

*35th Annual
Puget Sound Retreat*



**Serenity
on the Sound**

Courage, Strength & Hope

Alive And In Person

2023 Schedule & Program

The Puget Sound Retreat Committee cordially welcomes you to the beautiful and tranquil Gwinwood Retreat Center in Washington State for the 35th Annual Puget Sound Retreat “Serenity on the Sound”. This retreat is open to all S-recovery fellowships, and adult family and friends in recovery.

This retreat is a 100% Volunteer effort!
Please be considerate and involved...and pitch in!

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

SAA & COSA

General Information

Meetings: SAA and COSA meetings are scheduled throughout the retreat, including women’s-only & LGBTQ+.

Meeting/Workshop terms: Check workshop and meeting listings to see if they are open or closed. Meetings and workshops are open unless noted otherwise. **“Closed”** means only for members of that program, gender or group listed. Although most workshop titles are self-explanatory, there is a supplemental “Workshop Descriptions” section below, after the schedule.

Note: *Participation in meetings and workshops is optional. If you feel uncomfortable for any reason with what another is sharing, it’s okay to leave the meeting or workshop and return when you feel comfortable.*

Outer Circle Show & Tell: Performers, please sign up at the beginning of the show. All are welcome and encouraged. Everyone gets applause!

Candle Lighting Ceremony: During our ceremony we will reflect on growth, losses and future visions.

Clean-up: Check out time is between 12:30-1pm on Sunday. We would pay a cleaning fee for every building we don’t clean. Please clean sleeping and living spaces, bathrooms, and any facilities that are used, and help with common spaces. This includes all bathrooms, meeting rooms, activity area, and all outside paths.

Tips & Ground Rules: See the Tips and Ground Rules document (in another printed page or pdf file) for useful information about the retreat.

Site Map: There’s a site map of the grounds in the “Tips and Ground Rules” document.

COVID 19: Please practice current COVID prevention measures such as pre-retreat testing and masking where desired or necessary to minimize the risk to others. See “Tips and Ground Rules” for more information.

Anytime Activities

Quiet Time: Don’t feel obligated to be running from one activity to the next. We invite you to take time in solitude or community to reflect on your retreat experience.

Canoeing is available at the beach free of charge. It’s OK to bring and use your own kayak(s) and personal flotation device/vest.





Swimming: For safety reasons, please only swim with others. There is no lifeguard is on duty.

Volleyball, Frisbee, Board Games & More: Pick up a game any time!






Nature Walks: There are many acres of beautiful and tranquil walks in the area.

Service Opportunities: Volunteer opportunities will be offered, so keep an eye out for those. This is a great informal way to get to know others. Please help with camp clean up Sunday morning.














Schedule

- Legend:**
-  **Meeting**
 -  **Workshop** (See workshop descriptions after schedule)
 -  **Activity**, Open to all
 -  **Speaker**, Open to all

Friday – August 25th *(Time, Type, Name, Location, Leader)*

- | | | |
|----------|---|--|
| 1:30-3p |  | Registration & Check-in , Westwood, <i>(Shannon)</i> |
| 3:00-5p |  | Free time, Explore, Leisure and Recreation. |
| 5-5:45p |  | Tag Meeting , Westwood <i>(Leader TBD)</i> |
| 6-7p | | Dinner , Westwood Dining Hall |
| 7:30-9p |  | Outer Circle Show and Tell , Westwood <i>(Hayden)</i> |
| 9:15-11p |  | Big Group Meeting , Cabin Area Fire Pit <i>(Leader TBD)</i> |
| 11p | | Quiet Time Starts - Camp requested noise limit |

Saturday – August 26th *(Time, Type, Name, Location, Leader)*

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|--------------|---|--|
| 7-7:45a |  | Mixed SAA Meeting (C) , Cabin A <i>(Leader TBD)</i> |
| 7-7:45a |  | Women Only SAA Meeting (C) , Cabin C <i>(Leader TBD)</i> |
| 7-7:45a |  | COSA Meeting (C) , Cabin D <i>(Leader TBD)</i> |
| 7-7:45a |  | LGBTQ + SAA Meeting (C) , Cabin E <i>(Leader TBD)</i> |
| 8-9a | | Breakfast , Westwood Dining Hall |
| 9:15-10:30a |  | Writing Tools for Recovery , Westwood <i>(Shannon)</i> |
| 9:15-10:30a |  | Back to the Basics #1-(Steps 1, 2 & 3) , Cabin A <i>(Dan)</i> |
| 9:15-10:30a |  | Turning It Over - Step Three , Cabin B <i>(Tom B)</i> |
| 9:15-10:30a |  | Quiet Meditation Room , Cabin C |
| 10:45-11:45a |  | Back to the Basics #2-(Steps 4, 5) , Cabin A <i>(Dan B)</i> |
| 10:45-11:45a |  | Recovery after Relapse , Cabin B <i>(Dale E)</i> |
| 10:45-11:45a |  | Guided Meditation , Cabin C <i>(Ben B)</i> |
| 10:45-11:45a |  | Radical Acceptance , <i>(Tentative)</i> Westwood <i>(Tracy R)</i> |
| 12-1p | | Lunch |
| 1:15-2:45p |  | Folk Dance for Everyone , Westwood <i>(Tom B)</i> |

1:15-2:45p	Ⓜ	Back to the Basics #3 (Steps 6, 7, 8 & 9), Cabin A <i>(Dan B)</i>
1:15-2:45p	Ⓜ	Spirituality - Part 2, Cabin B <i>(Nick H)</i>
1:15-2:45p	Ⓐ	Quiet Meditation Room, Cabin C
1:15-2:45p	Ⓜ	Using Non-Violent Communication to Understand Yourself, Cabin E <i>(Bill W)</i>
3-4p	Ⓜ	Back to the Basics - #4 (Steps 10, 11 & 12), Cabin A <i>(Dan B)</i>
3-4p	Ⓜ	Breath Work, Cabin C <i>(Lisa S)</i>
3-4p		
4:15-5:15p	Ⓢ	COSA Speaker, Westwood <i>(Peter F)</i>
5:45-6:45p		Dinner
7-8p	Ⓢ	SAA Speaker, Westwood <i>(Tracy R)</i>
8-10p	Ⓐ	Candle Lighting Ceremony, Westwood <i>(Ben & Amy)</i>
8-10p	Ⓐ	Fellowship, Beach or Fire Pit Gathering Area (Burn Ban-No Fire)
11p	Ⓐ	Quiet Time Starts – Camp Requested Noise Limit

Sunday – August 27th *(Time, Type, Name, Location, Leader)*

8-9a		Breakfast, Westwood Dining Hall
9:30-10:30a	Ⓜ	Big Group Meeting & Re-Entry, Westwood <i>(Leader TBD)</i>
10:30-11:30a	Ⓐ	Camp Cleanup & Re-Entry, Camp & Westwood
11:30-12:30p	Ⓐ	Closing Gratitude Circle, Cabin Area Fire Pit
1p		All retreat attendees must be off the property Meet for Lunch at Restaurant <i>(Sign up at breakfast)</i>

Workshops, Meetings & Activities *(Open unless noted otherwise)*

Fellowship

These are open time blocks available for freeform fellowship. We encourage participants to reach out to others 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 25

Tag Meeting – Leader TBD

A time to share with others in a group meeting on what brought you to the retreat and one thing you are really looking forward to.

5-5:45 @ Westwood Meeting Room

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 past years. One way to participate is 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, craft your garden or pets. Or just come and clap and cheer for others.

7:30-9p @ Westwood Meeting Room

Saturday, August 26

Writing Tools for Recovery – Shannon T

Opportunity to explore and practice different tools used for self- discovery. Taking the dedicated time to try these techniques can open up new insights to recovery. Examples are Timed Topic Writing, Clustering, Writing a letter or list with the dominant hand and answering with the other hand. Worksheets and paper will be provided.

9:15-10:30a @ Westwood Meeting Hall

Back to the Basics #1-(Steps 1, 2 & 3) – Dan B

How to take the Twelve Steps “quickly and often” in 4 one-hour sessions, using the AA Big Book. There will also be practical hands on exercises doing each step during the workshop. Work on SAA, COSA or any other unmanageable behaviors.

9:15-10:30a @ Cabin A Meeting Room

Turning It Over - Step Three – Tom B

Turning my will and my life over to the care of God- What would that look like? Asking for "God's will" in our lives can seem like a tough standard to live up to, but it can also be very liberating and joyous. Explore both the concept and the nuts-and-bolts of turning things over to the care of a loving power greater than yourself (whatever you understand that power to be).

9:15-10:30a @ Cabin B meeting Room

Back to the Basics #2-(Steps 4, 5) – Dan B

How to take the Twelve Steps “quickly and often” in 4 one-hour sessions, using the AA Big Book. There will also be practical hands on exercises doing each step during the workshop. If you missed session 1, we will catch you up.

10:45-11:45a @ Cabin A Meeting Room

Recovery after Relapse – Dale E

Workshop focuses on how we can get to good recovery after any sort of lapse. Our goal is to help anyone prevent a future relapse and to recover quickly from any new lapse. The workshop will be interactive. A notebook and pen will be provided to help you on your own personal journey. Primarily for persons suffering from sex addiction; however, open to all since partners of sex addicts can also gain helpful tips to gain better recovery.

10:45-11:45a @ Cabin B Meeting Room

Guided Meditation – Ben B

The pathway to healing is through the heart. In a safe environment we will explore how to nurture ourselves and each other using step 11 body, speech and mind practices and co-create an experience of loving connection with ourselves, a higher power and each other. (Includes movement, meditation, singing).

10:45-11:45a @ Cabin C Meeting Room

Radical Acceptance – Tracy R

No descript available.

10:45-11:45a @ Westwood Meeting Hall

Folk Dance for Everyone – Tom B

Enjoy simple group dances - no previous experience needed! These delightful and entirely wholesome dances help us connect with our joy, with our bodies, and with our community as we practice social skills, teamwork, and appropriate physical touch.

1:15-2:45p @ Westwood Meeting Hall

Back to the Basics - #3 (Steps 6, 7, 8 & 9) – Dan B

Continued from Session 2 of Back to the Basics of Recovery. Must have attended session 2.

1:15-2:45p @ Cabin A Meeting Room

Spirituality - Part 2 – Nick H

Last year I shared a historical description of how medieval Christian Europe understood what we call today, Sex Addiction. This year, after a brief recap, I will be sharing a more dynamic model of how to manage addiction from a 14th century Cistercian religious perspective. This process will particularly focus on Steps 4, 7 and 10. More than an esoteric exercise, I have found real power in adapting this old Spiritual paradigm to support my recovery. While this particular model may not be everybody's way forward, I think it is

beneficial to see how there are alternative models to consider that may help break out of the shame and blame game that so many addicts are trapped in. I hope people will join me for history and spirituality with a light touch.

1:15-2:45 @ Cabin B Meeting Room

Using Non-Violent Communication to Understand Yourself – Bill W

Nonviolent Communication is a method emphasizing empathy, honesty and mutual understanding of our own feelings. This practical, easily understood tool can open someone's heart to a better way of understanding oneself, especially our feelings, which is so important in sex addiction and all 12 step recovery.

1:15-2:45 @ Cabin E Meeting Room

Back to the Basics #4 (Steps 10, 11 & 12) – Dan B

Continued from Session 3 of Back to the Basics of Recovery - Final Session and Wrap Up. Must have attended sessions 2 and 3.

3-4p @ Cabin A Meeting Room

Breath Work – Lisa S

In this experiential workshop, you will learn about how different types of breath work influences emotional and mental states, how to take deep, diaphragmatic breaths, and practice 3-4 guided breathing techniques to discover which ones you prefer. This workshop is for both beginners and those experienced with breathing meditations.

3-4p @ Cabin C Meeting Room

Candle Lighting Ceremony - TBD

This ceremony is a Puget Sound Retreat tradition. It focuses on spiritual recognition of self and others, and invites all to consider Experience, Strength & Hope.

8-10p @ Westwood Dining Hall

Sunday, August 27

Big Group Meeting & Re-Entry - TBD

Retreats provide a unique, loving environment full of people we know and many that we come to know. However, the time comes to move back into the world we live in and that 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.

9:30-10:30a @ Westwood Meeting Hall

Closing Gratitude Circle – Outside – TBD

This activity will assist those attending in gathering the blessings of the retreat and the fellowship experienced, and preparing to re-enter the “real world.”

11:30-12:30p @ Cabin Area Fire Pit