

2012 FALL MOUNTAIN RETREAT

This year's theme:

Can You Hear Me Now?

FRIDAY

4:00 PM	Registration and Cabin Assignment 4:00 - 10:00 p.m. <i>Homert Lodge</i>							"I" Opener Welcome Meeting Led by <u>Mike F.</u> 5:00-6:30 <i>Coffee House</i>	Message Appts
4:30									
5:00									
5:30									
6:00									
6:30									
7:00	and Dinner (Cold Buffet) 6:30 - 8:00	Ring, Ring. Hello, Who's Calling? (Find Out Who It Is, with <u>Victor</u>) Getting to Know You Games 6:45 - 8:00 p.m. <i>Homert Lodge</i>							PSWRL
7:30		Welcome Announcements 8:00-8:20 <i>Homert Lodge</i>							
8:00		Workshop - Communication 101 <u>Larry T.</u> 8:30 - 9:30 <i>Coffee House</i>							
8:30									
9:00	Late Registration 10:00 - 12:00 p.m. <i>Homert Lodge</i>								
9:30		Drumming & Letting Go (we will have some instruments) Led by <u>Captindean</u> 9:30 - 11:30 p.m. <i>Homert Lodge (by the fireplace)</i>		Crafts/Warm Fuzzies/ Decorate Name Badges/ Puzzles/Games 9:30 p.m. - whenever <i>Homert Lodge</i>		12-Step Meeting (Speaking my Truth) Led by <u>Joe H.</u> 9:45 - 11:15 p.m. <i>Coffee House</i>			
10:00		12-Step SLAA Meeting Led by <u>Erica D.</u> 11:30 - ? <i>Coffee House</i>							
10:30									
11:00									
11:30									
midnight									
12:30 AM									

SATURDAY Morning & Afternoon

7:00 AM				Women's ACA Meeting Led by <u>Grey F.</u> 7:00 - 8:30 a.m. <i>Coffee House</i>	Men's ACA Meeting Led by <u>Rick S.</u> 7:00 - 8:30 a.m. <i>Library</i>		
7:30							
8:00	Breakfast 8:30 - 9:30 a.m. <i>Homert Lodge</i>						
8:30							
9:00							Message Appts
9:30	Connecting through Listening An Interactive Workshop <u>Denise E.</u> 9:45 - 11:00 a.m. <i>Homert Lodge</i>						
10:00							
10:30	Workshop - Love Languages for your Inner Child <u>Michelle B.</u> 11:15 - 12:45 <i>Homert Lodge</i>		Workshop - "If you don't know, I'm not going to tell you!" <u>Madeline M.</u> 11:15 - 12:45 <i>Coffee House</i>		Open 12-Step Meeting Led by _____ 11:15 - 12:45 <i>Amphitheatre</i>		
11:00							
11:30							
noon							
12:30 PM							
1:00	Lunch 1:00 - 2:00 p.m. <i>Homert Lodge</i>						Pool Open 1:30 - 5:30
1:30							
2:00	Workshop Anger and Boundaries <u>Nancy M.</u> 2:15 - 3:45 <i>Homert Lodge</i>		Incest Survivor Meeting led by Linnea F. 2:15 - 3:45 p.m. <i>Coffee House</i>		Optional 12-Step Meetings 2:15 - 5:30 p.m. <i>Amphitheatre</i> (If you would like to have a meeting during this time, contact a committee member.)		Hiking with "Hiker Jim" meet on Lodge Deck at 2:00
2:30							
3:00							
3:30							
4:00	Workshop Feelings and Reflective Listening <u>Barbara L.(Bluesky) & Don D.</u> 4:00 - 5:30 p.m. <i>Homert Lodge</i>		Feelings Release Meeting led by John+ 4:00 - 5:30 p.m. <i>Coffee House</i>				Message Appts PSWRL
4:30							
5:00							

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RETREAT SCHEDULE

2012 FALL MOUNTAIN RETREAT


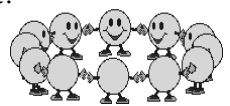



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SATURDAY Evening

5:30	Dinner					
6:00 ^{PM}	5:45 - 6:45 p.m.					
6:30	Homert Lodge					
7:00	Volunteers needed to help set up stage for "Talent / No-Talent" Show.					
7:30			"Talent/No-Talent" Show and Tell !			
8:00	7:15 - 8:30 p.m. Homert Lodge					
8:30	Volunteers needed to take down stage and set up for dance.					Massage Appts
9:00	Communication in Motion					
9:30	Dance with "DJ Dave"					PSWRL
10:00					Inner Child 12-Step Meeting	
10:30	9:00 p.m.- midnite				Led by <u>Lars G.</u>	
11:00	Homert Lodge				9:45 -11:15 Coffee House	
11:30	Open 12-Step Meeting					
midnight	(Connecting with your Higher Power)					
12:30 ^{AM}	Led by _____					
1:00 ^{AM}	11:30 p.m. - ? Coffee House					
						
	Go to sleep... or stay up all night. Your choice.					

SUNDAY

7:00 ^{AM}				Women's ACA Meeting	Men's ACA Meeting	
7:30				Led by <u>Cheri K.</u>	Led by <u>Jim B.</u>	
8:00				7:00-8:30 a.m.	7:00-8:30 a.m. Library	
8:30	Continental Breakfast					
9:00	8:30 - 9:15 a.m. Homert Lodge					
9:30		2013 Retreat Volunteer Meeting			9:00 - 9:45 a.m.	
10:00	Your chance to help out with next year's retreat!					Homert Lodge Deck
10:30	Closing Circle - Have you Heard Me Yet?					
11:00	Sharing Our Experience, Strength, & Hope					
11:30	Led by <u>Dow</u>					
noon	10:00 a.m. - 11:45 p.m. Homert Lodge					
12:30 ^{PM}	Brunch					Massage Appts
1:00	Noon - 1:00 p.m. Homert Lodge					
1:30	Free Time / Volleyball? / Help clean up / Free Time					PSWRL
2:00	Help clean up ~ Give Hugs ~ Pack ~ Help clean up ~ Give more Hugs !					
2:30						
3:00	(Note: We need to be out of the cabins by 3:00 p.m.)					

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