

23rd Annual Spiritual Retreat  
Spiritual Fitness

Thursday		Friday		Saturday		Sunday	
		<b>7-8am</b>	<b>Stretch &amp; Meditation</b> w/ Amanda in Meditation Room.	<b>7-8am</b>	<b>Stretch &amp; Meditation</b> w/ Amanda in Meditation Room.	<b>7-8am</b>	<b>Stretch &amp; Meditation</b> w/ Amanda in Med. Rm.
<b>Noon - 6pm</b>	Registration and Merchandise open	<b>8am</b>	Breakfast	<b>8am</b>	Breakfast	<b>8am</b>	Breakfast
<b>2pm - 3:30pm</b>	<b>Open discussion @</b> Lakeside w/ Pattie S. (bring a chair)	<b>9:30 – 12pm</b>	<b>Cabin Meeting</b>	<b>9:30 - 12pm</b>	<b>Cabin Meeting</b>	<b>9 - 9:45</b>	<b>Letters to the Heart</b> w/ Camille M. in Dining room
<b>4pm- 5pm</b>	Walk with a NEW friend. w/ J.J S.	<b>Noon – 1pm</b>	<b>Lunch</b>	<b>Noon - 1pm</b>	<b>Lunch</b>	<b>10 - 11:30am</b>	<b>Goodbye Meeting</b> w/ Richard H. “Sharing your experience” in Main Room
<b>5:30- 6:30pm</b>	Dinner	<b>1:30 – 2:30pm</b>	<b>2<sup>nd</sup> Step Meeting</b> w/ Phyllis M., “Sanity and spiritual fitness”	<b>1 – 1:15pm</b>	<b>Sounds of Silence</b> Orientation w/ Bob S. in Meditation Rm		
<b>8pm- 9:30pm</b>	<b>“Welcome Here” Meeting</b> w/ Marji C. Main Rm.	<b>3 – 4pm</b>	<b>Guided Meditation</b> meeting w/ Kathleen M. in Meditation Rm.	<b>1 – 2pm</b>	<b>3<sup>rd</sup> Step Meeting @</b> lakeside w/ Rey M. (bring a chair), “Spiritual Fitness in action”		<b>**Please clean up cabins and take out trash and pick up cigarette butts!**</b>
<b>9:30 pm</b>	Snack	<b>4:30 pm</b>	<b>10 minute hug</b> w/ Christine M. in Main Room	<b>2 - 3pm</b>	<b>11<sup>th</sup> Step Meeting @</b> lakeside w/ Susie L. (bring chair) “Getting closer to HP”		
<b>10pm</b>	<b>Campfire Meeting</b> w/ Richard H., “Why do you care about being spiritually fit?”	<b>5:30 - 6:30pm</b>	Dinner	<b>3:30 - 5pm</b>	<b>Circle Dance;</b> Main rm. w/ Celeste & J.J: Med. rm. w/ Tom & Bob		
		<b>7:30pm</b>	<b>Information Meeting</b> w/ Marji C. in Main rm.	<b>5pm</b>	<b>Wrap-up “Sounds of Silence”</b> w/ Bob S. in Med. rm.		
	<b>**Boxball &amp; music in meditation room while meetings are not taking place there.**</b>	<b>8 - 9:30pm</b>	<b>Angel Whispers</b> Main Rm. w/ Dea A. & June H. Med. Rm: w/ Bob W. & Marji C.	<b>5:30 - 6:30pm</b>	Dinner ( <i>special ticket required</i> )		
		<b>8 - 9:30pm</b>	Alternative Mtg. in game rm. w/ Steve. Open Discussion	<b>8 - 9:30pm</b>	<b>Musical Double Speaker Mtg.:</b> Main rm. w/Bob W. – Speakers James M. & Kay B.; Med. rm. w/ Amy R. – Speakers Barbara & Bob S.		
		<b>9:30pm</b>	Snacks	<b>9:30pm</b>	Snacks		
		<b>10pm</b>	<b>Campfire Meeting</b> w/ Melissa– “Spiritual Fitness”	<b>9:30pm</b>	<b>Auction</b> in Main Room (donations welcome)		
				<b>10pm</b>	<b>Campfire Meeting:</b> “Letting Go” w/ Spanky (bring a pine cone)		