

# 2019 FALL MOUNTAIN RETREAT

## Mission Statement and Workshop/Activity Descriptions

(See Schedule for remaining meetings and other activities.)

### MISSION STATEMENT

**BOLDLY GO WHERE YOU'VE NEVER BEEN BEFORE: DISCOVERY and RECOVERY!**

Some of us fellow travelers get into recovery kicking and screaming, while others come quietly and silently; Some come for a short time, some stay around for a long time; and some can't get there fast enough!

*DISCOVER* how growing up in an alcoholic and/or dysfunctional family infected you then, and how it affects you now.

*RECOVER* from the disease of family dysfunction, with gentleness, humor, love, and respect.

### WORKSHOP & ACTIVITY DESCRIPTIONS

"WELCOME TO CAMP" MEETING:

FRI EVENING 5-6:30 P.M. – *HOMET LODGE*

With Paulette C.

A Nice Way to Start Out the Weekend

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MINI WORKSHOP: *NEWBIE BASICS*

7:15-7:45 P.M. – *HOMET LODGE*

With Susan B.

Some ACA & FMR Basics for those new to The Program.

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"GETTING TO KNOW YOU GAMES"

8:00-9:15 p.m. – *HOMET LODGE*

Led by Lars G.

A fun way to get to know your fellow campers.

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S'MORES & MORE

9:30 p.m.-midnight – *HOMET LODGE BY THE FIREPLACE*

Led by Lyssa W.

Drumming, Singing, Letting Go, etc.

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WORKSHOP: EXPLORATION OF PARA-ALCOHOLISM

SAT MORNING 9:45-11:10 A.M. – *HOMET LODGE*

With Debbie L.

Para-Alcoholism (Trait 13 of The Laundry List): – "We became para-alcoholics and took on the characteristic of the disease of alcoholism or dysfunction without ever taking a drink"

Have you ever said "It will never happen to me" or "I will never be like my parents"? Understand how Trait 13 (para-alcoholism/codependency) is involved in our own lives. Awareness and acceptance of why we tend to become para-alcoholics: addictions, compulsive behaviors, and relationship issues. We are not alone in our grieving and healing process. We move from hurting to healing to helping.

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WORKSHOP: BEYOND SURVIVAL, PRACTICING SELF LOVE

SAT MORNING 9:45-11:10 A.M. – *COFFEE HOUSE*

With Barbara F. & Onella S.

Going where we haven't been before... beyond survival. Once we begin to separate from our family of origin, we realize that we have our own hopes, dreams, and desires, something that some children in alcoholic and dysfunctional families had to either give up or never develop. With writing, sharing and visualization, begin to deepen your practice of living your dreams and practicing self love. Explore new and unique ways to enrich your recovery, delving further than you've gone before.

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WORKSHOP: FACING FEAR With

Nancy M.

11:20-12:45 A.M. – *HOMET LODGE*

This workshop centers around looking at how childhood messages have compounded our adult fears. Understand how: fear-based experiences from childhood can affect our adulthood; fear can easily drive the dysfunctional bus of our lives if we aren't able to wake up and find the source information that triggers the emotional over reactions that no longer serves us; to seek a more constructive way to be with fear and not abandon our inner child.

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WORKSHOP: *ARE YOU YOU? OR ARE YOU A SPACE ALIEN? –*

11:20-12:45 A.M. – *COFFEE HOUSE*

With Kathy C.

BEING YOUR AUTHENTIC SELF

Stop pretending to be someone different than you are. Being your Authentic Self means telling *your* truth, being your *real self*.

I'm more Kathy than I've ever been. We'll talk about how I'm doing it, the consequences of doing it, and how you can do it too through interaction, writing, and sharing. We will imagine and brainstorm what it looks like and sounds like to be more you.

Continued on other side



**WORKSHOP: A BOLD NEW APPROACH TO THE 4TH STEP:** **2:15-3:45 P.M. – HOMET LODGE**  
With Norm L. **A LOVING BLAMELESS INVENTORY!**

The 4th Step Inventory is challenging for Adult Children because we carry shame, blame, fear and resentments from the harm done to us growing up in a dysfunctional household; and the harm done by us. In this workshop we will explore how to approach Tony A's\* 4th Step Inventory with joy, self-love, respect, and acceptance. Through a blameless inventory, we will gain clarity about the generational nature of our survival traits and behaviors. Accepting our past without shame or blame sets us free to become our own true self, a loving adult... which will in turn will help to heal the hurting child that is within us.

\*Tony A – primary founder of ACoA/ACA (Adult Children of Alcoholics).

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**WORKSHOP: *LOST IN SPACE* - DISSOCIATION** with Jill G. **2:15-3:45 P.M. – COFFEE HOUSE**

Dissociation is being disconnected from the here and now, characterized by an involuntary escape from reality... a way of coping by avoiding memories of traumatic events. In this workshop We'll be discussing, writing, and doing some very light movement in relation to dissociation to help with being present and grounded. Bring a notebook and something to write with. Participants will receive a handout, and all are welcome.

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**WORKSHOP: *REPEATING OLD PAIN*** with Denise & Madeline **4:00-5:30 P.M. – HOMET LODGE**

Are you in pain and don't know it? How can this be? Why would we choose to Repeat Old Pain? We learned dysfunctional behaviors growing up in an alcoholic and/or dysfunctional home. We bring those behaviors into our adult life and wonder why nothing has changed. Discover and explore how the pain we feel today can be directly related to pain that was experienced in childhood – we react to current situations as if we are still a child. Any situation can trigger a negative response that can direct our behaviors and send us into a tailspin of hurt and pain. When we recognize these responses and where they came from, we are able to face them head-on and release them, leaving behind a recovered life.

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***THE BEST SHOW THIS SIDE OF THE GALAXY...***  
**THE FAMOUS F.M.R. "TALENT-NO-TALENT SHOW!"** **7:15-8:45 P.M. – HOMET LODGE**  
with M.C. Mr Bill W.

A chance for you to show off your talent (or not-so talent) in a friendly "no boos" environment. We support and applaud you no matter what. Should be 3 to 4 minutes maximum (or Bill will get out the hook).

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***THE MOST FUN HAD AT 5,761 FT IN ELEVATION...***  
**THE FAMOUS F.M.R. DANCE!** **9:00 P.M.-MIDNIGHT – HOMET LODGE**  
with DJ Danny!

Put on your dancing shoes and boogie, bop, shake, or jive 'til the clock strikes 12:00.

(Note to those who *think* they're going to bed early, we try to keep the dance music at a tolerable volume, but it will still be loud. Bring your earplugs. Don't blame the DJ.)

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**THE FMR CLOSING CIRCLE** **Sunday Morning 9:15 A.M.-11:15 P.M. – HOMET LODGE**  
Led by Susan B. Sharing Our Experience, Strength, Hope

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**VOLUNTEER MEETING FOR 2020 RETREAT** **11:30 A.M.-NOON – HOMET LODGE DECK**

Curious What it Takes to Put on a Retreat Like This? Come check it out! No Commitment Etched in Stone... Just Come See What It's All About. You might find that there's something you've been wanting to do, but didn't know to ask. This is your chance to help out with next year's retreat!

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**BRUNCH...**  **and Raffle / Fund Raiser!** **HOMET LODGE**  
**12:30 - 1:45 p.m.** **at 1:45 p.m.**

We've got several raffle prizes as well as a Full Registration and a Half Registration for next year's FMR.

And remember...

➤ **All Proceeds from raffle are used for next year's FMR camperships!** ◀