

2013 FALL MOUNTAIN RETREAT

This year's theme:



Does Your Program Need a Tune-up?

FRIDAY

4:00 _{PM}	Registration and Cabin Assignment 4:00 - 10:00 p.m. <i>Homest Lodge</i>	Welcome Meeting Led by <u>Dow</u> 5:00-6:30 <i>Coffee House</i> <small>(No, Coffee House doesn't serve coffee, btw.)</small>			See Pam (our Masseuse) to sign up for a massage.	
4:30		Getting to Know You Games Led by <u>Joe H.</u> 7:30 - 9:00 p.m. <i>Homest Lodge</i>				
5:00						
5:30		Drumming (we will have some instruments) Led by <u>A Drummin' Volunteer</u> 9:30 - 11:30 <i>Homest Lodge (by the fireplace)</i>				
6:00						
6:30		Crafts/Warm Fuzzies/ Decorate Name Badges/ Puzzles/Games/Get a Tune-up*/Whatever 9:30 p.m. - whenever <i>Homest Lodge</i>	ACA Meeting Led by <u>Marco P.</u> 9:30 - 11:00 p.m. <i>Coffee House</i>	Hot Tub is available		
7:00						
7:30		Nite-Owl Meeting? Led by <u>a Nite-Owl Volunteer</u> 11:30 - ? <i>Coffee House</i>				
8:00						
8:30	*Your Program, not your car.					
9:00						
9:30	Late Registration 10:00 - 12:00 p.m. <i>Homest Lodge</i>	Nite-Owl Meeting? Led by <u>a Nite-Owl Volunteer</u> 11:30 - ? <i>Coffee House</i>				
10:00						
10:30	*Your Program, not your car.					
11:00						
11:30	*Your Program, not your car.					
midnight						
12:30 _{AM}	*Your Program, not your car.					

SATURDAY Morning & Afternoon

7:00 _{AM}		Women's ACA Meeting Led by <u>Celia H.</u> 7:00 - 8:30 a.m. <i>Coffee House</i>	Men's ACA Meeting Led by _____ 7:00 - 8:30 a.m. <i>Library</i>	Messages btwn 10 a.m. - 9 p.m. See Pam (or her sign-up sheet) for avl times . . . ↓
7:30				
8:00	Breakfast 8:30 - 9:30 a.m. <i>Homest Lodge</i>			
8:30				
9:00		Workshop - What's in your ToolBox? An introduction to the 12-Step Tools <u>Michelle B.</u> 9:45 - 11:00 a.m. <i>Homest Lodge</i>	Archer	
9:30				
10:00		Workshop Reading & Writing <u>Madeline M.</u> 11:15 - 12:45 a.m. <i>Homest Lodge</i>	SLAA Meeting Led by <u>Jill G.</u> 11:15 - 12:45 <i>Coffee House</i>	
10:30				
11:00				
11:30				
noon				
12:30 _{PM}				
1:00	Lunch 1:00 - 2:00 p.m. <i>Homest Lodge</i>			Pool Open
1:30				
2:00		Workshop - Sponsorship <u>Veronica</u> 2:15 - 3:45 <i>Homest Lodge</i>	Incest Survivor Meeting led by <u>Linnea F.</u> 2:15 - 3:45 p.m. <i>Coffee House</i>	1:30 to 5:30 Hiking meet on Lodge Deck at 2:00
2:30				
3:00			Optional 12-Step Meetings 2:15 - 5:30 p.m. <i>Amphitheatre</i>	
3:30			(If you would like to have a meeting during this time, contact a committee member.)	
4:00		Free Time Read / Take a walk / Write (Journal) / Swim / Volleyball? / Hot Tub / Work on that Tune-up -OR- do absolutely nothing - Your choice.	Workshop - "HigherPower" with Your	
4:30				
5:00				

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RETREAT SCHEDULE

2013 FALL MOUNTAIN RETREAT


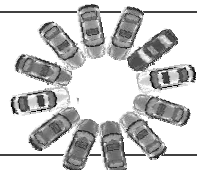



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SATURDAY Evening

5:30	Dinner			
6:00 ^{PM}	5:45 - 6:45 p.m. <i>Homet Lodge</i>			
6:30	Volunteers needed to help set up stage for the "Talent / No-Talent" Show.			
7:00	 	The Most Fun Tool of All... A Rip-Roaring Good Time: The Famous FMR "Talent/No-Talent Show"		
7:30				
8:00				7:15 - 8:30 p.m. <i>Homet Lodge</i>
8:30	Volunteers needed to take down stage and set up for dance.			
9:00	Then the festivities kick into high gear: The FMR Dance WITH A LIVE BAND! 9:00 p.m. - Midnight <i>Homet Lodge</i>		12-Step Meeting Led by <u>Lars G.</u> 9:30 - 11:00 <i>Coffee House</i>	
9:30			Nuthin' going on here - everyone's at the Dance. (Unless of course you're at a meeting or getting a massage.)	
10:00				Another Nite-Owl Meeting Led by <u>Another Volunteer Nite-Owl</u> 11:30 p.m. - ? <i>Coffee House</i>
10:30				
11:00				
11:30	Go to sleep... or stay up all night. Your choice.			
midnight				
12:30 ^{AM}				
1:00 ^{AM}				

SUNDAY

7:00 ^{AM}		Women's ACA Meeting Led by <u>Ann F.</u> 7:00-8:30 a.m. <i>Coffee House</i>	Men's ACA Meeting Led by _____ 7:00-8:30 a.m. <i>Library</i>
7:30			
8:00			
8:30	Continental Breakfast		
9:00	8:30 - 9:15 a.m. <i>Homet Lodge</i>	9  m. Your chance to help out with next year's retreat!	
9:30			
10:00	Closing Circle Sharing Our Experience, Strength, & Hope Led by <u>Mary Ellen</u> 10:00 a.m. - 11:45 p.m. <i>Homet Lodge</i>		
10:30			
11:00			
11:30			
noon	Brunch		
12:30 ^{PM}	Noon - 1:00 p.m. <i>Homet Lodge</i>		
1:00			
1:30			
2:00	Help clean up ~ Give Hugs ~ Pack ~ Help clean up ~ Give more Hugs !		
2:30	(Note: We need to be out of the cabins by 3:00 p.m. )		
3:00			

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