

All the world's a stage, And all the men and women merely players; They have their exits and their entrances, And one man in his time plays many parts.

Excerpt from All The World's A Stage - A Poem by William Shakespeare

MISSION STATEMENT – 2016 FALL MOUNTAIN RETREAT

Our lives can be like a drama production, with many roles and characters that are scripted by our childhood experiences and memories. What does it take to put on a drama? Who are all the characters and what are the roles involved? And how are they similar to the family roles we take on in our personal lives?

The goal of the 2016 Fall Mountain Retreat is to explore the drama in our lives; to identify the different roles and characters we "play" and "put on"; which ones should we accept as being healthy for us; which ones do us no good.

Our production this weekend includes workshops, meetings, activities, and more.

Lights, camera, action!

WORKSHOP/ACTIVITY DESCRIPTIONS

YOUR INNER MOVIE CRITIC

with Lars G.

Author, Author! Author-ity figures. Who wrote your life's script? Together we will explore how you acquired your script (eg. parents, caretakers, authority figures, yourself); what happened in your family to bring your script to life and/or how did it come about.

These figures had power and influence over us, so their beliefs became ingrained within us without us realizing it, until they became the norm and what we believed to be the truth. The family rules of don't talk, trust, or feel, don't look, listen, or heal cemented them in place.

"By identifying the critical inner voice and the role it plays in supporting our negative self-image we can take action and change our lives. We can reject attitudes that oppose our best interests and diminish self-esteem."

Quote from Psych Alive website by Lisa Firestone Ph.D

WORKSHOP... WHO'S ON STAGE?

Finding Your Inner Characters

With Barbara F.

Who is on the stage of your life, today? Who are your prominent actors? During this interactive workshop, you will discover and visually identify who is on stage, in your life, right now. Participants will choose character images from a collection, that they can identify with. What made you choose that character? How do you relate with each one? Who are the characters that are showing up right now that need your attention?

Energies, stemming from early childhood trauma, can surface from within and take on many forms and characteristics. Identifying these energies, or character types, will help you give voice to who is **speaking up** in your psyche right now.

SPOTLIGHT YOUR ROLE

The Before and After

with Peter R.

Growing up in a dysfunctional household, we were infected by the disease of shame, guilt, self-doubt, victimization, etc. Come explore how this infection continues to affect us today, and how it leads to behavior traits common to adult children. These traits or Common Characteristics of ACA are listed with the intent to help you recognize areas of your life in which problem behaviors or character defects are present and how they stem from our childhood.

VOICE LESSONS

with Ellen O.

As we continue to get better at seeing our truth, feeling our feelings and accepting our desires and limitations, how can we communicate who we are without a voice?

Come find your voice! Let's practice together the sometimes scary action of speaking into existence, the life we want!

There will be some writing and some group exercises.

Continued on other side.

ACTING & RE-ACTING

with Pam S.

On the stage of life, the adult child, or ACA, waits for the signals & directions of others and tries to determine an acceptable course of action based upon their perception of what will please and satisfy others. As a child the ACA was forced to respond and adapt to the needs and demands of a dysfunctional or abusive parent. Learning to react automatically out of fear, it is this response pattern that is carried into adulthood. In recovery ACAs need to learn to process uncomfortable feelings and demands, acting accordingly rather than reacting automatically. Come to the Acting & Re-acting workshop to explore this process.

STAGE FRIGHT

with Linnea F.

A description of the cause, and some solutions to "stage fright."

Large group participation and smaller group discussions will help us to practice being vulnerable in a safe and supportive environment. (The Talent/No Talent show is also a very Safe and Supportive environment if you want to be vulnerable on stage Saturday night!)

RE-WRITE YOUR SCRIPT

with Jill, Hillary, and Tom

In a workshop to address our negative self-judgment (one of the roots of drama on our stage and something most, if not all of us struggle with), we invite you to join us in exploring a bigger perspective on self-judgment and to move forward from negativity, hopelessness, and self-criticism to a broader, more accepting and realistic point of view. You will be selecting a self-judgment of your own to work with and will have the opportunity to engage in discussion, observation, and writing and to include your Higher Power in the process.

ACTIVITY: PANTOMIME

with Amy M.

A fun small-group activity for anyone who would like to learn a pantomime routine...and perhaps participate in performing it at the "Talent/No Talent" show.

CREDITS

Executive Producer
Higher Power, Unlimited

Producer
ACA WSO

Producer
ACA-OC Production Company
in alliance with
Fall Mountain Retreat Planning, Inc.

Executive Director
FMR Planning Committee

Director:	FMRPC Chair
Asst Directors:	FMRPC Vice-Chair FMRPC Program Chair
Stage Management:	FMR Logistics
Casting:	FMRPC Registration
Production Location:	deBenneville Studios
On-Site Coordinator:	Janet James, deBenne Staffing Company
On-Site Caterers:	deBenne Gourmet Catering