

Dear Meeting Leaders,

As part of your meeting's Announcements segment, we ask that you kindly share the "readings of the week" found on the next page. Each week, beginning June 21st, a new suggested announcement is provided.

You'll also find retreat Information and answers to frequently asked questions after the suggested announcements.

We would also like to request that you read the following at your business meetings:

To support the scholarship fund, please email info@soundretreat.org if you or your group are interested in contributing. Approval of scholarship requests depends on the availability of funds, so the sooner contributions are received, the quicker scholarship requests can be processed. Thank you for your generosity!

Thank you for your help!

Puget Sound Retreat Committee (PSRC)

Serenity on the Sound meeting announcements

Week	Announcement
June 21-27	Serenity on the Sound returns this year at Gwinwood Retreat Center with the theme “Living In the Solution.” The retreat offers bunk beds and camping options at a beautiful lakeside location. The Puget Sound Retreat Committee is crafting a rich program for SAA/COSA members, spouses, friends, and family, 18 and older. Learn more and register at soundretreat.org .
June 28-July 4	Join the 37th annual Puget Sound Retreat! The entire retreat center has been reserved for exclusive use. Safety, anonymity, and support are our priorities. The No One Stands Alone (NOSA) team will be available throughout the retreat if you feel like you need additional support. Housing options cater to all genders and identities, and there's space for campers or tents. Gwinwood also accommodates those with physical limitations. We're seeking volunteers for workshops and other service opportunities. Learn more and register at soundretreat.org .
July 5-11	Join Serenity on the Sound, our annual retreat for SAA and COSA. Enjoy outdoor activities like hiking, swimming, playing on the water, and volleyball. Engage in recovery through workshops, speakers, fellowship, and nature. Experience traditional highlights like the Outer Circle Show and Tell, the Candle-Lighting Ceremony and bonfires with drumming. Learn more at soundretreat.org .
July 12-18	At Serenity on the Sound, the annual retreat for SAA and COSA, you can choose from various packages starting at \$10 to attend the SAA or COSA speaker and going up to \$325 for a three-night stay with room and board at the serene location in Lacey, WA. Enjoy meals, lodging, activities, and workshops. Meals include buffet-style breakfasts, hearty sandwiches, soups, salads for lunch, and satisfying hot dinners, and we can cater to vegan and special diets upon request. Short on time? Join us for Saturday only. Visit soundretreat.org to register by August 10th. Partial scholarships may be available, but funds are limited, so apply early. Don't miss out—register today!
July 19-25	At Serenity on the Sound, immerse yourself in the joy of reuniting with both old and new friends. Anticipation builds as attendees prepare to share their unique talents at the Outer Circle Show and Tell. The heartfelt stories shared by the SAA and COSA speakers will leave a lasting impact. With a perfect blend of work and play, the retreat promises a fulfilling experience for all. Don't miss out – secure your spot by registering at soundretreat.org before the deadline on August 10th.
July 26-Aug 1	There's still time to secure your spot at the upcoming retreat from Thursday to Sunday, August 27-30, held at the picturesque Gwinwood Retreat Center in Lacey, WA. Enjoy abundant food and comfortable accommodations, or opt just to join us on Saturday for engaging workshops and inspiring speakers. Don't delay – registration closes on August 10th at soundretreat.org . Walk-in registrants will not be accepted, per retreat center rules, so reserve your place today!
Aug 2-8	This is your last chance to register for the Serenity on the Sound retreat, held Thursday to Sunday, August 27-30 in Lacey, WA. This retreat can provide a way to deepen your recovery through workshops, speakers, fellowship, and recreation. Due to a two-week advanced headcount we are required to provide Gwinwood, we can't accept walk-ins. Registration is scheduled to close on August 10th at soundretreat.org , but an extension may be granted based on availability; check the website if you are running late, Reserve your place today!

Retreat Information

Serenity on the Sound, a retreat for SAA and COSA, offers a vital space for individuals in recovery to connect with peers, delve into program tools, and reflect on personal progress. Organized by dedicated members engaged in 12th-step work, this event extends the message of recovery to both addicts and co-addicts.

In Patrick Carnes' renowned book, "A Gentle Path Through the Twelve Steps," he highlights the significance of community engagement beyond formal meetings:

"Most groups extend their connections beyond meetings, gathering for coffee or meals, and frequenting favorite restaurants together. Additionally, some groups organize retreats to deepen their program work. Though separate from regular meetings, these retreats are integral to program life. Neglecting them as an optional pursuit risks overlooking a crucial aspect of personal program development: establishing a robust support network."

Frequently Asked Questions (FAQ)

When: The retreat runs from 4 pm on Thursday, August 27, to 12 pm on Sunday, August 30.

Where: Gwinwood Retreat Center, 6015 30th Ave SE, Lacey, Washington. Easily find us on [Google Maps!](#)

Cost: Choose from various packages, ranging from \$325 for the complete three-night experience, inclusive of room and board, to \$10 for access to the SAA or COSA speaker. To support the scholarship fund, please email info@soundretreat.org if you or your group are interested in contributing. Approval of scholarship requests depends on the availability of funds, so the sooner contributions are received, the quicker scholarship requests can be processed. Thank you for your generosity!

What's Included: The full retreat registration fee covers lodging, meals, workshops, meetings, and access to camp amenities like the beach, watercraft, outdoor games, and scenic walking paths. For more facility details, visit www.gwinwood.org.

Food: Enjoy delicious meals prepared by retreat center staff.

Speakers: Stay tuned for updates on our SAA and COSA speakers at soundretreat.org.

Registration Deadline: Secure your spot by **August 10th!** Late registrants will not be permitted due to our contractual commitment to provide a final headcount two weeks before the retreat.

Scholarships: If financial assistance is needed, apply for a partial scholarship of up to \$170 by emailing info@soundretreat.org with your requested amount. Scholarships will be awarded on a first-come, first-served basis, pending availability of funds.

Workshop Request Forms: Find printable and online workshop request forms at <http://soundretreat.org>.

Contact Us: For volunteer opportunities or any retreat inquiries, reach out to us via email at info@soundretreat.org.