



# Serenity *on the* Sound

*33<sup>rd</sup> Annual Puget Sound Retreat*

*A virtual experience in Zoom*

***Stepping into the Light***

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***October 14<sup>th</sup> - 16<sup>th</sup>, 2022***

Join us Friday evening through Sunday morning for  
recovery enriching activities.

- **SAA and COSA Speakers**
- **Workshops**
- **Outer Circle Show & Tell**
- **Fellowship**
- **Fun and Games**
- **Deepen your recovery**

The love and fellowship we get from coming together with both COSA and SAA in healthy recovery are still happening with Serenity On The Sound via Zoom. It's a place of fun, love, community and recovery! It won't be the same without you, so we hope you can join us!

**Visit [SoundRetreat.org](https://SoundRetreat.org) for more information and registration.**

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*This event is organized & operated in cooperation with the fellowships of*

**SAA & COSA**

**Help us spread the word. See the next page for instructions.**

Greetings,

With your help, we can make this retreat successful and share what the Puget Sound Retreat Committee has done for 30 years in person, virtually on the Zoom platform. As a single act of service, announcements can be made at tele-meetings, Zoom meetings, or at in person meetings. While attending a Zoom meeting, you can also upload the flyer file for others in the meeting in addition to announcing the dates and website address.

### **Meeting Announcements:**

#### **Tele-meeting:**

The SAA/COSA Serenity on the Sound Retreat is taking place on Zoom, October 14-16. All S group members, friends and family over age 18 are welcome. Go to [SoundRetreat.org](http://SoundRetreat.org) for more information and to download a flyer *{Note: If you want to upload the flyer to a Zoom meeting so others may download it directly in the meeting, do so prior to the announcement and say:}* The flyer may also be downloaded from the chat area by selecting the file link and saving it to your device.

### **Zoom Meeting Flyer Upload Instructions:**

While in a Zoom meeting, select the Chat icon (middle bottom) and a panel on the right will appear. On the bottom right, there will be an icon with the word "File." Select that, then "Your Computer and browse your files to select the "2022 Sound Retreat Flyer.pdf." Make sure you're sending to "Everyone."

Thank you for your service.

Puget Sound Retreat Committee