

2015 FALL MOUNTAIN RETREAT


This year's theme:

C.A.M.P. IS A 4-LETTER WORD !

FRIDAY

4:00PM	Registration and Cabin Assignment 4:00 - 10:00 p.m. <i>Homet Lodge</i>			Welcome, 12-Step Meeting "F.I.R.S.T." Led by <u>Lars G.</u> 5:00-6:30 <i>Coffee House</i> (No, there's no coffee in the Coffee House.)	See our Masseuse to sign up for a massage.
4:30					
5:00					
5:30					
6:00					
6:30					
7:00					
7:30	and Dinner (Cold Buffet) 6:30 - 8:00	"G.A.M.E.S." Led by Paulette C. & Susan B. 8:00 - 9:00 p.m. <i>Homet Lodge</i>			
8:00					
8:30					
9:00	Late Registration 10:00 - 12:00 p.m. <i>Homet Lodge</i>	"D.b.t.F." <u>CaptinDean</u> is leading 9:30 - midnight <i>Homet Lodge by the fireplace</i> (we will have some instruments... And some s'mores, too)	Crafts - Warm Fuzzies Decorate Name Badges Puzzles - Games ... and "Power Beads!"	12-Step Meeting Led by <u>Guy D.</u> 9:30 - 11:00 <i>Coffee House</i>	Hot Tub is available 24-7
9:30					
10:00					
10:30					
11:00					
11:30				Nite-Owl Meeting Led by a Volunteer Owl (<u>Jill G.</u>) 11:15 - ? <i>Coffee House</i>	
Midnight					
12:30AM					

SATURDAY Morning & Afternoon

7:00AM	Women's 12-Step Meeting Led by <u>Paulette C.</u> 7:00 - 8:30 a.m. <i>Coffee House</i>		Men's 12-Step Meeting Led by <u>Rick S.</u> 7:00 - 8:30 a.m. <i>Library</i>		For Massages see Masseuse (or sign-up sheet) for available times
7:30					
8:00					
8:30	Breakfast 8:30 - 9:30 a.m. <i>Homet Lodge</i>				Pool Open Hiking with "Hiker Jim" Meet on Lodge Deck at 2:15
9:00	Workshop: "K.I.S.S." <u>Celia</u> 9:45 - 11:10 <i>Homet Lodge</i>		Workshop: "R.I.G.H.T.S." <u>Bill W.</u> 9:45 - 11:10 <i>Coffee House</i>		
9:30					
10:00					
10:30					
11:00	Workshop: "D.E.N.I.A.L." <u>Madeline M.</u> 11:20 - 12:45 <i>Homet Lodge</i>		Workshop: "T.R.I.G.G.E.R.S." <u>Nora B.</u> 11:20 - 12:45 <i>Coffee House</i>		
11:30			Tai Chi Chih Led by <u>Barbara F.</u> 12:00-12:45 <i>Basketball Court</i>		
Noon					
12:30PM					
1:00	Lunch 1:00 - 2:00 p.m. <i>Homet Lodge</i>				
1:30					
2:00	Workshop: "H.A.L.T." <u>Peter R.</u> 2:15 - 3:45 p.m. <i>Homet Lodge</i>		Take a hike! (Or a nap.) 		
2:30			Workshop: "T.L.C." Led by <u>Rosa B.</u> 2:15 - 3:45 p.m. <i>Coffee House</i>		
3:00					
3:30					
4:00	"W.R.A.P." "Power Beads!" - Archery - Volleyball Ping Pong - Puzzles - Games - Relaxing Playing Scrabble... Whatever you want!		12-Step Meeting Led by <u>Charlene E.</u> 4:00 - 5:30 p.m. <i>Location TBD</i>		
4:30			SIA Meeting (Survivor of Incest Anonymous) Led by <u>Liz P.</u> 4:00 - 5:30 p.m. <i>Coffee House</i>		
5:00					

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

RETREAT SCHEDULE

2015 FALL MOUNTAIN RETREAT








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SATURDAY Evening

5:30					
6:00 PM	Dinner 5:45 - 6:45 p.m. <i>Homet Lodge</i>				
6:30					
7:00	Volunteers needed to help set up stage for the "Talent - No-Talent" Show!		Nuthin' going on here - everyone's at the "Talent-No-Talent Show"		
7:30	<p align="center">The Famous F.M.R. "Talent-No-Talent Show"!</p>				
8:00				7:15 - 8:45 p.m. With Bill W. as MC! <i>Homet Lodge</i> 	
8:30	Volunteers needed to take down stage and set up for dance!				
9:00	<p align="center">The Famous F.M.R. Dance! With DJ Dave!</p> <p align="center">9:00 p.m. - Midnight <i>Homet Lodge</i></p>		Nuthin' going on here - everyone's at the Dance. (Unless, of course, you're at a meeting or getting a massage.)		
9:30				12-Step Meeting Led by a volunteer 9:30 -11:00 <i>Coffee House</i>	
10:00					
10:30					
11:00				SLAA Meeting Led by <u>Jon L.</u> 11:30 p.m. - ? <i>Coffee House</i>	
11:30					
Midnight					
12:30 AM					
1:00 AM	 Go to sleep... or stay up all night. Your choice.				

SUNDAY

7:00 AM		Women's 12-Step Meeting Led by <u>Ann F.</u> 7:00 - 8:30 a.m. <i>Coffee House</i>	Men's 12-Step Meeting Led by <u>Charles D.</u> 7:00 - 8:30 a.m. <i>Library</i>			
7:30						
8:00						
8:30	Continental Breakfast 8:30 - 9:15 a.m. <i>Homet Lodge</i>					
9:00	2016 Retreat Volunteer Meeting 9:15 - 10:00 a.m. 					
9:30	Your chance to help out with next year's retreat! <i>Homet Lodge Deck</i>					
10:00	<p align="center">The FMR Closing Circle Sharing Our Experience, Strength, & Hope Led by <u>Susan B.</u> 10:15 a.m. - 12:15 p.m. <i>Homet Lodge</i></p>					
10:30						
11:00						
11:30						
noon						
12:30 PM	Brunch... and Raffle! 					
1:00	12:30 - 1:45 p.m. <i>Homet Lodge</i>					
1:30						
2:00	Help clean up Lodge ~ Pack ~ Help clean up Lodge !					
2:30	Give Hugs ~ Help Clean up some more ~ Give more Hugs 					
3:00	(Note: We need to be out of the cabins by 3:00 p.m.)					
?	 Archery, Anyone?					

RETREAT SCHEDULE