

32nd Annual Puget Sound Retreat 2021

Bringing us Together

Program Schedule (Pacific Time)

Instructions: Click on a scheduled event name to enter it, click “Allow” to the security warning & select “Remember my ...”. A dialog box will open- “Open Zoom Meetings?” Select the checkbox “Always allow ...” then select the “Open Zoom Meetings” button. Help will be available-Text 360-515-8716. We suggest doing a practice run, so you’ll sign in without problems. Please read all of the instructions in this document ASAP and watch the tutorials suggested in the detailed instructions. See login email for phone and other login information. *Please check to sure that you have the current version of Zoom software.



Activity Key	Workshop	Meeting	Fun/Games/Fellowship
Time	Room 1	Room 2	Room 3
Friday, August 27			
6:45-7:30pm	Welcome/Ice Breaker		
7:30-9pm	Talent Show		
Saturday, August 28			
9-9:30am	Welcome & Retreat Tips		
9:30-10:30am	Preparations for Steps 8 & 9	Intro to Meditation & Guided Session	Fellowship
30 Minutes	Break/Fellowship		
11-12pm	COSA Speaker		
30 Minutes	Break/Fellowship		
12:30-2pm	Pictionary-45 Min.	“In What Ways Do I Avoid Intimacy” A First Step Experience	Fellowship
	Scavenger Hunt-45 Min.		
30 Minutes	Break/Fellowship		
2:30-4pm	Boundaries: Creating & Living with Them	RCA (Recovery Couples Anonamous)	Annual Puget Sound SAA Intergroup Meeting (Closed)
30 Minutes	Break/Fellowship		
4:30-6pm	Writing for Recovery: Balance and the Outer Circle	Sponsorship Panel	Short Topic Shares
30 Minutes	Break/Fellowship		
6:30-7:30-pm	SAA Speaker		
15 Minutes	Break/Fellowship		
7:45-8:45pm	Pictionary & Scavenger Hunt	Fellowship	
Sunday, August 29			
9:15am	Fellowship	Fellowship	
9:30-10:30am	Group Meeting for Everyone	Breakfast Meeting, Have Breakfast Together	
15 Minutes	Break/Fellowship		
10:45-11:45am	Plan for Re-entry	Fellowship	
15 Minutes	Break/Fellowship		
12-12:30pm	Gratitude Circle & Closing		
30 Minutes	Break/Fellowship		
1-2pm	SAA Womens Meeting (Closed)	SAA Mixed Meeting	COSA Meeting

*See workshop descriptions for more information **Open unless noted otherwise

Activities & Workshop Descriptions (Open unless otherwise noted)

Fellowship

These are open time blocks available for freeform fellowship. We encourage participants to reach out to others via chat or other means to arrange fellowship gatherings in these time slots to talk about recovery topics, workshops or engage general conversation or just drop in to meet and chat with others already in the room. Breaks between activities are open for fellowship as well.

Friday • August 27th

Welcome/Ice Breaker - Bruce and Laurie

Welcome to this year's Serenity on the Sound virtual retreat! During this time, before we gather to share the many talents of our participants, we would like to give everyone a chance to introduce themselves, share where they are from and one or two recovery related pieces of information. Whether you are a first timer to our retreat or a returning participant, we hope you will join us.

6:45 - 7:30 pm

Talent Show - Hayden M

A retreat tradition, the talent show will offer an opportunity in a safe and supportive environment to share your talents, singing, playing music, poetry, drumming. A time limit of five minutes each will keep us on time. Everyone gets applause. Performers will sign up at the start of the show or any time before the retreat.

7:30 - 9pm

Saturday • August 28th

Prepare for Steps 8 & 9 (Open) - Dan B

These are the steps that WILL transform your life. Whether you are stuck on step one, or have done ninth steps before and are looking for ideas and assistance, this may be for you. Based on old-school AA in the 1940s, per Wally P (AA historian), it is for SAA, COSA, and others. Bring something for writing – one page in a notebook is enough. Materials presented will be sent before, during, or after the workshop if you send your email address to danb.lakewood@gmail.com.

9:30 – 10:45 am

Intro to Meditation with Guided Session - Laurie M

Step 11 says “Sought through prayer and meditation to improve our conscious contact...” Developing a meditative practice to help us find sustainable relief in recovery journey is an important key to finding peace and serenity in a busy, chaotic, and trauma filled world. Wherever you are in your journey, whether it's just starting out, have struggled to understand meditation, struggled to define a Higher Power (HP), or have a well-developed practice; please join us as we practice and explore a variety of guided meditation tools to start the day!

9:30 – 10:45 am

Pictionary & Scavenger Hunt – Cheryl E (Pictionary), David B (Scavenger Hunt)

Zoom games are a good way to unwind and have fun. Join us for these classic games online. These have proven to be all time favorite Zoom games over the past 18 months. Pictionary Zoom style happens on the Zoom Whiteboard. Everyone in the audience is welcome to guess what the answer in this no point's version of this classic game. During the Scavenger Hunt, players will search for things around the house. Riddle clues of the items will also be included to add a fun twist. We may even ask the audience for items to search for.

12:30 – 1:15 pm Pictionary

1:15 - 2 pm Scavenger Hunt

In What Ways Do I Avoid Intimacy? (A First Step Experience) – Deb W

Is the inability to experience trust and deep closeness and connection with yourself, others, or your Higher Power affecting your recovery? Join us to find out! We will also discuss simple ways to incorporate intimacy recovery work into your existing program, regardless of which fellowship you belong to or in what stage of recovery you're in.

12:30 – 2 pm

Boundaries: Creating and Living with Them. – Dale E

Are you tired of always feeling like you have to please everybody? ... Do you end up feeling angry, lonely & inadequate when you hang out with friends or family? Do you keep letting others down when you slip? We will answer these questions and more in this workshop. We will see how boundaries especially relate to steps 2-4. We will see that boundaries can and will strengthen your ongoing recovery.

2:30 – 4 pm

RCA (Recovery Couples Anonymous): Commitment is Our Sobriety - Monte D & Sonia D

“The only requirement for membership is the desire to remain committed to each other and to develop new intimacy.” Join us for an introduction to RCA and hear our coupleship experience, strength, and hope. Many of us had begun to recover in individual programs and found we could no longer relate to our partners in the same old dysfunctional ways. Unwilling to abandon our partners, we sought ways to heal our coupleships. Through RCA we learned new ways of relating and solving problems. We discovered greater levels of intimacy.

2:30 – 4 pm

Activities & Workshop Descriptions (Open unless otherwise noted) (Cont.)

The Puget Sound Intergroup (SAA Only) - Tom L

The mission of the Puget Sound Intergroup is to support sex addicts in recovery, reach out to those who are still suffering, and provide an organizational structure for activities affecting the membership as a whole. The Annual Meeting is an open meeting to find out what the Intergroup is doing for SAA groups in Western Washington. We also elect new officers.

2:30 – 4 pm

Writing for Recovery: Balance and the Outer Circle - Shannon T & Dale E

Do you enjoy writing? Do you find it helps in your recovery journey? Are you always saying if I only had time, I would write something for my recovery newsletter?

This workshop is intended to create the time and space for you to write, not just for yourself but perhaps to submit to the COSA Balance Newsletter or the SAA Outer Circle Newsletter.

If you don't know about these newsletters, please go to the COSA or SAA website, and take a look or sign up to receive them in your email for free. You can also find the guidelines for submitting something for consideration.

4:30 – 6 pm

Sponsorship Panel – Bruce D

An important part of all 12 step programs is sponsorship. Join us in this workshop to hear from some sponsors about their sponsorship experience, strength and hope. After a few opening questions to all the panelists, the meeting will be open for audience questions. Knowing that each sponsor has their own methods, my hope is that you can take away ideas and practices that will serve you and/or become willing, for the first time, to sponsor others in your 12 step program.

4:30 – 6 pm

Short Topic Shares - David B

We're inviting participants to share 5 minutes or less about recovery topics like fear, anger, the Steps, relapse and so on. Participants who wish to share may choose recovery topic to share about or read a short "Daily Reflections/Affirmations" and share about that.

4:30 – 6 pm

Pictionary & Scavenger Hunts – Cheryl E (Pictionary), David B (Scavenger Hunt)

Zoom games are a good way to unwind and have fun. Join us for these classic games online. These have proven to be all time favorite Zoom games over the past 18 months. Pictionary Zoom style happens on the Zoom Whiteboard. Everyone in the audience is welcome to guess what the answer in this no point's version of this classic game. During the Scavenger Hunt, players will search for things around the house. Riddle clues of the items will also be included to add a fun twist. We may even ask the audience for items to search for. Unlike the consecutive mid-day game session, this one will be held concurrently in Zoom breakout rooms.

7:45 – 8:45 pm

Sunday • August 29th

Plan for Re-entry – Mac M

Retreats provide a unique, loving environment full of people we know and many we come to know within the Zoom Meetings, Workshops and Fellowship time together.

Moving back into the world we live in day to day can often be fraught with danger to us as SAA and COSA members as well as family and friends. This meeting is an opportunity for us to share how we plan to prepare for re-entry as well as listen to the hope and strength of others going through the same experiences.

9:30 – 10:45 am

Gratitude Circle & Closing - Leader

Assist those attending to gather together and share the blessings and things we are grateful for from the retreat.

12 – 12:30 pm

General Information and Instructions

Friday Evening Start Time: 6:45pm PT, 7:45pm MT, 8:45pm CT, 9:45pm ET.

Saturday Event Time: 9am-8:45pm PT, 10am-9:45pm MT, 11am-10:45pm CT, 11am-11:45pm ET.

Sunday Event Time: 9:15am-2pm PT, 10:15am-3pm MT, 11:15am-14pm CT, 12:15am-5pm ET.

The room opens 15 minutes before the start of programming to allow for sign-in and to address any potential technical difficulties. Please arrive early.

Instructions for Zoom Login:

- Check your registration email for Zoom Room links and passwords; for safety reasons they will not be posted online.
- You can access Zoom online at <https://www.Zoom.us/join>. You are not required to have a Zoom account, but it is recommended that you get a free account. It will be easiest to participate in the

Cont.

General Information and Instructions

convention from your laptop; however, you can download the Zoom app for use on your phone. If you have a flip phone, you can dial in, enter the meeting id and numeric password. Having your own account allows you to have private meetings that last up to 40 minutes. You may use this account for private fellowship.

- Please do not share or forward your registration links. This will help to ensure everyone's safety and anonymity.

Convention Etiquette

- Please arrive early and try to stay for the entire session.
- Try to keep your video on, if you're on a video enabled device. If you need to turn off video to avoid distractions or leave the room, turn it back on when you return. If you're experiencing locking up and/or sound quality problems, turn off your video while speaking.
- Keep yourself muted except when you are sharing (during specified share times).
- In the Speaker session (webinar mode), if you want to speak when the room is open for sharing, please virtually raise your hand by clicking on the "raise hand" icon (located in the participants panel), and a room host will unmute you. To share during workshops (regular Zoom mode), you can unmute yourself when called upon. Please do so only when the presenters ask for shares or feedback.
- We introduce ourselves by first name only.
- On your Zoom account, we request that you display only your first name and last initial, as this will be visible to others in attendance.
- When sharing, please avoid cross-talk; this means we do not comment on another person's share, give advice, or interrupt. Instead, we keep the focus on ourselves, speaking in "I" terms.
- Please refrain from sending chat messages to "Everyone". This is a common mistake. As you scroll down the participants list in the chat panel, each name will be highlighted. You must select the name with your mouse pointer or finger on a touch screen, otherwise you will be sending a private message to everyone in the group. Check to see if the name of the person is selected, it will say something like "You to [Name of person]" and not "You to Everyone".

All attendees are encouraged to attend one of the following Zoom Training Sessions prior to the event. These are available at <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-video-tutorials>

Zoom tips and suggestions

Before Using Zoom:

1. Before using Zoom you will need to download Zoom client (laptop) or the Zoom app (smartphone). On a laptop, go to <https://Zoom.us/download> and: Download Zoom Client for Meetings.
2. If you already have Zoom client installed on your computer (if you're using a computer), please make sure you have the current version. This can be done by opening Zoom client, clicking the icon in the upper right corner of the client window (with your initials) and selecting "check for updates."
3. If you choose not to use the Zoom client or app, you will still be able reach the Zoom webinar or conference by phone, for audio only. When you register, the Zoom links, as well as call-in numbers for phone audio calls, will be sent to you before the retreat.
4. Please do not share the links with others who have not registered, but ask them to register themselves, (so that we know what resources we need to have available).

Mute / Un-Mute:

1. Please mute your microphone when a member is sharing. The moderator may sometimes eliminate background noise by muting participants. This is to help maintain the safety and flow of the meeting and is not meant to be offensive. Participants can easily mute/un-mute themselves when they would like to share by pressing Alt + A, selecting the microphone icon (lower left) or If you have a smart phone, you can also use the phone mute feature.
2. If you're calling into the meeting with using the phone numbers provided, you can Mute/Un-Mute yourself by pressing Star-6 (*6). If you want to signal that you would like to speak next, Press Star-9 (*9) to "raise your hand."

During Zoom video meetings:

1. Screen sharing: Open up only relevant documents before the call and share only those during the meeting. Remember that whatever is open on your desktop will be viewed by everyone.
2. Think about your actions on camera. Movements are distracting to others and can be disruptive to the speaker. Try to stay still and be attentive.
3. Dress for your Zoom meeting the way you would for an in-person meeting. Please be respectful.
4. Your environment - Participate in meetings from a quiet, indoor location to control ambient noise. Please refrain from sitting directly in front or beside a very bright light source. Experiment with moving lamps and your camera until you can see your brightly-lit face on the screen.
5. Think about the background behind you. Is it appropriate for viewing?
6. Practice speaking to the camera and not the screen. Our tendency is to look at the person on the screen.
7. If you become disconnected, try to login again until you're able to re-enter. This may be because of a problem with your connection to the internet or a retreat connection issue.

[SoundRetreat.org](https://www.SoundRetreat.org)