

37th Annual
Puget Sound SAA-COSA Retreat
27-30 August 2026



Living in the Solution

The Puget Sound Retreat Committee cordially welcomes you to the beautiful and tranquil Gwinwood Retreat Center in Lacey WA for the 37th Annual Puget Sound "Serenity on the Sound" SAA-COSA retreat.

Our theme this year is "**Living in the Solution**".

This retreat is organized and operated in cooperation with the fellowships of SAA & COSA.

A wide variety of activities are available during the weekend:

- **Meetings:** SAA and COSA meetings are scheduled during the retreat. Meeting materials are available if you would like to organize impromptu meetings.
- **Workshops:** A "Workshop Descriptions" section follows the schedule for more details. An open slot is reserved if you would like to organize an impromptu workshop.
- **Access:** Meetings and workshops are generally **Open** to all retreat participants, unless noted as **Closed**, indicating that they are restricted to specific identities or program members.
- **Speakers:** Friday and Saturday evening will feature keynote speakers from the SAA and COSA fellowships.
- **Meals:** Breakfast, lunch and dinner are available in the Westwood building. Many participants meet for lunch at a nearby restaurant on Sunday after leaving Gwinwood.
- **Outer Circle Show & Tell:** All are welcome and encouraged to share your talents and skills, and everyone gets applause! Please sign up at the check-in table or beginning of the show.
- **Candle Lighting Ceremony:** A long-standing retreat tradition, this ceremony uses candles and music to create a space to reflect on grief and growth.
- **Quiet Time:** Don't feel obligated to sprint from one activity to the next. We invite you to take time in solitude or community to reflect on your retreat experience.
- **Outdoor Activities:** A variety of outdoor activities are available, including: canoeing and swimming at the lake free of charge (there is no lifeguard on duty!), lawn games, frisbee, board games, and nature walks (including a labyrinth).
- **Safety:** Participation is always optional. If anything feels uncomfortable, it's okay to step out and return when ready. The **No One Stands Alone** team is available to help if needed.
- **Tips & Ground Rules:** A separate document has a variety of helpful information to help you thrive at the retreat.
- **Service Opportunities:** This retreat is a 100% Volunteer effort! Volunteer opportunities are available, so keep an eye out. Please be considerate and involved, and pitch in. This is a great informal way to get to know others. Please help with clean-up Sunday morning.
- **Clean-Up:** We will pay a cleaning fee for every building we don't clean. Please clean sleeping and living spaces, bathrooms, and all shared spaces.

Schedule

Legend	M	Meeting – note below for Closed or Open
	W	Workshop – see descriptions after schedule
	A	Activity
	S	Speaker
	m	Meal
	!	Important Note

Thursday August 20

4 – 6 p	A	Registration & Check-in, Name Tags, and Mailboxes – Westwood (<i>Mac M</i>)
6 – 7 p	m	Dinner – Westwood
7:15 – 8:30 p	M	Ice Breaker and Tag Meeting (Open) – Westwood (<i>Shannon</i>)
7 – 8 p	M	Local Olympia SAA Meeting (Closed) – Rides are Available
8:30 – 10 p	A	Fellowship/Games/Decorate Mailboxes – Westwood
10 p	!	Quiet Time Starts

Friday August 21

8 – 9 a	m	Breakfast – Westwood
9:15 – 10:45 a	W	Living in the Solution: Sound, Release, and Conscious Contact (Open) – Westwood (<i>Ben B</i>)
10:45 – 11:45 a	W	Surrender: The Ultimate Freedom (Open) – Cabin A (<i>Stan C</i>)
10:45 – 11:45 a	W	Steps 6 and 7: The Heart of the Program (Open) – Cabin B (<i>Tom B</i>)
12 – 1 p	m	Lunch – Westwood
1:15 – 2:45 p	W	I can't God can (Open) – Westwood (<i>Shannon</i>)
1:15 – 2:45 p	W	Working a Healing Program in a Triggering World (Open) – Cabin A (<i>Doug B</i>)
3 – 4 p	W	Chair Yoga (Open) – Westwood (<i>Cee Marie</i>)
3 – 4 p	W	Workshop (Open Slot) – Cabin A (<i>You?!</i>)
4:15 – 5:30 p	M	SAA Meeting (Open) – Cabin A
4:15 – 5:30 p	M	COSA Meeting (Closed) – Cabin B
4:15 – 5:30 p	M	LGBTQ+ SAA Meeting (Closed) – Cabin C
4:15 – 5:30 p	M	SAA Women Only (Closed) – Cabin D
5:45 – 6:45 p	m	Dinner – Westwood
7 – 8 pm	S	COSA Speaker – Westwood (<i>Sonia</i>)
8:30 – 9:45 p	A	Outer Circle Show and Tell – Westwood (<i>Stew</i>)
10 p	!	Quiet Time Starts

Saturday August 22

7 – 7:45 a	M	SAA Meeting (<i>Open</i>) – Cabin A
7 – 7:45 a	M	COSA Meeting (<i>Closed</i>) – Cabin B
7 – 7:45 a	M	LGBTQ+ SAA Meeting (<i>Closed</i>) – Cabin C
7 – 7:45 a	M	SAA Women Only (<i>Closed</i>) – Cabin D
8 – 9 a	m	Breakfast – Westwood
9:15 – 10:30 a	W	Crafty Distractions (<i>Open</i>) – Westwood (<i>Shannon</i>)
9:15 – 10:30 a	W	Living by Spiritual Principles (<i>Open</i>) – Cabin A (<i>Doug B</i>)
10:45 – 11:45 a	W	Demystifying Sponsorship (<i>Open</i>) – Cabin A (<i>Tom L and Tom B</i>)
10:45 – 11:45 a	M	SAA Area 45 Assembly (<i>Closed</i>) – Cabin B (<i>Tony S</i>)
12 – 1 p	m	Lunch
1:15 – 2:45 p	W	Workshop (Open Slot) – Cabin A (<i>You?!</i>)
1:15 – 2:45 p	A	11th Step Prayer & Meditation Sound Bath (<i>Open</i>) – Westwood (<i>Ben</i>)
3 – 4 p	W	Healthy Touch (<i>Open</i>) – Westwood (<i>Cee Marie</i>)
4 – 5 p	W	Step 10 (<i>Open</i>) – Cabin A (<i>Sonia</i>)
5:45 – 6:45 p	m	Dinner
7 – 8 p	S	SAA Speaker – Westwood (<i>Stan</i>)
8:15 – 10 p	A	Candle Lighting Ceremony – Westwood
9 – 10 p	A	Drum Circle – Fire Pit (<i>Stew</i>)
10 p	!	Quiet Time Starts

Sunday August 23

8 – 9 a	m	Breakfast – Westwood
9 – 10 a	M	Re-Entry Meeting (<i>Open</i>) – Westwood
10 – 11 a	!	Clean-Up – Everyone
11 – 11:45 a	M	Closing Gratitude Circle (<i>Open</i>) – Fire Pit
12 n	!	Everyone must leave Gwinwood by Noon
12 n	m	Offsite Lunch – Location TBA - Not included in retreat price

Workshop Descriptions

Leader	Title	Description
Doug B	Working a Healing Program in a Triggering World.	This workshop is designed to shed light on the work of healing in steps 5, 6, and 7. It introduces a parts-work approach that provides insight into our old patterns, beliefs, and responses. We learn how to connect with these parts anchored in childhood pain, neglect, fear, neediness, and dysfunctional beliefs, providing empathy, acceptance, self-love and healing to unlock our true Self. With this new wholeness, we are free to substitute new spiritual principles as the guide for our lives, lives guided by a power greater than ourselves alone. The discussions in this workshop are designed for those who may be alienated by religious doctrine and identify themselves as atheist or agnostic, or who wish to adopt a spirituality that is apart from theology.
Doug B	Living by Spiritual Principles	Step 12 says that, "having had a spiritual awakening as the result of these steps, we tried to... practice these principles in our lives." What are those principles? Can we name them? Where do they come from? What makes for a spiritual principle? How do we apply them to specific instances where we might have use our old patterns of addiction before? This workshop will be very interactive as we explore the many facets of truth and language of spiritual principles in our recovery. We will learn to draw a more practical "blueprint for full and successful living, whatever may come."
Sonia	Tentative: Step 10	Coming soon...
Ben B	11th Step Prayer & Meditation Sound Bath	Connect with Higher Power through an immersive crystal singing bowl sound bath. Designed to regulate the nervous system and calm the fight-or-flight response, this therapeutic space helps participants lower anxiety, release trauma, and experience the inner quiet needed for true conscious contact.
Ben B	Living in the Solution: Sound, Release, and Conscious Contact	When energy is stuck in the body, immediate stillness can feel unsafe. This experiential workshop begins with accessible movement to music to release tension, followed by vocal toning and singing bowls. Learn how to use sound to stay grounded and present at your own pace, concluding with a gentle soundbath and an optional integration circle.
Tony S	SAA Area 45 Assembly	SAA Area 45 will hold an Area Assembly to discuss SAA-ISO matters such as the annual Conference and Convention, and recently passed and pending motions.
Tom B	Steps 6 and 7 - The Heart of the Program	It can be easy to gloss over Steps Six and Seven, or take them for granted, but one SAA pioneer called them "The Heart of the Program." Participants will explore using these steps as a daily tool for Living in the

		Solution.
Cee Marie	Healthy Touch	Explore your body's perception, interoception, and proprioception in a safe space individually and in community. These forms of understanding yourself and your relationship to the world around you have been wired into your nervous system through your genetic composition and your personal experience, which are continually reinforcing each other. Learn how to shift the escalating pattern in a new direction for a holistically healthier sense of self. Journaling is encouraged during this workshop, so please bring a pen and paper.
Cee Marie	Chair Yoga	This workshop will be a time of movement and inner reflection without the stressors of a typical yoga session conducted on a mat or the unguided meditation efforts of sitting alone in silence. Come and join me for a time of rest and rejuvenation for your body and your mind.
Stan C	Surrender: The Ultimate Freedom	Surrender is not giving up—it is freedom from the exhausting belief that we must control everything on our own. By admitting our powerlessness and becoming willing to accept help from a Higher Power and the fellowship, we release the fear, pride, and self-will that kept us trapped in old patterns.
Shannon	I can't God can	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 your worries, obsessions, or anything we feel powerless over symbolically turning them over to a Higher Power. Materials will be available to make your own God Can or God Box.
Shannon	Crafty Distractions	Take a creative break and explore simple projects that help quiet the mind and support your recovery journey. One of our activities will be painting affirmation rocks, which we'll finish with an outdoor-safe sealant so you can display them outside as daily reminders of encouragement. All supplies are provided. Just bring your willingness to try something new and trust your creative self.
Tom L and Tom B	Demystifying Sponsorship	Coming soon...