

33rd Annual Puget Sound Retreat 2022

Stepping into the Light

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, October 14			
6:45-7:30pm	Welcome/Ice Breaker		
7:30-9pm	Outer Circle Show & Tell		
Saturday, October 15			
9-9:30am	Welcome & Retreat Tips		
9:30-10:30am	History of SAA	Intro to Meditation & Guided Session	Fellowship
30 Minutes	Break/Fellowship	Break/Fellowship	Break/Fellowship
11-12pm	COSA Speaker Deb W, WV		
30 Minutes	Break/Fellowship	Break/Fellowship	Fellowship
12:30-2pm	Pictionary-45 Min.	Women’s Panel	Fellowship
	Scavenger Hunt-45 Min.		
30 Minutes	Break/Fellowship	Break/Fellowship	
2:30-4pm	Building Better Boundaries	Spirituality	Annual Puget Sound SAA Intergroup Meeting (SAA only)
30 Minutes	Break/Fellowship		Break/Fellowship
4:30-6pm	Amends Panel Discussion	Fellowship	Fellowship
30 Minutes	Break/Fellowship	Break/Fellowship	Break/Fellowship
6:30-7:30-pm	SAA Speaker - Unchatwa, Bay Area, CA		
30 Minutes	Break/Fellowship	Break/Fellowship	
8-9pm	Pictionary & Scavenger Hunt	Fellowship	
Sunday, October 16			
9:15am	Fellowship	Fellowship	
9:30-10:30am	Mixed Meeting (SAA only)	Women & LGBTQ (SAA only)	COSA Meeting (COSA only)
30 Minutes	Break/Fellowship	Fellowship	
11a-12:30pm	Re-entry & Gratitude Circle Time	Fellowship	

*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 • October 14

Welcome/Ice Breaker - Laurie M

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

Outer Circle Show and Tell - Hayden

Outer Circle Show and Tell is a stage where everyone gets five minutes to share an activity that brings them joy. Its roots are in the Talent Show from previous years, so one way to participate is by singing, playing an instrument, reading poetry or doing comedy. However, you can also share pictures of something you've created or nurtured, like an art or a craft or your garden or your pets. Or you can demonstrate or teach something you like to do. It's our first time, so you can help us make it up as we go along! Just keep it to five minutes. Or just come and clap and cheer for others.

7:30 - 9pm

Saturday • October 15

The Pony Express: a Metaphor for SAA - Dan B

Recording of Jeannie O [MN]; hosted by Dan B. The history of SAA: our Social Influences, and our DNA, given by our first SAA woman member. It was recorded in Edinburgh, Scotland, in August 2022.

9:30 – 10:30 am

Intro to Meditation with Guided Session - Ben B

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 – 10:30 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

SAA Women's Panel – Michelle C

Come join this session with a panel of women with over 5 decades of sobriety to discuss their experiences in the SAA program. As of the last survey by the ISO in 2018, over 91% of SAA is made up of those identifying as male, while less than 9% of SAA is made up of all the other genders combined. Join us to hear the panel discuss how to welcome newcomers of all genders to the program and help them feel safe. Questions are encouraged from the audience during the last half of the session.

This workshop is sponsored by the SAA Women's Intergroup [WIG] (see saaforwomen.org). From a discussion at the September WIG meeting, two members suggested the need for a panel discussion on safety and women in (especially) mixed meetings. The opinions expressed are those of the women panel members; the WIG supports all Women and Gender Minorities, their opinions, and their recovery. We are grateful to the Puget Sound Retreat Committee for hosting.

12:30 – 2 pm

Building Better Boundaries – 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

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

Spirituality - Nick H

A review of attitudes and management of addiction, with specific consideration of sex addiction in the tradition of Western Spirituality. Sex addiction is not a new phenomenon, and nor is the desire of people to find ways of managing unwanted behavior (acting out). This workshop briefly and eclectically reviews the management of sex addiction within the tradition of western spirituality in the light of a comparison to the Twelve Step program. Participants may be surprised that their stories are not only shared by fellow members in our fellowship rooms, but also with many who have gone long before.

Beginning with the two pillars of the western intellectual tradition, Plato and Aristotle, this study will move on and through St. Augustine, John Cassian and St. Thomas Aquinas, to contemporary spiritual understandings of the nature and management of sex addiction.

At the end of our journey we will find that principles of the Twelve Step program have been predicted in the past and inform the present.

2:30 – 4 pm

Amends Panel Discussion - Charlie S

This event builds on last year's workshop on the types of amends and how to make amends. A panel with deep and varied experience, strength and hope will explore questions such as: What guidance do you use to decide or help others decide "when it would injure them or others?" What mistakes have you committed or witnessed in the amends process? What are some things that make the process easier? What gifts in your life have come from working Steps 8 and 9? How do you use the amends process in your daily life?

4:30 – 6 pm

Sunday • October 16

Mixed Meeting, SAA Only - Leader Needed

9:30a – 10:30 am

Women & LGBTIQ Meeting, SAA Only - Leader Needed

9:30a – 10:30 am

COSA Meeting, COSA Only - Cheryl E & Shannon T

9:30a – 10:30 am

Plan for Re-entry & Gratitude Circle & Closing - Mac

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

11 – 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-12:30pm PT, 10:15am-1:30pm MT, 11:15am-2:30pm CT, 12:15am-3:30pm 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 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

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General Information and Instructions (Cont.)

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