

# 36th Annual Puget Sound Retreat



## Healing Together

### 2025 Schedule & Program

The Puget Sound Retreat Committee cordially welcomes you to the beautiful & 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, & adult family & friends in recovery.

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

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

## SAA & COSA

### General Information

**Meetings:** SAA & COSA meetings, including women-only & LGBTQ+, are scheduled during the retreat. Meeting Packets are also available for impromptu meetings.

**Meeting/Workshop terms:** Meetings & 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 & 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 & everyone gets applause!

#### **Candle Lighting Ceremony: Retreat Tradition**

During our ceremony, we will reflect on growth, losses, & 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 & living spaces, bathrooms, & any facilities that are used, & help with shared spaces. This includes all bathrooms, meeting rooms, activity area, & all outside paths.

**Tips & Ground Rules:** See the Tips & Ground Rules document (in another PDF file) for helpful information about the retreat.

**Site Map:** There's a site map of the grounds in the “Tips & Ground Rules” document.

**COVID-19:** Please see “Tips & Ground Rules” for more information. If you test positive for COVID during or after 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 in solitude or community to reflect on your retreat experience.

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





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

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

**Nature Walks:** There are many acres of beautiful & 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

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





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

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

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

7-7:45 am		<b>Yoga-</b> Location & Leader ( <b>Open</b> ) (TBD)
8-9a		<b>Breakfast-</b> Westwood
9:15-10:30a		<b>I can't, God Can</b> ( <b>Open</b> ) Westwood (Shannon T)
10:45-11:45a		<b>Affirmations &amp; the Journey</b> ( <b>Open</b> ) Westwood (Dale & Cheryl E)
10:45-11:45a		<b>Meditation in Everyday Recovery</b> ( <b>Open</b> ) Cabin C (Ben B)
12-1p		<b>Lunch – Westwood</b>
1:15-2:45p		<b>Folk Dance for Everyone</b> ( <b>Open</b> ) Westwood (Tom B)
1:15-2:45p		<b>Carried Trauma &amp; its Effect on Behavior &amp; Addiction</b> ( <b>Open</b> ), Cabin B (Brian P)
1:15-4:15p		<b>Back to the Basics (Steps 1-8)</b> ( <b>Open</b> ) Cabin A (Dan B)
4:15-5:30p		<b>SAA Mixed Meeting</b> ( <b>Open</b> ) Cabin E (Leader TBD)
4:15-5:30p		<b>COSA Meeting</b> ( <b>Closed</b> ) Cabin D (Leader TBD)
4:15-5:30p		<b>LGBTQ+ SAA Meeting</b> ( <b>Closed</b> ) Cabin A (Leader TBD)
4:15-5:30p		<b>SAA Women Only</b> ( <b>Closed</b> ) Cabin C (Leader TBD)
5:45-6:45p		<b>Dinner – Westwood</b>
7-8p		<b>COSA Speaker</b> Westwood (Sarah S)
8:30-9:30p		<b>Outer Circle Show &amp; Tell,</b> Westwood (Stewart)
10p		<b>Quiet Time Starts,</b> Camp requested noise limit

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

7-7:45a		<b>Mixed SAA Meeting</b> ( <b>Open</b> ) Cabin A (Leader TBD)
7-7:45a		<b>Women Only SAA Meeting</b> ( <b>Closed</b> ), Cabin C (Leader TBD)
7-7:45a		<b>COSA Meeting</b> ( <b>Closed</b> ) Cabin D (Leader TBD)
7-7:45a		<b>LGBTQ+ SAA Meeting</b> ( <b>Closed</b> ) Cabin E (TBD)
8-9a		<b>Breakfast,</b> Westwood

9:15-10:30a	Ⓜ	<b>NEW: Challenges to Recovery in a Digital World (Open)</b> Cabin A <i>(Stewart)</i>
9:15-10:30a	Ⓜ	<b>Panel: Service as a Spiritual Practice (Open)</b> Westwood <i>(SAA/COSA Members)</i>
10:45-11:45a	Ⓜ	<b>“The G Word” – Exploring Step 2 (Open)</b> Cabin B <i>(Tom B)</i>
10:45-11:45a	Ⓜ	<b>How 2B Happy, Open</b> Westwood <i>(Cee Marie)</i>
12-1p		<b>Lunch</b>
1:15-2:45p	Ⓜ	<b>Sound Healing &amp; Sound Bath (Open)</b> Westwood <i>(Ben B &amp; Larissa)</i>
1:15-2:45p	Ⓐ	<b>Outdoor Activity –Lawn Games, Group Canoe or Labyrinth,</b> <i>(Tom B &amp; Carlos A)</i>
3-4p	Ⓜ	<b>Drumming Workshop, (Open)</b> Westwood <i>(Leader TBD)</i>
4-5p	Ⓜ	<b>WA Area Assembly Meeting (Closed)</b> Cabin A <i>(TBD)</i>
5:45-6:45p		<b>Dinner</b>
7-8p	Ⓢ	<b>SAA Speaker,</b> Westwood <i>(Tom P)</i>
8-10p	Ⓐ	<b>Candle Lighting Ceremony,</b> Westwood <i>(Ben B &amp; Amy P)</i>
8:30-10:00p	Ⓐ	<b>Fellowship, Drumming</b> Beach or Fire Pit Area
10p	Ⓐ	<b>Quiet Time Starts –</b> Camp Requested Noise Limit

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

8-9a		<b>Breakfast –</b> Westwood
9:15-10:15a	Ⓜ	<b>Big Group Meeting &amp; Re-Entry,</b> Westwood <i>(Leader TBD)</i>
9:15-10:15a	Ⓜ	<b>Back to the Basics, (Steps 9-12) (Closed)</b> Cabin A <i>(Dan B)</i>
10:45-11:45a	Ⓐ	<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 & Activities**

**Thursday – August 21st** *(Title, Leader, Description, Time & Location)*

**Ice Breaker & Tag Meeting**

Getting to know your fellow retreat attendees with a simple activity, questions will be provided. This will be followed by a Tag Meeting, which is a time to share with others in a group setting on what brought you to the retreat & one thing you are really looking for.

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

**Fellowship, Games, Decorate Mailboxes**

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

**Friday – August 22nd** *(Title, Leader, Description, Time & Location)* **(All Open)**

***I can’t GOD CAN – Shannon T***

In recovery, we often hear the phrase “*Let go & 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.

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

**Affirmations & the Journey - Cheryl E & Dale E**

This workshop offers a calm, structured space for participants to explore the power of affirmations in recovery. The session includes guided writing, quiet reflection, & a group affirmation practice without requiring personal sharing.

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

**Meditation in Everyday Recovery – Ben B**

In this open & supportive session, you will be guided in exploring how meditation can be part of daily life in recovery. We’ll gently learn what meditation is, practice sitting in stillness, & take part in easy movements & guided reflections that help build calm, clarity, & compassion. The goal is to reconnect with ourselves & each other in a kind &

steady way—nourishing our recovery journey.

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

**Folk Dance for Everyone – Tom B**

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

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

**Carried Trauma: Its Effect on Behavior & 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, & respond to stress.

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

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

**Back to the Basics (Steps 1 through 8) – Dan B**

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

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

**Outer Circle Show & Tell – Stewart**

Outer Circle Show & 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 & clap & cheer for others.

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

**Saturday – August 23rd (Title, Leader, Description, Time & Location)**

**NEW: Challenges to Recovery in a Digital World – Stewart**

Addictive forms of media and technology – including social media, streaming services, games, “doomscrolling,” AI chatbots, and more – can complicate our recovery, even when they don't present explicit sexual content. How can we support newcomers dealing with digital addiction, and what can we learn from recovery programs geared specifically to these issues?

**9:15-10:30a @ Cabin A**

**Giving Back, Growing Forward – Panel**

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

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

**Sound Healing & Sound Bath – Ben, Larissa**

Experience the Transformative Power of Sound Healing! With its roots in ancient cultures, this timeless practice continues to inspire & uplift, offering a holistic path to deeper healing in recovery & 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, & our innate capacity for self-healing. Join us on this transformative journey!

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

**Lawn Games or Group Canoe – Tom B & Carlos A**

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

**1:15 2:45a @ Westwood lawn area or Docks**

**Drumming Workshop – (TBD)**

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

**3-4p @ Location TBD**

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

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

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

**Candle Lighting Ceremony – Amy P & Ben B**

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

**8-10p @ Westwood**

**Sunday, August 24 (Title, Leader, Description, Time & Location)**

**Big Group Meeting & Re-Entry – (TBD) (Open)**

Retreats provide a unique, loving environment full of people we know & many that we come to know. However, the time comes to move back into the world we live in & that can often be fraught with danger to us as SAA & COSA members as well as family & 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 & strength of others going through the same experiences.

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

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

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

After working on Step 9 during the weekend, come together to take the last steps & to experience working all 12 steps.

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

**Closing Gratitude Circle – Outside Group (Open)**

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

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