



YOUR AUTHENTIC
SELF

CELEBRATING
20 YEARS
SPRING CLEARANCE



WELCOME

Welcome to Spring Clearance 2023! It is with gratitude that I write this letter to you all. I'm filled with so much joy to be back together again, and I want to thank each one of you for showing up for yourselves and your recovery.

This year marks the 20th anniversary of Spring Clearance! Twenty years of building connections and community and helping people strengthen their recovery. I'm incredibly grateful to all the people who've come together over the years to make this retreat possible. Thank you to all of them. I also want to express my gratitude to Interlaken for hosting us once again. Without their support and generosity, we wouldn't be here today.

I'm sure some of you, like me, are full of nerves—coming to the woods of Connecticut with a bunch of people you may or may not know, possibly sharing a room with someone you've never met. Much like when you were new to sobriety, this is a place full of people who've been where you are now and felt what you're feeling. We invite you to recognize and accept any feelings and emotions you may be experiencing. Trust that you are in the right place and do what is comfortable for you.

This year our theme is "Your Authentic Self." Through recovery we are given a unique opportunity to delve into the core of who we are. My hope for you all this weekend is that you feel safe and supported enough to get just a little bit closer to what that looks like for you.

We as a committee have worked diligently to provide a welcoming space for everyone at Spring Clearance. As you attend workshops, sit for a meal, take a walk by the lake—and connect with people who at first glance you might think you have nothing in common with—be on the lookout for ways you think Spring Clearance can grow and improve. Please share these ideas with the planning committee so we can continue to provide a brave and welcoming retreat for addicts and alcoholics over the next 20 years.

Thank you for choosing to spend your weekend with us. I hope Spring Clearance becomes a cornerstone in your recovery, much like it has been for me. Welcome home!

With gratitude,
Chris

SPRING CLEARANCE COMMITTEE

Chair: Chris PR
Vice chair: Lucky M
Registration: Brandon B
Secretary: Johnny H
Activities: Phillip P
Activities: Erick R
Treasurer: Jacob H
Fundraising: Mark V

Programming: Marvin A
Programming: Gustavo G
Wellness: Damian J
Hospitality: Bill S
Marketing: Brendan R
Graphics: Joel M
Webmaster: Theo T
Service: Steven S



FRIDAY

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- 1100am-1130am Boarding buses, 24th between 8th & 9th
- 1130am-200pm Travel to Interlaken
- 200pm-245pm Arrival: bathroom & snacks, Atrium pavilion
- 245pm-300pm CHECK-IN MEETING, Main tent
- 300pm-330pm Registration & service sign up, Atrium pavilion & deck
- 330pm-430pm Settle in, unpack, fellowship
- 345pm-430pm SPRING CLEARANCE 101: Freshman Orientation, Patio
- 430pm-515pm WELCOME MEETING, Main tent
- 515pm-530pm Group picture, Main tent
- 530pm-700pm Dinner, Morgan's Restaurant





FRIDAY

700pm-815pm

WORKSHOPS

- **SPONSORSHIP EN ESPAÑOL** - Juan Carlos V & Javier S, Patio
- **A FELLOWSHIP OF PEOPLE: Making the fellowship safe and inclusive for all gender identities** - Bonnie Violet & Eric D, Movie theater
- **STEP 1—EMBRACING POWERLESSNESS AND UNMANAGEABILITY** - Michael S & Jamie H, Continental

830pm-945pm

SPEAKER MEETING - Chris H, Main tent

1000pm

Welcome Bonfire, Location determined by weather

Spring Clearance Cinema, Movie theater

Parlor Games

1030pm-1200pm

Mafia, Main tent

1200am-100am

Midnight Candlelight CMA meeting, Penthouse





SATURDAY

630am

Coffee service, Atrium pavilion

700am-800am

Early Bird CMA Morning meeting, Penthouse

700am-815am

CLEARING THE CONCIOUS CHANNEL: Yoga & Meditation - Alex B & Noah Z, Main tent deck

730am-900am

Breakfast, Morgan's Resturaunt

915am-1045am

WORKSHOPS

- STEPS 2 & 3—GOD? GURL, WHERE YOU AT? - Kyle C & Raul R, Main tent deck
- BIPOC CMA meeting, Movie theater
- THE NICE THING VS. THE RIGHT THING: Honesty, boundaries & building self love - Delano B & Nate L, Patio
- RECOVERING LIFE FROM METH, SEX, & TRAUMA - Kathleen Murphy & Brad Lamm, Continental

1100am-1230pm

WORKSHOPS

- STEPS 4 & 5—FOUR + FIVE = INFINITY - Mark L & Houssam K, Continental
- STEPS 6 & 7—THE MIRROR HAS TWO FACES: Finding Your Willingness & Humility - Chris C, Edward P & Brendan B, Patio
- SEX, DATING, ROMANCE AND RECOVERY: Eric Schneider, Main Tent Deck
- BREAKING BARRIERS & BUILDING BRIDGES - Taimur K & Paymon Z, Movie theater

1230pm-130pm

Lunch, Morgan's Resturaunt

115pm

A WALK ON THE QUIET SIDE, Meet at tennis courts

130pm-230pm

SILENT HOUR, Everywhere



SATURDAY

245pm-415pm

WORKSHOPS

- **BREATH WORKSHOP:** Clarity explains it all - Chris P & Rey R, Tennis Courts / Penthouse pending weather
- **EXCERCISE AND RECOVERY-** With Jeremy: Tennis courts pending weather
- **LOVE YOURSELF! YOU DESERVE IT:** A Guide to Self-Care in Recovery - Gina N & Devin F, Continental
- **STEPS 8 & 9—AMENDS AND ME:** With a North Carolina Twist! - Shayna H & Gina P, Patio

430pm-600pm

WORKSHOPS

- **FINANCIAL RECOVERY:** A Spiritual And Practical Approach - Jeff G & Marco M, Patio
- **MASTERING CHANGE:** Using Neurological Levels of Change to Create Lasting Transformation - TJ & Ben U, Continental
- **THE 12 CONCEPTS:** Colleen V, Penthouse
- **STEP 10—CHECK YOURSELF BEFORE YOU WRECK YOURSELF!** - Caleb A & Matthew A, Movie theater
- **Trans, Non-binary & Women's CMA meeting,** Morgan's Restaurant

630pm- 800pm

Dinner, Morgan's Resturaunt

830pm-1000pm

MAIN MEETING—Charles B, Main tent

1030pm

Spring Clearance Got Talent, Main tent

Spring Clearance cinema, Movie theater

Parlor Games, Pavilion

1200am-100am

Midnight Candlelight CMA meeting, Penthouse

Adult Children of Alcoholics meeting, Continental



SUNDAY

630am Coffee service, Atrium pavilion

700am-800am Early Bird CMA Morning meeting, Penthouse

CLEARING THE CONCIIOUS CHANNEL: Yoga & Meditation - Alex B & Noah Z, Main tent deck

730am-845am Breakfast, Morgan's Restaurant

900am-1030am. **WORKSHOPS**

- **Step 11—HAVE IT YOUR WAY: Creating a Conscious Contact Combo**
- Vincent D & Sean S, Patio

- **SEX, DATING & ROMANCE IN RECOVERY** - Eric S, Main tent deck

- **MASTERING CHANGE: Using Neurological Levels of Change to Create Lasting Transformation** -TJ & Ben U, Continental

1045am-1215pm. **WORKSHOPS**

- **RECOVERING LIFE FROM METH, SEX & TRAUMA** - Kathleen Murphy, Continental

- **BREATH WORKSHOP: Clarity explains it all** - Chris P & Rey R, Morgan's Restaurant

- **STEP 12—EMBRACING THE JOURNEY: Living It & Giving It!** - Ken N & Phil O, Patio

CMA MEETING - en Español: Movie theater

1230pm-145pm Lunch, Morgan's Restauraunt.

Check out: Return keys to reception, drop luggage off at Pavilion

145pm-300pm **CLOSING MEETING**

300pm-315pm Loading buses, Front entrance

WELLNESS WORKSHOPS

THE NICE THING VS. THE RIGHT THING:

Honesty, Boundaries & Self Love

Delano B and Nate L

Creating boundaries can be new for many of us in recovery. We'd often prioritized the feelings and needs of others over our own. Can we navigate boundaries with our fellows, friends, families, romantic and sexual partners, and, especially ourselves? In this interactive workshop, we will openly discuss our old fears and challenges in creating boundaries, and discover new solutions as we build love of our recovering selves.

CLEARING THE CONSCIOUS CHANNEL:

Yoga/meditation

Alex B: Plant-based chef

Noah Z: Certified mindfulness meditation teacher

In this 90-minute workshop, we'll prepare the body for a seated meditation through guided yoga postures, linking breath and movement. Aligned with the principles of 12 Step recovery and enriched with foundational Buddhist meditation, our class will help you journey from the head back to the heart and clear your conscious channel.

EXERCISE IN RECOVERY

Jeremy S

Recovery is a process that involves healing our mind, spirit, and body. During this 60-minute interactive workshop, participants will be guided through eight workouts using resistance bands. Each workout will target five major muscle groups: chest, back, arms & shoulders, abs, legs & buttocks. We will begin and end the workshop with a 10-minute stretch.

FINANCIAL RECOVERY:

A Spiritual & Practical Approach

Jeff G and Marco M

In this workshop we'll explore our experience with finances by performing a personal inventory around money using Step 4 as a template. We'll then take an actual inventory of our finances and create an accurate monthly budget and develop a 30-day, 1-year, and 5-year Financial Action Plan and Ideal. (No minimum clean time to participate)

BREAKING BARRIERS & BUILDING BRIDGES

Taimur K and Paymon Z

This workshop promotes recovery, diversity, equity, and inclusion by bringing together participants from different backgrounds to learn and connect through a shared experience. Brown Buddies Paymon & Taimur will lead this interactive and engaging workshop to create a space where participants can explore their own biases, learn about the experiences of others, and identify strategies to build bridges across differences.

SEX, DATING, ROMANCE, INTIMACY AND RECOVERY:

Eric Schneider, M.Ed., D.Min., Ph.D candidate

Navigating the dating, sex, and romantic relationship landscape has never been freer nor more challenging. For the person in recovery, sober love may present its own unique challenges but also some opportunities. In this workshop, we'll examine the larger love landscape and what makes it so challenging today. We'll look at specific challenges for a person in recovery. And we'll discuss how your sobriety can help shape and support your sexual and romantic endeavors.

WELLNESS WORKSHOPS

LOVE YOURSELF! YOU DESERVE IT:

A Guide to Self-Care in Recovery

Gina N & Devin F

Join us for this interactive and collaborative experience. We'll discuss some of the concepts of self-care, including mental, spiritual, physical and personal care. As a community, we can build and develop a comprehensive set of tools to practice and enhance self-care goals in recovery.

RECOVERING LIFE FROM METH & SEX TRAUMA

*Kathleen Murphy, LMFT, executive clinical director,
& Brad Lamm, founder, Breathe Life Healing Centers*

This workshop is designed to deepen one's understanding of how a wounded autonomic nervous system and trauma effect queer folk suffering with chemsex addiction. We will discuss and dissect the neurology of trauma and its relationship to chemsex addiction, sex-app usage, and methamphetamine abuse. This is a psycho-educational workshop intended to explore how the unresolved trauma, internalized homophobia, marginalization, and toxic shame fuel a chemsex cycle resulting in skyrocketing relapse rates.

A FELLOWSHIP OF PEOPLE:

Making the Fellowship More Safe and Inclusive for all Gender Identities

Bonnie V & Eric D

In this interactive workshop we will discuss gender and its connection to our substance use, how for some LGBTQI+ people gender and sexuality are not outside issues, misconceptions about gender identity, and how we can use the Steps and Traditions to make the rooms a safer space for all.

****MASTERING CHANGE:**

Using Neurological Levels of Change to Create Lasting Transformation

TJ Jackson, master NLP trainer, & Benjamin U

Change is a constant in life, but sometimes it can be difficult to create lasting transformation. In this workshop, you will learn about the Neurological Levels of Change, a powerful tool for creating change at a deep level. You'll discover how each level of change effects the others, and how to use this knowledge to create transformations that last. By the end of the workshop, you'll have a toolkit of practical techniques and strategies to master change and create lasting transformation in your life.

****BREATH WORKSHOP: Clarity Explains It All**

Chris Phipps & Rey Rose

What if the universe and our Higher Powers equipped us with a mechanism to tap into our own power and find clarity? What if that clarity covered all sorts of ground: trauma release, self-appreciation, love, unlocked emotions, and multiple epiphanies? Your breath patterns can be a key to help in a lot of these instances. We can utilize breathing techniques to have more power over nervous system management and emotional shifts. During this workshop, we'll explore some techniques to help with balance, calm, centeredness, and more.

***These two workshops share a common thread of helping participants to increase self-awareness, improve emotional regulation, enhance personal growth, and improve relationships. While they stand as distinct learning opportunities on their own, we see them as companions that might help participants explore a deeper level of personal transformation.*

12 STEP WORKSHOPS

Step 1 EMBRACING POWERLESSNESS & UNMANAGEABILITY

Michael S & Jamie H

In this workshop, we'll learn about Step One of Narcotics Anonymous, which involves admitting powerlessness and unmanageability in relation to addiction. Through discussion and personal reflection, we will deepen our understanding of this Step and how it relates to recovery from addiction. We'll leave the workshop with practical tools for applying Step One in their own lives.

Steps 4 & 5 4 + 5 = INFINITY

Mark L & Houssam K

Step Four in four simple steps, and five things you can expect from Step Five. We'll walk through the program's famous inventory process, where we examine our resentments, name our defects, defuse our fears, and uncover our assets. Then we'll talk about five things we can look forward to when we share all of it with our Higher Power and another human being. And along they way, we'll talk about everyone's favorite subject—building a Sexual Ideal.

Steps 8 & 9 AMENDS AND ME, WITH A NORTH CAROLINA TWIST!

Shayna H & Gina P

How can we align our core values with spiritual principles in Steps Eight and Nine? Join us as we break down the written, face-to-face, and living amends. It's a subtle art form, rectifying our past and accepting others' pain without causing more. Let's talk about expectations, possible disappointments—and most important, the healing that comes from working on and applying these important action Steps.

Steps 2 & 3 GOD? GURL, WHERE YOU AT?

Kyle C & Raul R

During this workshop on spirituality and taking contrary action, we'll explore how beliefs and values influence our decisions and actions in recovery. Through group discussions and exercises, we'll learn practical tools and techniques for working Steps Two and Three, which involve coming to believe in a power greater than oneself and turning one's will and life over to that power. By embracing spiritual principles and taking contrary action, we can develop a strong foundation for long-term sobriety and personal growth.

Steps 6 & 7 THE MIRROR HAS TWO FACES: FINDING WILLINGNESS & HUMILITY

Chris C, Edward P & Brendan R

Does letting go of old behaviors and believing in a Higher Power sound intimidating? Steps Six and Seven are simple and powerful. Come explore the spiritual principles of willingness and humility behind these Steps. We'll share lessons and tools to highlight their beauty and simplicity, allowing all of us to face the mirror each day and see our beautiful, freer self.

12 STEP WORKSHOPS

Step 10

CHECK YOURSELF BEFORE YOU WRECK YOURSELF!

Caleb A & Matthew A

A key to ongoing serenity and peace is a regular habit of inventory, reflection, and growth. Whether you've done the tenth Step already or you're not there yet; whether you do a spot-check inventory, a nightly inventory, or some combination of both—this workshop will deepen your Tenth Step practice. Get insights from the facilitators and then learn in small group discussions where you can share experiences, challenges, successes, and questions.

Step 12

EMBRACING THE JOURNEY: LIVING IT AND GIVING IT!

Phil O & Ken N

By sharing our experiences, fears, and challenges, we'll gain new perspectives and strategies for living a fulfilling life in recovery, whether we are seasoned members or just starting out on your journey. We will use the principles of the program to discuss our understanding of Step 12 *and* how we are carrying the message in our lives every day.

SPONSORSHIP EN ESPAÑOL: EL PADRINO

Javier H & Juan Carlos V

¿Cuál es tu experiencia con el padrino? ¡Ven a compartir con nosotros! Vamos a explorar algunos conceptos y misconcepciones en torno a que es lo que es un padrino, definiremos cuáles son las funciones más importantes, y veremos por qué es tan importante tener uno en nuestro proceso de recuperación.

Step 11

HAVE IT YOUR WAY: CREATING A CONSCIOUS CONTACT COMBO

Vincent D & Sean S

You always want to order a burger your way—shouldn't your conscious contact be the same? Navigating life with a Higher Power of our own understanding also means navigating spiritual practices of our own understanding. Join us to get as creative or plain as we want to make contact with the Universe. (Make it a Deluxe Workshop with Lettuce, Tomato, and Fries for 11¢ more.)

Step 12

THE 12 CONCEPTS: DEMYSTIFYING THE THIRD LEGACY

Colleen V

Twenty-four principles help the individual recover and our groups unify. But the 12 principles of service can be just as applicable to our daily lives. Learn about the history of the 12 Concepts for World Service—how they keep the fellowship alive and our triangle strong and balanced.

MAP

