of which help regulate the nervous system and support grounding and mental clarity. In this session, we'll practice an activating style of breathwork that shifts awareness from the mind into the body, helping to release stuck energy and lighten the load. If you're feeling stuck and need a nudge to get things moving, this may be just the thing. Please note: breathwork can unearth strong emotions or buried trauma. If you are prone to high anxiety, high stress, or are early in your sobriety journey, please consult your sponsor or a trusted fellow before participating. **Chris P.** 

#### Recovering Financial Health

Saturday 2:45 pm to 4:15 pm Movie Theater Sunday 9:00 am to 10:30 am Movie Theater

Recovering your financial health is important once you're established on a solid path of recovery from addiction. In this workshop we will cover the basics: a budget, improving your credit score, achieving a positive cash flow, saving, and investing in your future. **Bruce W.** 

#### **Breaking the Mirror**

Saturday 2:45 pm to 4:15 pm Continental

This workshop provides a space for exploration of the complex relationship between body dysmorphia, body bias, and body image issues, particularly as they intersect with substance abuse. Participants will gain a deeper understanding of how distorted perceptions of one's body can contribute to the development of unhealthy coping mechanisms, including substance use. The session will also address the societal pressures and biases that often exacerbate body dissatisfaction and how these factors can fuel cycles of self-destructive behavior. **Danny O. and Houssam K.** 

# Embracing Ourselves, Embracing Each Other: Navigating Gender, Allyship, and Healing in Recovery

Saturday 4:30 pm to 6:00 pm Morgan's Skydeck

Recovery is a journey of self-discovery, connection, and community. This workshop creates space for exploring gender identity, expression, and trans allyship within the recovery process. This workshop welcomes everyone—trans, intersex, nonbinary, queer, lesbian, gay, bisexual, questioning, cisgender, and beyond—to engage in a dialogue about allyship, identity, and the power of community. Whether you're embracing your own identity or learning how to support others, we'll engage in open conversation about building inclusive, affirming spaces where everyone can heal and thrive together. **M.** 

## Wellness Workshops Cont

### **Grace in Motion:** a Heart-Centered Yoga Practice

Saturday 7:00 am to 8:15 am Gym

Move, breathe, and soften into presence. This gentle vinyasa flow invites you to step onto your mat and into deeper connection — with your body, your breath, and your Higher Power. Inspired by the 11th step, Grace in Motion offers a space to move with intention and improve your conscious contact with God as you understand them. Expect kindness, simplicity, and a reminder that you are already enough. **Asherve** 

#### Photography as a Creative Outlet

Saturday 4:30 pm to 6:00 pm Patio

In this workshop, we'll explore practical tips and creative techniques to elevate your photography, whether you're using a smartphone or a professional camera. Beyond improving your technical skills, we'll also focus on using photography as a tool for mindfulness and gratitude. Through guided exercises, we'll learn how to create a photographic gratitude list—using images to capture the beauty, joy, and meaningful moments in everyday life. Whether you're a seasoned photographer or just starting out, this workshop offers a space to slow down, see the world with fresh eyes, and express gratitude through the lens. **Wiafe and Jeff G.** 

### Strong in Recovery: A HIIT Workout for Mind & Body

Sunday 7:00 am to 8:00 am Great Lawn

Experience a high-energy HIIT workshop designed to support your physical and emotional well-being. This session offers a safe, inclusive space to reconnect with your body through movement, combining short bursts of exercise with rest periods to build strength, boost mood, and reduce stress. No matter your fitness level or where you are in your recovery journey, this full-body workout focuses on progress, not perfection. Come move, sweat, and celebrate the powerful connection between physical wellness and spiritual growth. **Houssam K.** 

### **Ayurveda Yoga:** Healing Through Opposite Action

Sunday 7:00 am to 8:00 am Gym

This transformative class blends the ancient wisdom of Ayurveda Yoga with the 12-Step principle of "opposite action." Through mindful movement, breathwork, and reflection, we'll explore how to cultivate inner peace by balancing opposing qualities within ourselves. Please dress accordingly for active movement and bring your mat if you have one. **Tommy V.** 

#### New this year: SOFT LANDING GRATITUDE GATHERING

Monday April 28th, 6:00 pm at

The Center, Room 101

### SOFT LANDING VIRTUAL MEETING

Wednesday, April 30<sup>th</sup>, 6:30pm zoom details available on our website.



## Activities & Meetings

#### **Welcome Bonfire**

Friday 10:00 pm Lake Wononscopomuc

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 Wicked 10:00 pm **Movie Theater** Saturday The Wiz 10:30 pm **Movie Theater** 

Grab a bucket of freshly popped popcorn, a handful of candy and a cold soda. Then sit back, relax and enjoy the show.

#### Mafia!

Friday 10:30 pm Main Tent

Members of the Mafia have invaded our Spring Clearance community. The concerned citizens need to root them out with the help of angels in our midst. This fun, large-scale interactive game tests your powers of memory and deception.

#### **Parlor Games**

All Weekend Long 10:30 pm Atrium Pavilion

Endless fun to be had with a variety of games: air hockey, board games, cards, pool, and table tennis.

#### Into the Wild

Saturday 1:15 pm to 2:15 pm Tennis Court

Take a contemplative walk through the beautiful woods near Interlaken. This quiet hour offers a chance to reflect on your Spring Clearance experiences while enjoying the natural surroundings. Observe the local wildlife, admire the serene lakes, and appreciate the unique specimen trees that populate the landscape. Use this time to process your thoughts and reset your mind in a peaceful outdoor setting **Stephen L.** 

#### Got It: A Brave New Musical

Saturday 10:30 pm Main Tent

After a smashing out-of-town tryout at the Massapequa Court-Mandated Inpatient Recovery Center, Program Legends Karen K. and Kathy W. return to the stage to workshop their new musical before its inevitable Broadway transfer and Tony sweep. Join them as they take you on an unforgettable musical journey packed with Advanced Recovery tips, heartfelt life lessons, and puppets on GHB.

**Book, Music, Lyrics by:** Heather's 7:00 pm Tuesday Night Check In Group at Center Care

**Directed by:** Michael Arden and Jamie Lloyd

"Oh, no…please…not a musical." — Time Out New York

"We have a LOT of seats still available." - TodayTix

#### **TGNB&W CMA Meeting**

Friday 7:00 pm to 8:00 pm Continental

Midnight Candlelight Meeting
Friday 12:00 am to 1:00 am Penthouse

Early Bird Meeting

Saturday 7:00 am to 8:00 am Penthouse

**BIPOC CMA Meeting** 

Saturday 9:15 am to 10:30 am Movie Theater

#### Midnight Candlelight Meeting

Saturday 12:00 am to 1:00 am Penthouse

Adult Children of Alcoholics Meeting Saturday 12:00 am to 1:00 am Continental

#### **Early Bird Meeting**

Sunday7:00 am to 8:00 am Penthouse

#### CMA en Español Meeting

Sunday 9:15 am to 10:30 am Movie Theater

# Chance to Win! Buy Tickets Here

#### **CASH APP**



# RAFFLE TICKETS

\$5 FOR 10 TICKETS \$10 FOR 20 TICKETS \$20 FOR BODY LENGTH

#### **VENMO**











ORDER YOUR SPRING CLEARANCE 2025 MERCH HERE Scan the QR code to visit the official store

#### **PRIZES GALORE!**

Be sure to purchase extra raffle tickets to increase your chances of winning one (or more) of our fantastic prizes. Drawings take place throughout the weekend, but you've gotta be in it to win it!





