





FALL MOUNTAIN RETREAT, Sept 22-24, 2017






This Year's Theme *Recipe for Recovery... Ingredients for a Healthy Life*

FRIDAY

KN EADING TIME EMIWIL GNIXIM PREPTIME

4:00PM	Registration and Cabin		What's Cookin' ? 12-Step Welcome Meeting Led by <u>Deborah S.</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.
5:00	Assignment 4:00 - 10:00 p.m.		Preheating the Oven Getting to Know You Games 6:45 - 8:00 p.m. <i>Homert Lodge</i> 	
6:00	<i>Homert Lodge</i>			
7:00	Dinner (Cold Buffet) 6:30 - 8:00 p.m.	Workshop: The Necessary Ingredients with <u>Esau G.</u> 8:15 - 9:45 p.m. <i>Coffee House</i> 	Hot Tub is open 'til midnight.	
8:00				Crafts - Warm Fuzzies - Decorate Name Badges Games, Coloring, Puzzle Table ... whatever 9:30 p.m. - whenever <i>Homert Lodge</i>
9:00	S'mores & Drumming Led by <u>CaptinDean</u> 9:30-midnight <i>Homert Lodge</i> <i>by the fireplace</i> (We will have some instruments.) 	The <i>Caffeine Drip</i> Nite-Owl Meeting Need Volunteer 11:30 p.m. - ? <i>Coffee House</i>		
10:00	Late Registration 10:00 - 12:00 p.m. <i>Homert Lodge</i>			
11:00				
Midnight				
12:30AM				

SATURDAY Morning & Afternoon

7:00AM		Women's 12-Step Meeting Led by <u>Maria L.</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>	For Messages see Masseuse (or sign-up sheet) for available times
8:00	Sunny-side Up Breakfast 8:30 - 9:30 a.m. <i>Homert Lodge</i>			
9:00	Workshop: Meat and Potatoes (of the ACA Program) with <u>Art S.</u> 9:45 - 11:10 a.m. <i>Homert Lodge</i>	Workshop: Is Your Onion Making You Cry? Dealing with Uncovered Grief with <u>Barbara F.</u> 9:45 - 11:10 a.m. <i>Coffee House</i> 		
10:00	Workshop: Let Your Inner Child(ren) Speak Up with <u>Ericka D.</u> 11:20 - 12:45 <i>Homert Lodge</i> 	Workshop: Food for the Soul - Trust & Our Higher Power with <u>Linda A.</u> 11:20 - 12:45 <i>Coffee House</i>	Tai Chi Chih Led by <u>Barbara F.</u> 12:00-12:45 <i>Basketball Court</i>	
11:00	Out to LUNCH 1:00 - 2:00 p.m. <i>Homert Lodge</i>			Hiking with "Hiker Jim" Meet on Lodge Deck at 2:15
12:30PM	Workshop: Boundaries Keep your Fork on your own Plate! with <u>Ellen T.</u> 2:15 - 3:45 p.m. <i>Homert Lodge</i> 	Puzzles - Games - Journal/Notebook Decorating (collage) Go for a Walk - Or take a Nap!	Archery 2:00 pm to 3:30 pm 	
1:00	Workshop: Your Diet -- Your Well-Being with <u>Ken W.</u> 4:00 - 5:30 p.m. <i>Homert Lodge</i>	Swimming Pool Open 3:15 pm to 5:30 pm	Archery 3:45 pm to 5:30 pm	
2:00			SIA Meeting Led by <u>Linnea F.</u> 2:15 - 3:45 p.m. <i>Coffee House</i>	
3:00			Workshop: Happy Communication, Happy Meal with <u>Nancy M.</u> 4:00 - 5:30 p.m. <i>Coffee House</i> 	





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SATURDAY Evening

5:30			
6:00PM	The "Don't Call Me Late for Dinner" Dinner 5:45 - 6:45 p.m. <i>Homet Lodge</i>		
6:30	<i>Volunteers needed to help set up stage for the "Talent - No-Talent" Show!</i>		
7:00			Nuthin' going on here - everyone's at the "Talent-No-Talent Show"
7:30	 Cream of the Crop and Toast of the Town		
8:00	The Famous F.M.R. "Talent-No-Talent Show"! 7:15 - 8:45 p.m. <i>Homet Lodge</i>		
8:30	<i>Volunteers needed to take down stage and set up for dance!</i>		
9:00			Nuthin' going on here - everyone's at the Dance. (Unless, of course, you're at a meeting or getting a massage.)
9:30			
10:00	The Rockin' Jelly Roll F.M.R. Dance With <u>DJ Dave</u>		
10:30	9:00 p.m. - Midnight <i>Homet Lodge</i>		
11:00	 		
11:30			
Midnight			
12:30AM			
1:00AM	Go to sleep...  or stay up all night. Your choice. (p.s. Hot Tub is open until midnight.)		

SUNDAY

7:00AM		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>Lars</u> 7:00 - 8:30 a.m. <i>Library</i>
7:30			
8:00			
8:30	The "Nooks & Crannies English Muffin" Continental Breakfast 8:30 - 9:15 a.m. <i>Homet Lodge</i>		
9:00	2018 Retreat Volunteer Meeting 9:15 - 10:00 a.m. Your chance to help out with next year's retreat! <i>Homet Lodge Deck</i>		
9:30			
10:00			
10:30	Fresh Out of the Oven - The FMR Closing Circle		
11:00	Sharing Our Experience, Strength, Hope, & maybe Our Recovery Recipe 10:15 a.m. - 12:15 p.m. <i>Homet Lodge</i> 		
11:30			
noon			
12:30PM	"Let's Do Brunch"... and Raffle / Fund Raiser! 		
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 ! Give Hugs ~ Help Clean up some more ~ Give more Hugs (Note: We need to be out of the cabins by 3:00 p.m.)		
2:30			
3:00			
?	 Archery, Anyone? 2:30-4:00		

IF you are already packed, everything is out of your cabin and stuffed in your car, and your car is back in the parking lot facing out... and you have helped clean up the lodge, then come join us!

SEE YOU NEXT YEAR!

EATING TIME COOKING TIME ENJOYING TIME