

Legend		Meeting – note below for <i>Closed</i> or <i>Open</i>
		Workshop – see descriptions after schedule
		Activity
		Speaker
		Meal
		Important Note

Thursday August 27		
4 – 6 pm		Registration & Check-in, Name Tags, and Mailboxes – Westwood <i>(Mac M)</i>
6 – 7 pm		Dinner – Westwood
7:15 – 8:30 pm		Ice Breaker and Tag Meeting <i>(Open)</i> – Westwood <i>(Shannon)</i>
7 – 8 pm		Local Olympia SAA Meeting <i>(Closed)</i> – Rides are available
8:30 – 10 pm		Fellowship/Games/Decorate Mailboxes – Westwood
10 pm		Quiet Time Starts

Friday August 28		
8 – 9 am		Breakfast – Westwood
9:15 – 10:45 am		Living in the Solution: Sound, Release, and Conscious Contact <i>(Open)</i> – Westwood <i>(Ben B)</i>
10:45 – 11:45 am		Surrender: The Ultimate Freedom <i>(Open)</i> – Cabin A <i>(Stan C)</i>
10:45 – 11:45 am		Steps 6 and 7: The Heart of the Program <i>(Open)</i> – Cabin B <i>(Tom B)</i>
12 noon – 1 pm		Lunch – Westwood
1:15 – 2:45 pm		I can't God can <i>(Open)</i> – Westwood <i>(Shannon)</i>
1:15 – 2:45 pm		Working a Healing Program in a Triggering World <i>(Open)</i> – Cabin A <i>(Doug B)</i>
3 – 4 pm		Chair Yoga <i>(Open)</i> – Westwood <i>(Cee Marie)</i>
3 – 4 pm		Workshop (Open Slot) – Cabin A <i>(You?!)</i>
4:15 – 5:30 pm		SAA Meeting <i>(Open)</i> – Cabin A
4:15 – 5:30 pm		COSA Meeting <i>(Closed)</i> – Cabin B
4:15 – 5:30 pm		LGBTQ+ SAA Meeting <i>(Closed)</i> – Cabin C
4:15 – 5:30 pm		SAA Women Only <i>(Closed)</i> – Cabin D
5:45 – 6:45 pm		Dinner – Westwood
7 – 8 pm		COSA Speaker – Westwood <i>(Sonia)</i>
8:30 – 9:45 pm		Outer Circle Show and Tell – Westwood
10 pm		Quiet Time Starts

Saturday August 29		
7 – 7:45 am		SAA Meeting <i>(Open)</i> – Cabin A
7 – 7:45 am		COSA Meeting <i>(Closed)</i> – Cabin B
7 – 7:45 am		LGBTQ+ SAA Meeting <i>(Closed)</i> – Cabin C
7 – 7:45 am		SAA Women Only <i>(Closed)</i> – Cabin D
8 – 9 am		Breakfast – Westwood
9:15 – 10:30 am		Crafty Distractions <i>(Open)</i> – Westwood <i>(Shannon)</i>
9:15 – 10:30 am		Living by Spiritual Principles <i>(Open)</i> – Cabin A <i>(Doug B)</i>
10:45 – 11:45 am		Demystifying Sponsorship <i>(Open)</i> – Cabin A <i>(Tom L, Tom B)</i>
10:45 – 11:45 am		Healthy Touch <i>(Open)</i> – Westwood <i>(Cee Marie)</i>
12 noon – 1 pm		Lunch
1:15 – 2:15 pm		SAA Area 45 Assembly <i>(Closed)</i> – Cabin A <i>(Tony S)</i>
1:15 – 2:45 pm		11th Step Prayer & Meditation Sound Bath <i>(Open)</i> – Westwood <i>(Ben B)</i>
3 – 4:30 pm		Healing Shame <i>(Open)</i> – Cabin A <i>(Mary Joy)</i>
3 – 4:30 pm		10th Step: A Daily Practice of Spiritual Growth <i>(Open)</i> – Cabin B <i>(Sonia)</i>
4:30 – 5:30 pm		Workshop (Open Slot) – Cabin A <i>(You?!)</i>
5:45 – 6:45 pm		Dinner
7 – 8 pm		SAA Speaker – Westwood <i>(Stan C)</i>
8:15 – 10 pm		Candle Lighting Ceremony – Westwood
9 – 10 pm		Drum Circle – Fire Pit <i>(Joe C)</i>
10 pm		Quiet Time Starts

Sunday August 30		
8 – 9 am		Breakfast – Westwood
9 – 10 am		Re-Entry Meeting <i>(Open)</i> – Westwood
10 - 11 am		Clean-Up – Everyone
11 – 11:45 am		Closing Gratitude Circle <i>(Open)</i> – Fire Pit
12 noon		Everyone must leave Gwinwood by noon
12:15 pm		Offsite Lunch – Location TBA – Not included in retreat price