

*36th Annual  
Puget Sound Retreat*



*Healing Together*

*2025 Schedule & Program*

The Puget Sound Retreat Committee cordially welcomes you to the beautiful and tranquil Gwinwood Retreat Center in Washington State for the 36th 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, including women-only and LGBTQ+, are scheduled during the retreat. Meeting Packets are also available for impromptu meetings.

**Meeting/Workshop terms:** Meetings and workshops are **Open** unless noted as **Closed**, which means they’re for specific members, genders or programs. While most workshop titles are self-explanatory, a “**Workshop Descriptions**” section follows the schedule for more details. *Participation is always optional. If anything feels uncomfortable, it’s okay to step out and return when ready.*

**Outer Circle Show & Tell:** Participants, please sign up at the check-in table or beginning of the show. All are welcome, encouraged and everyone gets applause!

**Candle Lighting Ceremony: Retreat Tradition**

During our ceremony we will reflect on growth, losses and future visions.

**Clean-up:** Check out time is 12:00 Noon on Sunday. We would pay a cleaning fee for every building we don’t clean. Please clean sleeping and living spaces, bathrooms, and any other facilities that are used, and assist with shared areas. This includes all bathrooms, meeting rooms, activity area, and all outside paths.

**Tips & Ground Rules:** See the Tips and Ground Rules document (in another 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 see “Tips and Ground Rules” for more information. If you test positive for COVID during or after the retreat, please notify the committee.

## Anytime Activities

**Quiet Time:** Don’t feel obligated to be running from one activity to the next. We invite you to take time, whether 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 kayak(s) and personal flotation device/vest.





**Swimming:** For safety reasons, please only swim with other people in sight. There is no lifeguard on duty.

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

**Nature Walks:** The area boasts numerous acres of beautiful and tranquil walking paths.

**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



<b>Legend:</b>		Meeting, check description for <b>Closed</b> or <b>Open</b>
		Workshop (Workshop descriptions after schedule)
		Activity, Open to all attendees
		Speaker, Open to all attendees

### Thursday – August 21st (Time, Type, Name, Location, Leader)












4:00-6:00p		<b>Registration &amp; Check-in, Name Tags, and Mailboxes</b> Westwood ( <i>Mac M</i> )
6:00-7:00 p		<b>Dinner -Westwood</b>
7:00-8:30 p		<b>Ice Breaker and Tag Meeting:</b> Getting to know your fellow Retreat Attendees, <b>Westwood Hall</b>
7:00 – 8:00 p		<b>Local Olympia SAA Meeting Offsite Rides are Available</b>
8:30-10:00p		<b>Fellowship/Games/Decorate Mailboxes - Westwood</b>
10 p		<b>Quiet Time Starts -</b> Camp requested noise limit

### Friday – August 22nd (Time, Type, Name, Location, Leader)




7-7:45 a		<b>Yoga- Location and Leader</b> <b>(Open)</b> ( <i>TBD</i> )
8-9 a		<b>Breakfast-</b> Westwood
9:15-10:30 a		<b>Affirmations &amp; the Journey</b> <b>(Open)</b> Westwood ( <i>Cheryl E</i> )
9:15-10:30 a		<b>Workshop Cabin (A),</b> Open Slot
10:45-11:45 a		<b>Meditation in Everyday Recovery</b> <b>(Open)</b> Cabin C ( <i>Ben B</i> )
10:45-11:45 a		<b>I can’t, God Can</b> <b>(Open)</b> Westwood ( <i>Shannon T</i> )
12-1 p		<b>Lunch – Westwood</b>
1:15-2:45 p		<b>Folk Dance for Everyone</b> <b>(Open)</b> Westwood ( <i>Tom B</i> )
1:15-2:45 p		<b>Carried Trauma and Its Effect on Behavior &amp; Addiction</b> <b>(Open)</b> , Cabin B ( <i>Brian P</i> )
1:15-4:15 p		<b>Back to the Basics (Steps 1-8)</b> <b>(Open)</b> Cabin A ( <i>Dan B</i> )
4:15-5:30 p		<b>SAA Mixed Meeting</b> <b>(Open)</b> Cabin E ( <i>Leader TBD</i> )
4:15-5:30 p		<b>COSA Meeting</b> <b>(Closed)</b> Cabin D ( <i>Leader TBD</i> )
4:15-5:30 p		<b>LGBTQ+ SAA Meeting</b> <b>(Closed)</b> Cabin A ( <i>Leader TBD</i> )
4:15-5:30 p		<b>SAA Women Only</b> <b>(Closed)</b> Cabin C ( <i>Leader TBD</i> )
5:45-6:45 p		<b>Dinner – Westwood</b>

7-8 pm		<b>COSA Speaker</b> Westwood ( <i>Sarah S</i> )
8:30-9:30 p		<b>Outer Circle Show and Tell</b> , Westwood ( <i>TBD</i> )
10 p		<b>Quiet Time Starts</b> - Camp requested noise limit

## Saturday – August 23rd (*Time, Type, Name, Location, Leader*)

7-7:45 a		<b>Mixed Meeting</b> ( <b>Open</b> ) Cabin ( <i>TBD</i> )
7-7:45 a		<b>Women Only SAA Meeting</b> ( <b>Closed</b> ) Cabin C ( <i>Leader TBD</i> )
7-7:45 a		<b>COSA Meeting</b> ( <b>Closed</b> ) Cabin D ( <i>Leader TBD</i> )
7-7:45 a		<b>LGBTQ + SAA Meeting</b> ( <b>Closed</b> ) Cabin E ( <i>TBD</i> )
8-9 a		<b>Breakfast</b> , Westwood
9:15-10:30 a		<b>Panel: Service as a Spiritual Practice</b> ( <b>Open</b> ) Westwood (SAA/COSA Members)
9:15-10:30 a		<b>Workshop</b> Open Spot Cabin A ( <i>TBD</i> )
10:45-11:45 a		<b>“The G Word” – Exploring Step 2</b> ( <b>Open</b> ) Cabin B (Tom B)
10:45-11:45 a		<b>How 2B Happy, Open</b> Westwood ( <i>Cee Marie</i> )
12-1 p		<b>Lunch</b>
1:15-2:45 p		<b>Sound Healing and Sound Bath</b> ( <b>Open</b> ) Westwood (Ben B, Larissa and Eben)
1:15-2:45 p		<b>Workshop (Open Slot)</b> , Cabin B ( <i>TBD</i> )
1:15-2:45 p		<b>Outdoor Activity –Volleyball, Group Canoe or Labyrinth</b> , (TBD)
3-4 p		<b>Drumming Workshop</b> , ( <b>Open</b> ) Location TBD ( <i>Leader TBD</i> )
4-5 p		<b>WA Area Assembly Meeting</b> ( <b>Closed</b> ) Cabin A ( <i>TBD</i> )
5:45-6:45 p		<b>Dinner</b>
7-8 p		<b>SAA Speaker</b> , Westwood ( <i>Tom P</i> )
8-10 p		<b>Candle Lighting Ceremony</b> , Westwood ( <i>Ben B &amp; Amy P</i> )
8:30-10:00 p		<b>Fellowship, Drumming Beach or Fire Pit Area</b>
10 p		<b>Quiet Time Starts</b> – Camp Requested Noise Limit

## Sunday– August 24th (*Time, Type, Name, Location, Leader*)

8-9 a		<b>Breakfast</b> – Westwood
9:15-10:15 a		<b>Big Group Meeting &amp; Re-Entry</b> , Westwood ( <i>Leader TBD</i> )
9:15-10:15 a		<b>Back to the Basics, (Steps 9-12)</b> ( <b>Closed</b> ) Cabin A ( <i>Dan B</i> )
10:45-11:45 a		<b>Closing Gratitude Circle</b> Cabin Area - Fire Pit
12 Noon		<b>All retreat attendees must be off the property</b>
		<b>Meet for Lunch at Restaurant</b> ( <i>Sign up at breakfast</i> )

## Workshops, Meetings, and Activities

### Thursday – August 21st (*Time, Name, Location, Leader*)

#### Ice Breaker and Tag Meeting

Getting to know your fellow retreat attendees is made easy with a simple activity, where questions will be provided. This will be followed by a Tag Meeting, which is an opportunity to share with others in a group setting what brought you to the retreat and one thing you are looking for.

**7:00-8:30 pm @ Westwood**

#### Fellowship, Games, Decorate Mailboxes

**8:30-10:00 pm @ Westwood**

### Friday – August 22nd (*Time, Type, Name, Location, Leader*)

#### Affirmations and the Journey - Cheryl E and Dale E

This workshop offers a calm and structured space for participants to explore the power of affirmations in the recovery process. The session includes guided

writing, quiet reflection, and a group affirmation practice that does not require personal sharing.

**9:15 10:30 am @ Westwood**

### **Meditation in Everyday Recovery – Ben B**

In this open and supportive session, you will be guided in exploring how meditation can be integrated into your daily life in recovery. We'll gently explore what meditation is, practice sitting in stillness, and engage in gentle movements and guided reflections that help build calm, clarity, and compassion. The goal is to reconnect with ourselves and each other in a kind and steady way, nourishing our recovery journey.

**10:45- 11:45am @ Cabin C**

### **I can't GOD CAN – Shannon T**

In recovery, we often hear the phrase *"Let go and let God."* The **God Can** is a simple yet powerful tool that helps us do just that. It's a physical container where we place written notes about our worries, obsessions, fears, or anything we feel powerless over symbolically turning them over to a Higher Power. Material will be available for everyone to make their own God Cans.

**10:45- 11:45 am@ Westwood**

### **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.

**1:15-2:45pm @ Westwood**

### **Carried Trauma and Its Effect on Behavior and Addiction – Brian P**

This workshop invites participants to explore how past trauma lives not just in our memories but in our bodies, influencing how we cope, connect, and respond to stress.

We'll look at how trauma can shape habits, emotions, and addictive patterns, often without us even realizing it. We'll look at how trauma and addiction are intertwined.

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

### **Back to the Basics -(Steps 1 through 8) – 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. Work on SAA, COSA or any other unmanageable behaviors.

**1:15-4:15 pm @ Cabin A Meeting Room**

### **Outer Circle Show and Tell – TBD**

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.

**8:30-9:30 pm @ Westwood**

## **Saturday – August 23rd (Time, Type, Name, Location, Leader)**

### **Service as a Spiritual Practice — Giving Back, Growing Forward**

The panel highlights how everyday acts of service, from leading virtual meetings and greeting newcomers to sponsoring, can deepen recovery and spiritual growth. Panelists will share how they got started, what they've learned, and how service transformed their journey. Includes time for reflection.

**9:15-10:30a @ Westwood**

## **The “G” Word – Exploring Step 2 – Tom B**

The Second Step can seem like a huge barrier, but it doesn't have to be, even if you consider yourself an atheist. Explore various definitions of the “G-word,” the possibility of a “power greater than yourself,” and the many pathways to spiritual awakening.

**10:45 11:45a @ Cabin B meeting Room**

## **How 2B Happy – Cee Marie**

Ever wonder what the secret is to enjoying your life rather than merely enduring it? Are you puzzled about how everyone else seems to have it so good while you seem to be stuck in the same viscous vyle of malaise despite your best intentions to improve your life? Then join us for this discussion about how to be happy and how to build more joy into your everyday life.

**10:45 11:45a @ Westwood**

## **Sound Healing and Sound Bath – Ben, Larissa, Eben**

Experience the Transformative Power of Sound Healing! With its roots in ancient cultures, this timeless practice continues to inspire and uplift, offering a holistic path to deeper healing in recovery and self-discovery.

Immerse yourself in a powerful workshop of vibrational medicine, guided by skilled practitioners who are walking the path of recovery themselves. Using the ancient wisdom of sound healing, we'll explore the profound connection between vibration, frequency, and our innate capacity for self-healing.

Join us on this transformative journey!

**1:15-2:45 @ Westwood**

## **Outdoor Activity Volleyball Game or Group Canoe - TBD**

Participate in a friendly game of Volleyball or go out in a canoe with others on the water.

**1:15 2:45a @ Volley Ball Court or Docks**

## **Drumming Workshop – TBD**

Learn to drum, share your experience and have some fun.

**3-4p @ Location TBD**

## **SAA Area 45 Assembly (Closed) – TBD**

The PSRC Retreat Committee invites SAA Area 45 to hold their first Assembly reorganizing since adding all meetings in WA State. We will have election of officers and review motions from the 2025 Conference in Austin. All SAA members are welcome and encouraged to attend.

**4:00 - 5:00 @ Cabin A Meeting Room**

## **Candle Lighting Ceremony – Amy P and Ben B**

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

**8-10p @ Westwood**

## **Sunday, August 24**

### **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.

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

### **Back to the Basics (Steps 9-12) - Dan B**

Expected that you have attended the session of Steps 1-8.

After working on Step 9 over the weekend, come together to take the final steps and experience working through all 12 steps.

**9:15-10:15am @ Cabin A Dan B**

**Closing Gratitude Circle – Outside – Group**

This activity will assist those attending in acknowledging the gifts of the retreat and the fellowship experienced, and preparing to re-enter the “Real world. “

**10:45-11:45a @ Cabin Area Fire Pit**