

SPRING  
CLEARANCE  
2022



BACK TO LIFE...  
BACK TO REALITY

Welcome to *Spring Clearance 2022 Back to Life...Back to Reality!*

We are so grateful you are here with us this weekend. I know you're probably thinking, "It seems like Spring (Fall) Clearance 2021 was just yesterday." That's because it sorta was... in December, just a few months ago! We are so excited to host two retreats in under six months. I'd, first of all, like to thank an AMAZING committee that made this happen, most of whom volunteered to serve a second year to ensure that Spring Clearance was a big success.

I know that some of you might be feeling nervous or uneasy about being stuck in a room full of people you do not know. Every one of us have been where you are and have felt what you are feeling. We encourage you to accept your emotions and embrace the many feelings that are flowing through your body as you sit back, relax, and do only what's comfortable for you.

*Back to Life...Back to Reality* is the 19th Spring Clearance. The spirit of this year's theme is the reemergence of life after two of the most difficult years many of us have ever faced. As trees come back to life and flowers begin to bloom, I trust that together we might gain a new freedom and new hope. After months of isolation, may we all find new friends and reconnect with old ones. As so much in the world seems tentative, may our hearts and minds be fortified for whatever lies ahead.

The Spring Clearance 2022 planning committee has worked hard to ensure that EVERYONE is welcomed at Spring Clearance. We encourage all to make time to connect with someone who is different from you. Might you share a meal or take a walk with someone whose pronouns are different from yours? May you attend a workshop that is outside of your comfort zone? Most importantly, may you look for ways that Spring Clearance can grow and improve in years to come, and share them with the planning committee so that we might continue to offer a safe and welcoming retreat to the addict and alcoholic who still suffers?

Once again, Thank YOU for choosing to spend your weekend with us. On behalf of the Spring Clearance 2022 planning committee, we hope that *Back to Life... Back to Reality* is a wonderful respite on your recovery journey. Welcome home!

In service,  
Michael C

## 2022 Spring Clearance Committee

Chair: Michael C  
Vice Chair: Chris PR  
Registration: Lucky M  
Secretary: BJ N  
Activities: Phillip P  
Activities: Jeremy R  
Treasurer: Brandon B  
Fundraising: Keith B  
Fundraising: Sean S

Programming: Damian J  
Programming: Wiafe MB  
Wellness: Marvin A  
Wellness: Carlos T  
Graphics: Theo T  
Marketing: Paymon Z  
Hospitality: Timothy R  
Service: Mark V  
Webmaster: Pierce W

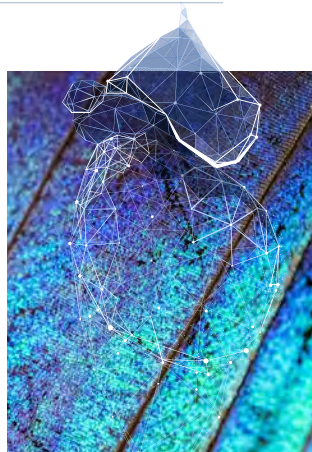
# FRIDAY

11:00am - 11:30am	Boarding Buses
11:30am - 2:00pm	Travel to Interlaken
2:00pm - 2:45pm	Arrival, Bathroom, Snacks • Atrium Pavillion
2:45pm - 3:00pm	Check-in Meeting • Main Tent
3:00pm - 3:30pm	Registration & Service Sign-Up • Atrium Pavilion Deck & Atrium Pavilion
3:30pm - 4:30pm	Settle In, Unpack, Fellowship
3:45pm - 4:30pm	Spring Clearance 101; Freshman Orientation • Patio
4:30pm - 5:15pm	Welcome Meeting • Main Tent
5:15pm - 5:30pm	Group Picture • Main Tent
5:30pm - 7:00pm	Dinner • Morgan's Restaurant, Main Building
7:00pm - 8:15pm	Just Breathe - A Breathwork Healing Circle • Will Rogers I-II  Steps 6 & 7: Good God Gurl, Give it Up! • Patio  Steps 2 & 3: Higher Power: Practical Ideas for Working Steps 2 & 3 • Continental  BIPOC 12-Step Meeting • Vineyard
8:30pm - 9:45pm	Main Speaker Meeting - Speaker: Celso Z, Los Angeles, CA • Main Tent
10:00pm	Welcome Bonfire • Lake Wononscopomuc <i>If inclement weather, ice cream social to be held in the Atrium Pavilion</i>  Spring Clearance Cinema : Legally Blonde • Will Rogers I  Parlor Games • Atrium Pavilion
10:30pm - 12:00am	Mafia! • Continental
12:00am - 1:00am	Midnight Candlelight Meeting • Penthouse



# SATURDAY

6:30am	Coffee service begins • <i>Atrium Pavillion</i>
7:00am - 8:00am	<b>Early Bird Morning Meeting</b> • <i>Penthouse</i>  <b>Exercise &amp; Recovery</b> • <i>Main Tent</i>  <b>Conscious Contact Yoga and Meditation</b> • <i>Will Rogers I</i>
7:30am - 9:00am	<b>Breakfast</b> • <i>Morgan's Restaurant, Main Building</i>
9:15am - 10:45am	<b>Step 1: Where the Simple Journey Begins: An Exploration of Step One</b> • <i>Patio</i>  <b>Steps 4 &amp; 5: F*** YES!</b> • <i>Continental</i>  <b>El Sentimiento de Familia</b> • <i>Will Rogers II</i>  <b>Beyond The Binary Of The Dolls: Get Into The Mx</b> • <i>Will Rogers I</i>
11:00am - 12:30pm	<b>Step 10: A Daily Awakening - Rinse &amp; Repeat</b> • <i>Patio</i>  <b>Calm Place: Activating Your Inner Resources For Healing</b> • <i>Continental</i>  <b>Recovery &amp; Nature's Elements</b> • <i>Will Rogers II</i>  <b>A Joyful Heart: Meditation Workshop</b> • <i>Will Rogers I</i>
12:30pm - 1:30pm	<b>Lunch</b> • <i>Morgan's Restaurant, Main Building</i>
1:30pm - 2:30pm	<b>Silent Hour</b> • <i>Everywhere</i>  <b>A Walk on the Quiet Side</b> • <i>Meet at Tennis Courts (1:15pm)</i>



2:45pm - 4:15pm	<b>Step 11: Meditating Daily Through Prayer and Reflection</b> • <i>Patio</i>  Get Real And Get Going: The What, The Why And The How • <i>Continental</i>  Steps 8 & 9: It's About Time • <i>Will Rogers II</i>  <b>Beyond The Looking Glass: How Privilege, Recovery And Tradition 5 Intersect</b> • <i>Will Rogers I</i>
4:30pm - 6:00pm	<b>Step 12: Bill and Joe's Excellent 12th Step Adventure</b> • <i>Continental</i>  Steps 6 & 7: Good God Gurl, Give it Up! • <i>Patio</i>  <b>Trans/Non-Binary/Women's Meeting</b> • <i>Will Rogers I</i>  <b>Recovering Financial Health</b> • <i>Will Rogers II</i>
6:30pm - 8:00pm	<b>Dinner</b> • <i>Morgan's Restaurant, Main Building</i>
8:30pm - 10:00pm	<b>Main Speaker Meeting - Speaker: Desiree S, San Antonio, TX</b> • <i>Main Tent</i>
10:30pm	<b>I Got This!!</b> • <i>Main Tent</i>  <b>Spring Clearance Cinema : Spider-Man : No Way Home</b> • <i>Will Rogers I</i>  <b>Parlor Games</b> • <i>Atrium Pavillion</i>
12:00am - 1:00am	<b>Midnight Candlelight Meeting</b> • <i>Penthouse</i>  <b>Adult Children of Alcoholics (ACA Meeting)/Dysfunctional Families</b> • <i>Continental</i>





# SUNDAY

6:30am	<b>Coffee service begins</b> <ul style="list-style-type: none"><li>• <i>Atrium Pavillion</i></li></ul>
7:00am - 8:00am	<b>Early Bird Morning Meeting</b> <ul style="list-style-type: none"><li>• <i>Penthouse</i></li></ul> <b>Exercise &amp; Recovery</b> <ul style="list-style-type: none"><li>• <i>Main Tent</i></li></ul> <b>Conscious Contact Yoga and Meditation</b> <ul style="list-style-type: none"><li>• <i>Will Rogers I</i></li></ul>
7:30am - 8:45am	<b>Breakfast</b> <ul style="list-style-type: none"><li>• <i>Morgan's Restaurant, Main Building</i></li></ul>
9:00am - 10:30am	<b>Step 1: Where the Simple Journey Begins: An Exploration of Step One</b> <ul style="list-style-type: none"><li>• <i>Patio</i></li></ul> <b>Steps 8 &amp; 9: It's About Time</b> <ul style="list-style-type: none"><li>• <i>Continental</i></li></ul> <b>Embodied Mindfulness And The Art of Cultivating Peace of Body!</b> <ul style="list-style-type: none"><li>• <i>Will Rogers II</i></li></ul> <b>Writing - A Path to Vulnerability</b> <ul style="list-style-type: none"><li>• <i>Will Rogers I</i></li></ul>
10:45am - 12:15pm	<b>Steps 4 &amp; 5: F*** YES!</b> <ul style="list-style-type: none"><li>• <i>Patio</i></li></ul> <b>Steps 2 &amp; 3: Higher Power: Practical Ideas &amp; Tools for Working Steps 2 &amp; 3</b> <ul style="list-style-type: none"><li>• <i>Continental</i></li></ul> <b>CMA en Español</b> <ul style="list-style-type: none"><li>• <i>Vineyard</i></li></ul> <b>Just Breathe - A Breathwork Healing Circle</b> <ul style="list-style-type: none"><li>• <i>Will Rogers I-II</i></li></ul>



12:30pm - 1:45pm	<b>Lunch</b> <ul style="list-style-type: none"><li>• <i>Morgan's Restaurant, Main Building</i></li></ul> <b>Check out, return keys to front desk, drop luggage on Pavillion Deck</b> <ul style="list-style-type: none"><li>• <i>Atrium Pavillion</i></li></ul>
1:45pm - 3:00pm	<b>Closing Meeting</b> <ul style="list-style-type: none"><li>• <i>Main Tent</i></li></ul>
3:00pm - 3:15pm	<b>Loading buses</b> <ul style="list-style-type: none"><li>• <i>Front Entrance</i></li></ul>
3:15pm	<b>Buses depart</b> <ul style="list-style-type: none"><li>• <i>Front Entrance</i></li></ul>

The following workshops will run twice: Just Breathe - A Breathwork Healing Circle; Steps 4 & 5: F\*\*\* YES!; Steps 6 & 7: Good God Gurl, Give it Up!; Steps 2 & 3: Higher Power: Practical Ideas & Tools for Working Steps 2 & 3; Exercise & Recovery; Conscious Contact Yoga and Meditation.

## FIRST TIME AT SPRING CLEARANCE???

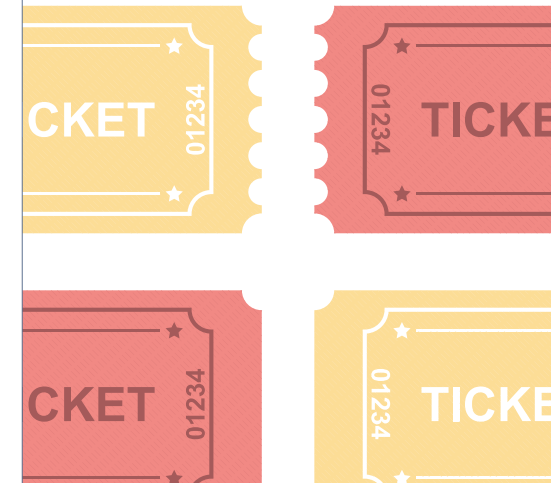
Get your first Spring Clearance off to a perfect start! Join us Friday at 3:45PM on the **Patio** for **Spring Clearance 101; Freshman Orientation** - a welcome reception for all first-time attendees. We'll help you break the ice and answer your questions. You'll leave with some tips for making the most 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.

If at any point during the retreat, you are feeling triggered or just need to talk, please see a member of the Spring Clearance committee. We're here to help you.

## PRIZES, PRIZES, PRIZES!!!

Don't forget to buy extra raffle tickets to increase your chances of winning one (or more) of our fantastic prizes! Drawings will take place throughout the weekend, but you've gotta be in it to win it!



# WELLNESS WORKSHOPS

## WRITING A PATH TO VULNERABILITY

Many of us have fears of being vulnerable with others, but first we must learn to be vulnerable with ourselves. In this workshop, we'll explore how writing & journaling can help us open up and connect with our truths. Using writing exercises, mindfulness and discussion, we'll begin writing a new chapter in our sobriety books.

Delano B. & Eric R.

## GET REAL AND GET GOING: THE WHAT, THE WHY AND THE HOW

"Fake it until you make it" is a helpful tool, but there comes a time when you aren't going to want to fake it anymore. Understanding and declaring your intentions is a powerful way to help you to "get real and get going" on the things that are most meaningful to you.

Join us to learn practical ways to uncover your motivations, set intentions that are aligned with your values and empower yourself to take honest, deliberate action in and out of the rooms.

Andrew S. & Alasdair C.

## RECOVERY & NATURE'S ELEMENTS

The objective of this workshop is to explore addiction as it relates to nature's elements. These energies serve as the foundation of many Eastern philosophies. When these energies are out of balance our behaviors, attitudes, and health are all affected. This class will give attendees a holistic experience of these elements through discussion, gentle exercises, meditation and journaling. Attendees will leave with practical tools to help keep them balanced while deepening everyone's journey in recovery.

Dustin M. & Brynt B.

## RECOVERING FINANCIAL HEALTH

We will look at managing finances in a sober way - creating a budget, managing debt and living on what you earn!

Bruce W. & Ilan K.

## EMBODIED MINDFULNESS AND THE ART OF CULTIVATING PEACE OF BODY!

In recovery we're taught to focus on the Mind and the Spirit often leaving the Body out of the picture. But isn't addiction a disease of the Body, Mind and Spirit? So what if there's no way to separate these parts? What if we were meant to grow and thrive as human beings as one single Body-Mind-Spirit unity? Come explore what happens when we invite our Bodies and their Natural Wisdom and Healing Powers to participate in our Recovery Process and our lives.

This is an Experiential Workshop. Please dress comfortably. You'll be barefoot. Fun socks are encouraged! All are welcome!

Fabio T.

## A JOYFUL HEART: MEDITATION WORKSHOP

Daily life can be very overwhelming. Recovery can be challenging. Reconnecting with your heart can be difficult. Learn how meditation can reduce stress and bring joy back into your heart. Join us to explore three aspects of meditation; mind, body, and spirit.

In this workshop, we will learn and practice simple meditation techniques and explore how mindfulness can change our experience and help us awaken joy in our hearts.

TJ J. & Rey R.

## EXERCISE AND RECOVERY

Recovery is a process that involves healing our mind, spirit, and body. During this 60 min interactive workshop, participants will be guided through 8 workouts using resistance bands. Each workout will target 5 major muscles groups: Chest, Back, Arms & Shoulders, Abs, Legs & Buttocks. We will begin and end the workshop with a 10 min stretch.

Jeremy S.

## EL SENTIMIENTO DE FAMILIA

Exploraremos algunos sentimientos en torno a nuestra familia dada y elegida. Definiremos que podemos hacer en la recuperación para poder construir una mejor relación familiar.

*Translation:*

Join us as we explore some feelings around our given and chosen family. We'll also further define what we can do in recovery to build a better relationship with them.

Gustavo G. & Leonardo A.

## BEYOND THE LOOKING GLASS: HOW PRIVILEGE, RECOVERY AND TRADITION 5 INTERSECT

"Each group has but one primary purpose—to carry its message to the Addict who still suffers."

Each individual brings a unique experience to a group of tweakers. This workshop aims to look at how each of our identities, place in society, and role in the group inform our recovery and how we carry the message to the addict who still suffers.

Taimur K. & Eyob Y.

## BEYOND THE BINARY OF THE DOLLS: GET INTO THE MX

Unity and common purpose keep us together, but accidental implicit bias can pull us apart. Many people in our recovery community ask about how to be a stronger ally around gender identity and expression. This interactive workshop will provide a courageous space to explore the intersection of gender and sexual orientation continuum. Ask whatever you want. Challenge your own sense of the way others ask you to "perform" around gender. By moving beyond a gender binary you stand to be more empowered for yourself and as a result a better ally for transgender, non-binary, and gender non-confirming people in your life and the fellowship.

Brett S.

## JUST BREATHE - A BREATHWORK HEALING CIRCLE

Awareness of your breath leads to awareness of yourself. By consciously changing your breathing, you have the power to relax your body, bring your awareness into the present moment, and heal from past traumas. It creates space to meet whatever experience you are having, allow for it, and let it be as it is. 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. Leave with a mind that is awake and aware with an attitude of receptivity, curiosity, and interest.

Brian Q.

## CALM PLACE: ACTIVATING YOUR INNER RESOURCES FOR HEALING

Join a Success Coach and a Trauma Therapist and learn how to activate your inner healing resources through a technique known as Tapping In. Tapping In is a clinically recognized way to release emotional and physical distress, build resilience, aid in healing, and calm the body on a deep physiological level.

Dana R. & John T.

## CONSCIOUS CONTACT YOGA AND MEDITATION

Get in, get moving, and get it together! Get conscious contact with your high power! You can expect breathwork, rhythmic movement, and meditation.

Asherve W.

## MEETINGS

- Early Bird Morning Meeting
- Adult Children of Alcoholics (ACA Meeting) /Dysfunctional Families
- TGNBW - Transgender, Non-Binary & Women's Meeting
- BIPOC CMA Meeting
- CMA en Español
- Midnight Candlelight Meeting

# 12 STEP WORKSHOPS

# ACTIVITIES

## Step 1

### WHERE THE SIMPLE JOURNEY BEGINS: AN EXPLORATION OF STEP ONE

The goal of this workshop is to tackle what it means to be powerless and how to combat some of the common underlying issues of which crystal meth was only a symptom.

Damien F. and Chris C.

## Steps 2 & 3

### HIGHER POWER: PRACTICAL IDEAS & TOOLS FOR WORKING STEPS 2 & 3

Getting through the struggle of finding higher power, building trust & creating connection using some practical tools.

Wes B. and Thomas L.

## Steps 4 & 5

### F\*\*\* YES!

Sober sex can be as naughty or nice as we like — but how do we make it spiritual? Come find out about being sober in the bedroom and learn how to shape your sexual ideal.

Mark L. and Juan G.

## Steps 6 & 7

### GOOD GOD GURL, GIVE IT UP

Are you finding yourself reliving old resentments and fears? Would you feel better knowing that you could be rid of these painful memories one day at a time? Steps 6 and 7 are a practical and spiritual practice designed to give us relief. Join us and we will identify a gnawing hurt and discuss ways to find relief from it. Drop the rock Girl, or you'll sink with it!

Jeff G. and Hawmi G.

## Steps 8 & 9

### 8 & 9 - IT'S ABOUT TIME

Make amends, don't let the amends make you!

Jeff S. and Robert B.

## Step 10

### A DAILY AWAKENING - RINSE & REPEAT

Through this workshop expect to dive deeper into the daily practice that is Step 10 and the importance of checking that inventory on a regular basis. Understanding the art of self-restraint (pause) as a key factor when responding to situations that arise day-to-day. When we speak or act hastily or rashly, the ability to be fair-minded dissolves on the spot. Through shared experiences and an exercise, the workshop will explore how the restraint of tongue and pen is the ultimate payoff.

Edward P. and Frankie N.

## Step 11

### MEDITATING DAILY THROUGH PRAYER AND REFLECTION

In this workshop we will look specifically at the evening reflection through inventory. Participants will practice both asking themselves the nightly inventory questions and seeking corrective measures through meditation. Participants do not need to have done step 11 yet but it does help.

Ben U. and Justin E.

## Step 12

### BILL AND JOE'S EXCELLENT 12TH STEP ADVENTURE

Join this most outstanding workshop if you're interested in living the 12th step and teaching this bodacious step to others.

Bill S. and Joe H.

## 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: Legally Blonde

Saturday: Spider-Man: No Way Home

## 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, largescale interactive game that will test your powers of memory and deception.

## A WALK ON THE QUIET SIDE

Saturday, Silent Hour, 1:30pm

Experience nature as you never have before with a silent (yes, silent) hike 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

## INTO ACTION (FIELD DAY ACTIVITY)

Saturday 2:45pm

Small activities to give your mind a break, but keep your body active. This workshop will help facilitate connection through various activities that will bring you back to the playground and nurture the inner child within.

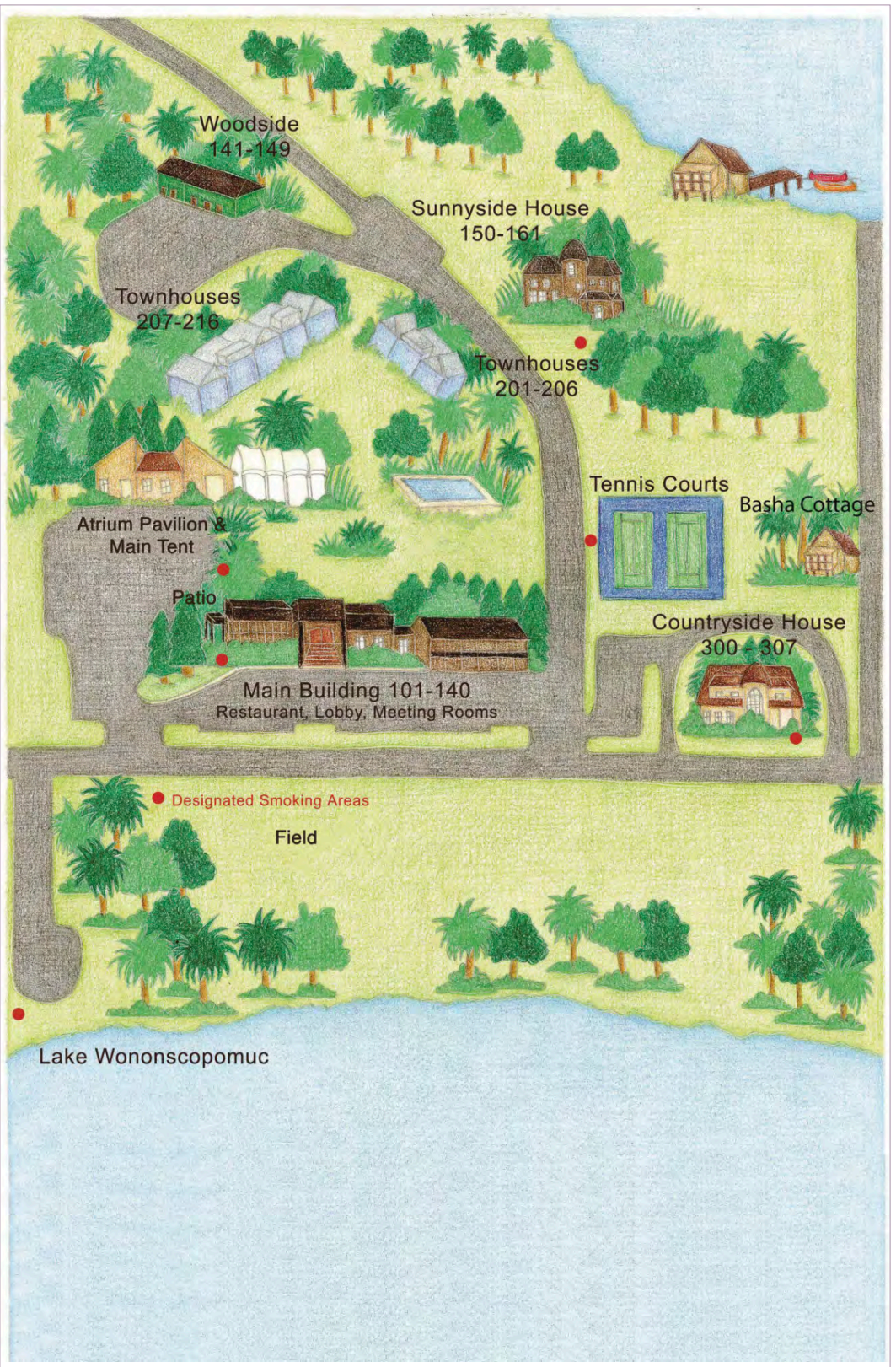
# *I GOT THIS!!*

Graduates of the 'Got It' Program offer you  
an evening of Entertainment and All The Solution.

Saturday, 10:30 PM, Main Tent







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