FMR 2015 Workshop Descriptions/Activities

Mission Statement

The goal of the Fall Mountain Retreat 2015 is to provide you a safe and fun opportunity to:

- discover what T.R.I.G.G.E.R.S.¹ your socks off
- discover what stage you are in along the river of D.E.N.I.A.L.²
- learn what it means to H.A.L.T.³
- leave time to W.R.A.P.⁴

This includes making use of meetings, workshops, and activities to keep you out of F.E.A.R.⁵ and into L.I.F.E.⁶

^{1.} Touchy, Reactive, Irritable, Grasping for: Gentleness, Energy, and Revealing Serenity

^{2.} Don't Even Know I Am Lying

^{3.} Hungry, Angry, Lonely, Tired

^{4.} Work, Rest, And Play^{5.} False Evidence Appearing Real

^{6.} Living In Forgiveness... Eventually

Friday

Coffee House F.I.R.S.T. Meeting

5:00-6:30pm [Fellowship, Inspiring Respect and Serenity Today]

Lars G.

G.A.M.E.S.

Got here from... **A**spirations... **M**y Role (in the family)...

Homet Lodge **E**ats! (favorite food)... **S**hare One Word (about you)]

8:00-9:15pm Come and play some Getting To Know YOU Games! Susan B. & Paulette C.

.....

D.B.T.F. and S.M.O.R.E.S

Homet Lodge [Drumming By The Fire] and

9:30pm-Midnight [Sweet Marshmallows On Roasted Edible Stuff] Captin Dean

Drumming, Rhythm, and Beaming (laser music), to make your own music and have FUN!

Saturday

R.I.G.H.T.S

Coffee House [Restore: Integrity, Gratitude, Hope, Trust and Strength]

9:45-11:10am Adult Children have rights to take care of ourselves. What are they?

Bill W.

You have the right to know! Come discover the ACA Personal Bill of Rights.

.....

Amphitheater K.I.S.S

9:45-11:10am [Keep It Simple and Serene]

Celia H.

Come explore some basics to inner Peace. Keeping recovery simple and using your Higher Power.

•••••

T.R.I.G.G.E.R.S.

[Touchy, Reactive, Irritable, Grasping for: Gentleness, Energy, and Revealing Serenity]

Coffee House An event or behavior that causes an unexplainable emotional reaction.

11:20am-12:45pm Sometimes you feel like you are crazy or out of control.

Nora B.

This will help you find the source of your painful triggers and give them a voice through writing.

.....

D.E.N.I.A.L.

Homet Lodge [Don't Even Know I Am Lying]

Madeline M.

Have you ever lied when it would be just as easy to tell the truth?...or is it easy to tell the truth? 11:20am-12:45pm Come discover why.

T.L.C.

Coffee House [Tender Loving Care]

2:15-3:45pm Turning your Inner critic into your Inner Champion.

Rosa B.

Come take a look at some of those negative voices in your head and lovingly turn them into positive healing voices.

.

H.A.L.T.

Homet Lodge [Hungry, Angry, Lonely, Tired]

2:15-3:45pm Discover ways to identify your normal, natural needs and feelings.

Peter R.

You will be given some suggestions on how to do that, and to take care of yourself when you need to.

.....

S.I.A. Meeting

Coffee House Survivors Of Incest Anonymous

4:00-5:30pm For all those affected by sexual abuse and trauma.

Liz P.

.....

W.R.A.P

4:00-5:30pm [**W**ork, **R**est, **A**nd, **P**lay]

Free time!!!! Do some recovery work, take a nap, play archery....Go PLAY!

.....

TALENT/NO TALENT SHOW

Homet Lodge Do you have a burning desire to get on stage???

7:15-8:45pm Talent or No Talent, you're all welcome and all will be applauded!!

Bill W.

.

Homet Lodge **DANCE!**

9:00pm – Midnight with DJ Dave!

Sunday

2016 RETREAT VOLUNTEER MEETING

We'd love to have your help with next year's retreat! Come be a part of the planning and fun! 9:15-9:45am Homet Lodge Deck Madeline M.

.....

Fall Mountain Retreat CLOSING CIRCLE!

Sharing our Experience, Strength, and Hope. 10:15-12:15am Homet Lodge Susan B.

OTHER ACTIVITES

Meetings, Hot Tub, Swimming, Massage, Hiking, Tai Chi Chih, Archery, Arts & Crafts, Volleyball, Ping Pong, Journaling, Meditation, Labyrinth