

MISSION STATEMENT – 2017 FALL MOUNTAIN RETREAT

The goal of FMR 2017 is to give campers the opportunity to enhance, jumpstart and or revisit their 12-step recovery "recipe". With workshops, meetings, fellowship, fun, a touch of insight, and a sprinkle of inspiration... add to this relaxation, lush fresh air, and the tasty environment that is Camp de Benneville... voila! You've got the recipe for the best retreat ever.

WORKSHOP DESCRIPTIONS

WORKSHOP... "THE NECESSARY INGREDIENTS"

with Esau

Ingredients? What are the ingredients of a healthy recovery program? Usually referred to as the "Tools of the Program", some of the basic ingredients would include the 12 Steps and 12 Traditions, the Problem and Solution, the Promises, going to meetings, sharing, using the telephone, The Big Red Book (BRB), working the steps, and of course the Higher Power of our own understanding. In addition to these basics ingredients, there are many others that are also important to our recovery. For example, fellowship, prayer, meditation, self-care, fun & relaxation, mental health, etc.

WORKSHOP... MEAT AND POTATOES (OF THE ACA PROGRAM)

with Art S.

In this workshop we will explore the beginnings and progression of adult child issues, as well as how 12-Step Recovery can restore us to sanity. We will learn why our childhood emotional wounds of shame, abandonment, and betrayal lead to the issues common to ACAs, including being cut off from our true emotions, that will ultimately disconnect us from our True Selves. Finally, we will map out a strategy to stop this destructive cycle and restore our freedom from the "Laundry List" (the ACA Problem) and restore our God-given connections.

WORKSHOP... IS YOUR ONION MAKING YOU CRY? Dealing with Uncovered Grief

with Barbara F.

When peeling the onion of our life, sometimes what we uncover is Grief. Adding grief to the recipe is part of a life in recovery. This workshop will provide gentle tools to meet grief with compassion and mindfulness. Be willing to challenge yourself. Bring your journal.

WORKSHOP... LET YOUR INNER CHILD(REN) SPEAK UP

with Ericka D.

Allow your "Inner Child(ren)" to tell you all about themselves. Design a Coat of Arms by letting your inner kid(s) share with you who they are and what makes each of them one of a kind; with the hopes, dreams, likes, dislikes, talents and creativity; and maybe even include a motto to go with your Coat of Arms... the story of your inner self. Colored pencils, markers, stickers, paint, etc. will be provided. Only your imagination is required.

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WORKSHOP... FOOD FOR THE SOUL - TRUST AND OUR HIGHER POWER

with Linda A.

How do we define our Higher Power and experience Spirituality? Growing up in a dysfunctional family can teach us, "Don't talk, don't trust & don't feel". This distorts our concept of spirituality, which in turn distorts our concept of a Higher Power. In order to learn how to again talk, trust, & feel, we need to stay close to a kind and nurturing Higher Power. Come listen to one person's daily devotional that keeps her in touch with her HP and her spirituality. This will include a guided meditation and a small group discussion.

WORKSHOP... BOUNDARIES (KEEP YOUR FORK ON YOUR OWN PLATE!)

with Ellen T.

We all have the God-given right to have our feelings. We are also responsible for what we do with them and how we show them. Other people are also entitled to their feelings and accountable for their behavior. In recovery we are not to fix other people's feelings. The First Step ("We admitted we were powerless over others – that our lives had become unmanageable.") is perfect here. Realizing our powerlessness over others, we speed our recovery by feeling our feelings and accepting the gift at the end.

WORKSHOP... YOUR DIET -- YOUR WELL-BEING

with Ken W.

Recipe for a Happy, Healthy, 21st Century; Re-Uniting Body, Mind, And Soul. As the Big Red Book explains, the traumatic childhood in a dysfunctional household causes us to be "fragmented in body, mind, and spirit...we need to return to our miracle state."

The lack of new health information almost denied a vital, intelligent ACA, any new life she was diligently working to create for herself and those she loved. What she and I have discovered about harmful parts of the present food supply.

I would like to share our own personal health journey, with a desire to help others enrich their lives, or at least understand the importance of good health as part of the ACA walk. Lots of "food for thought", about what we should eat and enjoy; Perusing the various ideas on what's healthy and not, and how to make sense of it all.

WORKSHOP... HAPPY COMMUNICATION, HAPPY MEAL

with Nancy M.

Communication can be so challenging but it is fundamental to internal and external relationships. With compassion and awareness, a parent can nurture and encourage the inner child, allowing for an easier flow of communication. This workshop will provide a path to listening to the inner child and addressing how we talk to ourselves, and will address how we hear and speak to others. How we hear, is what we hear.

SIA (Survivors of Incest Anonymous) is a meeting for survivors of childhood sexual abuse. Family and friends who are part of a support system for the survivor are welcome. Perpetrators are not welcome in this meeting.

SLAA (Sex & Love Addicts Anonymous) meeting: SLAA Characteristic #1: Having few healthy boundaries, we become sexually involved and/or emotionally attached to people without knowing them.

All are welcome.