

21st Annual Spiritual Retreat
A SPIRITUAL FOCUS

Thursday		Friday		Saturday		Sunday	
		7-8am	Morning Stretch and Meditation w/ Chris in meditation room	7-8am	Just For Today w/ Becca @ lakeside (bring a chair)	7-8am	Just For Today w/ Darlis M. @ lakeside (bring a chair)
Noon - 6pm	Registration and Merchandise	8am	Breakfast	8am	Breakfast	8am	Breakfast
2pm - 3:30pm	Open discussion @ Lakeside w/ Jeanne V. (bring a chair)	9:30 – 12pm	Cabin Meeting	9:30 - 12pm	Cabin Meeting	9 - 9:45	Letters to the Heart w/ Jeanne V. in Dining room
5:30 – 6:30pm	Dinner	Noon – 1pm	Lunch	Noon - 1pm	Lunch	10 - 11:30am	Goodbye Meeting w/ Marji, “What Came into Focus for You?” in Main Room
8pm- 9:30pm	“Welcome Here” Meeting w/ Dea. Main Rm.	1:30 – 2:30pm	2nd Step Meeting “Can I be restored to sanity?” Med. rm. w/ John R.	1 – 1:15pm	Sounds of Silence Orientation w/ Bob S. in Meditation Rm		
9:30 pm	Snack	3 – 4pm	Guided Meditation meeting w/ Joy C. in Meditation Rm.	1 – 2pm	3rd Step Meeting “Sticky Fingers” @ lakeside w/ Heidi. (bring a chair)		**Please clean up cabins and take out trash and pick up cigarette butts!**
10pm	Campfire Meeting w/ Vanessa M., “Getting into focus”	4:30 pm	10 minute hug w/ Céline A. in Main Room	2 - 3pm	11th Step Meeting “Ways to work the 11 th step” @ lakeside w/ Mike F.		
		5:30 - 6:30pm	Dinner	3:30 - 5pm	Circle Dance; Main rm. w/ Darlis M.; Med. rm. w/ Amy R.		
		7:30pm	Information Meeting w/ Amy R. in Main rm.	5pm	Wrap-up “Sounds of Silence” w/ Bob S. in Med. rm.		
	Boxball & music in meditation room while meetings are not taking place there.	8 - 9:30pm	Angel Whispers *Main Rm-Original Angel Whispers w/ Doris H.; *Med. Rm: “ Touch Free ” Angel Whispers w/ Marji C. & J.J.	5:30 - 6:30pm	Dinner (special ticket required)		
		8 - 9:30pm	Alternative Mtg. in game rm. w/ Steve, Open Discussion	8 - 9:30pm	Musical Double Speaker Mtg.: Main rm. w/ Céline – Speakers Pat M. & Dea; Med. rm. w/ Tanya M. – Speakers Steve H. & June H.		
		9:30pm	Snacks	9:30pm	Snacks		
		10pm	Campfire Meeting w/ Jeff – “Opening your spirit”	9:30pm	Auction in Main Room (donations welcome)		
				10pm	Campfire Meeting: “Letting Go” w/Mary S. (bring a pine cone)		