

32nd Annual Puget Sound Retreat 2021

Unity & Recovery

Schedule & Program (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.
- Login 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 update to the current version of Zoom software (See “Before Using Zoom”).



See workshop descriptions for more information about activities. Activities are Open unless otherwise noted

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	Break/Fellowship	Break/Fellowship
11-12pm	Preparations for Steps 8 & 9		
30 Minutes	Break/Fellowship	Break/Fellowship	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	Break/Fellowship	
2:30-4pm	Boundaries: Creating & Living with Them	RCA (Recovery Couples Animomous)	Annual Puget Sound SAA Intergroup Meeting (Closed)
30 Minutes	Break/Fellowship		Break/Fellowship
4:30-6pm	Writing for Recovery: Balance and the Outer Circle	Sponsorship Panel	Short Topic Shares
30 Minutes	Break/Fellowship	Break/Fellowship	Break/Fellowship
6:30-7:30pm	SAA Speaker - Hayden M, Kent, WA		
15 Minutes	Break/Fellowship	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	Fellowship	
10:45-11:45am	Plan for Re-entry	Fellowship	
15 Minutes	Break/Fellowship	Fellowship	
12-12:30pm	Gratitude Circle & Closing		
30 Minutes	Break/Fellowship	Fellowship	Fellowship
1-2pm	SAA Womens & LGBTQ Meeting (Closed)	SAA Mixed Meeting	COSA Meeting

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 as a Tool for Recovery - 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 - Manny

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

12 – 12:30 pm