

SPRING CLEARANCE 2017



*From Fear  
To Freedom*

# WELCOME TO SPRING CLEARANCE 2017!

Whether this is your first retreat or your fourteenth, we are thrilled and excited that you chose to be with us this weekend.

Our theme – **From Fear to Freedom** - grew out of early discussions by the retreat planning committee. As recovering addicts and alcoholics, we share a common desire: to rid ourselves of fear and find freedom. The Big Book tells us that fear is “an evil and corroding thread” in our lives (p.67). It prevents us from living a fully present life. Working a program of recovery with honesty, open-mindedness and willingness, we learn how to overcome our fears and other obstacles that weigh us down. In time, as it says in the Ninth Step Promises, “we are going to know a new freedom and a new happiness.”

**Where are you on your journey from fear to freedom?** I encourage you to embrace the weekend ahead to make strides on your spiritual path. We've assembled a rich and extraordinary variety of activities, workshops, meetings, speakers and resources to help you on your way, but only you can choose to take advantage of them. Spring Clearance is what you make of it.

Lean into the retreat. Dive into what's holding you back. You're in a safe and loving space with others seeking a spiritual solution. Use the time to disconnect from your daily worries and (re)connect with your recovery and your fellows. Be of service to yourself and others.

On behalf of the retreat planning committee, I hope you have a wonderful Spring Clearance. May your journey from fear to freedom be loving, joyous and fulfilling.

Yours in recovery,



Andrew S.

Chair, Spring Clearance 2017



## SPRING CLEARANCE 2017 COMMITTEE

CHAIR **Andrew S.**

VICE CHAIR **Alasdair C.**

SECRETARY **Brandon B.**

FACILITIES & REGISTRATION **Danny R.**

ACTIVITIES & SPECIAL EVENTS **Geoff G.**

MARKETING & COMMUNICATIONS **Harold S.**

PROGRAMMING CHAIR **Michael A.**

PROGRAMMING VICE CHAIR **Michael H.**

GRAPHICS **Wiafe M-B.**

WELLNESS **Delano B.**

HOSPITALITY **Chris P-R.**

SERVICE **Ken N.**

TREASURER **Jose M.**

FUNDRAISING CHAIR **Hernando C.**

FUNDRAISING VICE CHAIR **David B.**



# FRIDAY

2:30pm-2:45pm	Check-in Meeting ♡ Main Tent
2:45pm-3:45pm	Registration & Service Signup ♡ Atrium Pavilion
3:45pm-5:00pm	Unpack, Settle In, Decompress, Fellowship
4:00pm-4:45pm	First Timer Reception: New Kids on the Block ♡ Patio
5:00pm-5:45pm	Welcome Meeting ♡ Main Tent
5:45pm-6:00pm	Group Photo ♡ Meet next to Sunnyside
6:00pm-7:30pm	Dinner ♡ Main Building - Morgan's Restaurant
8:00pm-9:30pm	Main Meeting <i>Speaker: David S., Atlanta, GA</i> ♡ Main Tent
10:00pm-12:00am	Welcome Bonfire ♡ Lake Wononscopomuc (if inclement weather, Ice Cream Social to be held in Atrium Pavilion)
	Spring Clearance Cinema: <i>Mamma Mia!</i> ♡ Will Rogers I
	Parlor Games and Fellowship ♡ Atrium Pavilion
10:30pm-12:00am	Mafia! ♡ Continental
12:00am-1:00am	Midnight Candlelight Meeting ♡ Penthouse

# SATURDAY

6:30am	Coffee Service Begins ♡ Atrium Pavilion
7:00am-8:00am	Early Bird Morning Meeting ♡ Penthouse
	Morning Qi Gong ♡ Patio
	Gentle Yoga ♡ Main Tent Deck
7:30am-9:00am	Breakfast ♡ Main Building – Morgan’s Restaurant
9:15am-10:45am	Step 1* ♡ Will Rogers I
	Steps 2,3 ♡ Will Rogers II
	Steps 6,7* Continental
	Steps 11,12 ♡ Patio
11:00am-12:30pm	A Spiritual and Practical Approach to Financial Recovery ♡ Continental
	Beyond F*ckable: Moving Toward Non-Sexual Intimacy in Recovery* ♡ Will Rogers I
	Untangling Meth, Sex and Intimacy* ♡ Vineyard Dining Room
	You’re Beautiful Just The Way You Are ♡ Patio
12:30pm-1:30pm	Lunch ♡ Main Building – Morgan’s Restaurant
1:15pm-2:30pm	A Walk on the Quiet Side ♡ Meet at Tennis Courts
1:30pm-2:30pm	Silent Hour

\* Also offered on Sunday



2:45pm- 4:15pm	Steps 4,5,10* ♡ Will Rogers I
	Step 4 - Sex Inventory ♡ Continental
	Steps 8,9* ♡ Will Rogers II
	The Twelve Traditions: Inside/Out ♡ Patio
	Minute to Win It Serenity Challenge! ♡ Field Across Road from Main Building (if inclement weather, Atrium Pavilion)
4:30pm- 5:30pm	ACW - The Serenity Prayer as Meditation ♡ Penthouse
4:30pm- 6:00pm	A Spritual and Practical Approach to Financial Recovery ♡ Continental
	The Hero's Journey: From Fear to Freedom* ♡ Will Rogers I-II
	Untangling Meth, Sex and Intimacy* ♡ Vineyard Dining Room
	Arts & Crafts: A Chip in the Old Box ♡ Patio
6:30pm- 8:00pm	Dinner ♡ Main Building – Morgan's Restaurant
8:30pm- 10:00pm	Main Meeting <i>Speaker: Erin D., Phoenix, AZ</i> ♡ Main Tent
10:30pm- 11:30pm	A Handful of Nuts: The Spring Clearance Variety Hour ♡ Main Tent
	Spring Clearance Cinema: <i>The Princess Bride</i> ♡ Will Rogers I
10:30pm- 12:00am	Parlor Games and Fellowship ♡ Atrium Pavilion
12:00am- 1:00am	Midnight Candlelight Meeting ♡ Penthouse

# SUNDAY



6:30am	Coffee Service Begins ♡ Atrium Pavilion
7:00am-8:00am	Early Bird Morning Meeting ♡ Penthouse
	Morning Qi Gong ♡ Patio
	Gentle Yoga ♡ Main Tent Deck
7:30am-8:45am	Breakfast ♡ Main Building – Morgan’s Restaurant
9:00am-10:30am	Step 1 ♡ Will Rogers I
	Steps 4,5,10 ♡ Continental
	Steps 6,7 ♡ Patio
	Steps 8,9 ♡ Will Rogers II
10:45am-12:15pm	Beyond F*ckable: Moving Toward Non-Sexual Intimacy in Recovery ♡ Continental
	Practicing Mindfulness in Our Daily Sober Life ♡ Patio
	The Hero’s Journey: From Fear to Freedom ♡ Will Rogers I-II
	Untangling Meth, Sex and Intimacy ♡ Vineyard Dining Room
12:30pm-1:30pm	Lunch ♡ Main Building – Morgan’s Restaurant
By 1:45pm	Checkout, Return Keys to Front Desk, and Bring Luggage to ♡ Atrium Pavilion
1:45pm-3:00pm	Closing Meeting ♡ Main Tent
3:00pm-3:15pm	Board Buses and Depart Interlaken ♡ Front of Main Building

# STEP WORKSHOPS



## **Step 1: *A Simple Philosophy for Complicated People***

Saturday 9:15am & Sunday 9:00am

How many times have we heard that Step 1 is the only step we have to work perfectly? So what does that mean anyway? In this workshop we will explore simple and effective tools that allow us to come to our own individual truths by using the simplicity of Step 1!

## **Steps 2,3: *Turn it Over: A Practical Approach***

Saturday 9:15am

Do you find the idea of “turning it over” to a Higher Power daunting? Don’t worry! The hoop you need to jump through is much wider than you think. In this workshop, you will hear how others have found a Higher Power of their own understanding and leave with a plan of action that includes practical ways to turn it over in daily life.

## **Steps 4,5,10: *Hoarding Resentments – Finding Treasures By Cleaning House***

Saturday 2:45pm & Sunday 9:00am

Some of us come into recovery with a warped sense of self, clinging to closets full of resentments and fears that once helped us survive. It’s time to clean house! By embracing the inventory process, we sort through the fears, confusion and contradictions in our lives, and set the stage to freely be who we truly are.

## **Step 4 - Sex Inventory: *Unlock the Shackles***

Saturday 2:45pm

Feeling bound by the chains of your sexual past? Learn the “how-tos” of creating a sex inventory and becoming the master of your sexual ideal.

## **Steps 6,7: *Not Today Satan!***

Saturday 9:15am & Sunday 9:00am

Completing Steps 4 and 5 left you with a list of character defects and a new awareness of when they rear their ugly heads. Now what? This workshop provides you with tools to recognize when your demons are at work and the strength to tell them that today is not their day! Reveal your fiercest self by accessing your virtues and assets.

## **Steps 8,9: *They Had It Coming!***

Saturday 2:45pm & Sunday 9:00am

Stop being a prisoner of your past actions and tango your way out of the 8th Step cell block you created. Move beyond the fear, guilt, remorse and shame associated with the people you have harmed over the years, including all the gum poppers, con artists, cheaters, and liars. Maybe even those who ran into your knife 10 times. Good judgment, careful timing, courage and wisdom will help you make your amends...And All That Jazz!

## **Steps 11,12: *Trudging the Road of Happy Destiny: We’re Off to Gain Serenity!***

Saturday 9:15am

The addict is like a tornado roaring his way through the lives of others. Then we land in recovery and choose to change. In this workshop we will use our heads, hearts and hands to connect the principles of spirituality and service. We discover that, like Dorothy Gale, we’ve always had the power within us!

## **The Twelve Traditions: *Inside/Out***

Saturday 2:45pm

The Twelve Traditions help us get along inside the rooms. You may be thinking, “A workshop about business meetings? Yawn! No thanks!” But we can use the same ideas found in the Traditions to enhance our step work and enrich our day-to-day spiritual life. The principles underlying the Traditions work well in here—why not put them to work out there?

# WELLNESS WORKSHOPS

## Untangling Meth, Sex and Intimacy

Saturday 11:00am & 4:30pm, Sunday 10:45am

When we were using, crystal meth seemed to “help” with the anxieties, guilt and shame we had about sex. It increased sexual drive and confidence and lowered inhibitions. Until coming into recovery, some of us had never had drug-free sex. How do we now explore our sexuality without being triggered by thoughts of using?

This workshop examines both the physical and mental connections between meth and sex. Through discussion, Q&A and exercises, we'll explore new ways of redefining what sober sexual pleasure means to you.

*David Fawcett PhD, LCSW* is a social worker, sex therapist, and clinical hypnotherapist specializing in gay men's health. He is the author of *Lust, Meth, and Men: A Gay Man's Guide to Sex and Recovery*.

## You're Beautiful Just The Way You Are

Saturday 11:00am

For many of us, drug use helped mask negative body- and self-image. This workshop will explore our body identities before, during, and after our active addiction. In an environment of loving kindness, we'll support each other to take an honest and judgment-free look at ourselves and reaffirm the beauty that exists inside each and every one of us.

*Keith B.* has found in sobriety the tools to accept and respect the person he sees in the mirror.

*Jennifer Z.* is a creative arts therapist and certified professional coach. She's grateful for the empathy her birthmark has taught her.

## Beyond F\*ckable: Moving Toward Non-Sexual Intimacy in Recovery

Saturday 11:00am & Sunday 10:45am

Feeling objectified in the rooms? Feeling invisible? Are you mystified by the concept of fellowship? Experiencing loneliness? Do you feel defined by your sexual energy? If you answered “yes” to any of these questions, this workshop is for you.

As recovering addicts, our complicated relationships with sex can often impact how we show up in our fellowship. Explore how the 12 Steps provide solutions to these challenges and join us in discussing ideas and strategies for deepening our connections with our fellows.

*Todd A.* is a professional singer, songwriter and musician who is grateful for the meaningful friendships he's discovered in the rooms.

*Dana R.* is a composer, mentor and arts coach who is passionate about helping people to live an authentic, extraordinary and abundant life.

## Practicing Mindfulness in Our Daily Sober Life

Sunday 10:45am

Mindfulness isn't just something we do on the meditation cushion. It's a tool for bringing awareness to each moment of our lives in support of our recovery. As we move through the many challenges each day brings, we can use mindfulness to remain present and meet our experiences with care, compassion and sobriety. Using personal reflection, discussion and meditation, we'll explore practical tools to use both on and off the cushion for bringing mindfulness to our recovery and the entirety of our lives.

*Jameson Beekman* is a consultant, life coach, and mindfulness facilitator whose work focuses on using Buddhist principles to help ease suffering. Since 2013, he has taught mindfulness as a tool to overcome addiction.





### The Hero's Journey: From Fear to Freedom

Saturday 4:30pm & Sunday 10:45am

Are you ready for an important shift in your life? In this experiential workshop, you'll learn tools to overcome obstacles that stand in your way and reconnect to your own personal vision of happiness. Learn about the filters that affect how we see the world and gain an understanding of the ways of being that are needed to create change. We'll end with an extended guided visualization that will begin your own Hero's Journey.

*TJJ* is a certified NLP (Neuro-Linguistic Programming) master coach and group coordinator for spiritual studies at the Inner Enlightenment Spiritist Society NYC.

*John W.* started his own Hero's Journey in 2014 when he began extensive Transformational Leadership Training, with a focus on interpersonal relationships.

### A Spiritual and Practical Approach to Financial Recovery

Saturday 11:00am & 4:30pm

The Ninth Step Promises tell us that "fear of... economic insecurity will leave us," but you still have it and you're afraid or embarrassed to even talk about it.

You couldn't get sober without taking action and the same is true with your finances. Using the Promises, we'll identify the areas that block us in our financial recovery. Through exercises and discussion, we'll begin to see our internal obstacles to change and do a thorough inventory of our spending habits and expenses. "And we are going to know a new freedom."

*Jeff G.* has been in recovery for 13 years, debt-free for eight years and lives in his financial ideal.

## NEED A MEETING?

### WE'VE GOT 'EM!

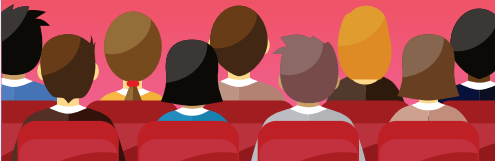
Sat: 12am Midnight Candlelight Meeting

7am Early Bird Morning Meeting

Sun: 12am Midnight Candlelight Meeting

7am Early Bird Morning Meeting

All meetings take place in the 📍 Penthouse.



## 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!



# BODY AND SPIRIT



## Morning Qi Gong

Saturday 7:00am & Sunday 7:00am

Spring Clearance is about discovering new ways to enhance your sobriety and serenity. Begin your morning with this traditional Chinese practice that combines movement, meditation and breathing to help you achieve physical, spiritual and emotional balance in your life.

(Saturday) *Michael Bogatay* has been practicing and teaching Tai Chi and other styles of martial arts for 25 years.

(Sunday) *Mark Gerow* uses yoga, meditation, breath work and Qi Gong to work with symptoms of pain, trauma and anxiety in addiction.

## Gentle Yoga

Saturday 7:00am & Sunday 7:00am

Kripalu Yoga is a practice of revitalizing the body, calming the mind and deepening self-awareness. It brings our body, mind and soul into balance and harmony. Open to yogis of ALL levels, including beginners.

*Sunie Pope* is a Kripalu-trained yoga instructor who has been teaching with compassion and energy for 12 years.

## ACW - The Serenity Prayer as Meditation

Saturday 4:30pm

You say the Serenity Prayer at the end of almost every meeting, but have you ever really taken it in? This guided meditation will help you feel the Serenity Prayer like never before and possibly change the way you experience it in the future.

*Rich R* is a licensed clinical social worker with over 25 years of experience in the field of recovery.

## Silent Hour

Saturday 1:30pm

Enjoy the stillness. A Spring Clearance tradition.

## A Walk on the Quiet Side

Saturday 1:15pm

Experience nature as you never have before with a silent (yes, silent) hike led by *Stephen L.* and *Rich R.* that will refresh and invigorate your body and soul. Meet at the tennis courts at 1:15pm for a special drum prayer before setting out. Hiking boots not required for this easy trail along Beaver Pond.

## FIRST TIME AT SPRING CLEARANCE?

Get your first Spring Clearance off to a perfect start! Join us **Friday at 4pm** on the **📍 Patio for New Kids on the Block** - 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. We're here to help you on your journey from fear to FREEDOM!*

# 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. *In case of inclement weather, there will be an Ice Cream Social in the Atrium Pavilion.*

## 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: *Mamma Mia!*

Saturday: *The Princess Bride*

## Mafia!

Friday 10:30pm

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. Led by Philly's own *TJ B.* and *Jeff E.*, this fun, large-scale interactive game tests your powers of memory and deception.

## Arts & Crafts: A Chip in the Old Box

Saturday 4:30pm

To mark our time in sobriety, we collect chips, coins and medallions. Now, give them a home of their own. Join *Matt T.* for some crafty fun making your very own container to store your sobriety markers. We'll provide the boxes and craft supplies. All you need is your imagination.

## Minute to Win It Serenity Challenge!

Saturday 2:45pm

Let the games begin! Get ready for Face the Cookie, Junk in the Trunk, Stack Attack and more fun team games led by *Jamie M.* and *Charlie V.* Head over to the field (or, if inclement weather, the Atrium Pavilion).

## A Handful of Nuts: The Spring Clearance Variety Hour

Saturday 10:30pm

Some are sweet and some are salty...but all of them are crunchy and great for parties! Join us for a tacky, good ol' Laugh-In variety show featuring games and performances from some of our crazy honey roasted fellows. Hosted by the Southern fried fish, *Aunt Vivian Lynn D'Maples.*

## New Kids On The Block

Friday 4:00pm

Oh Oh Oh Oh Oh! Calling all New Kids On The Block! If this is your first time at Spring Clearance, this special event is just for you! Join us for a fun meet and greet, where we'll answer questions and share "Step by Step" advice for making your retreat experience positive, healthy and FUN. (And, yes, there will be Candy Girl.)

**NEED A SPACE  
TO BE STILL?**

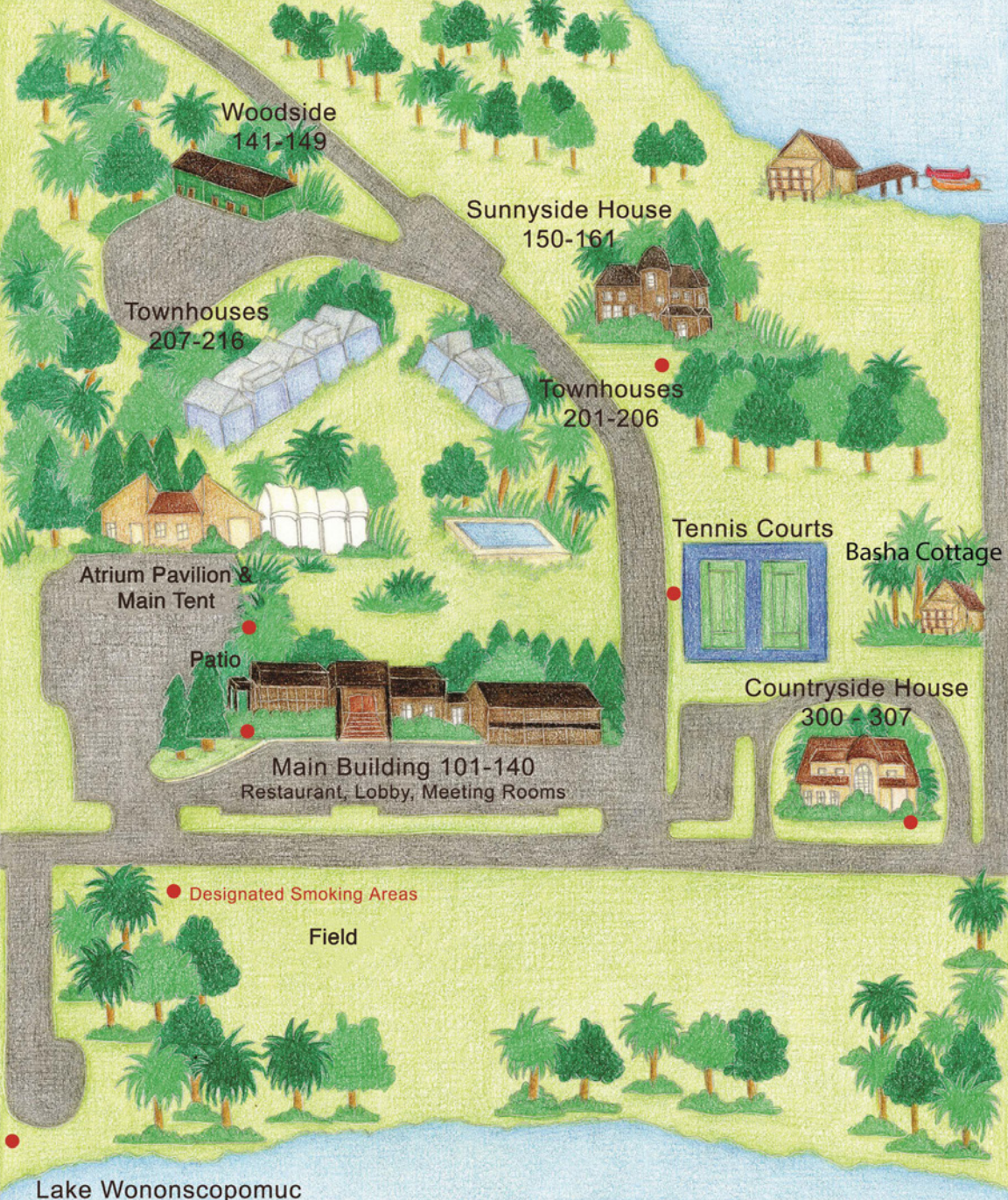
Drop in to the meditation room in the  
📍 Penthouse for a chance to get still

**PLEASE  
RESPECT  
SILENT HOUR.**

**No talking. No sporting activities.**







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



*From Fear To Freedom*