

2018 FALL MOUNTAIN RETREAT

Mission Statement and Workshop/Activity Descriptions

(See Schedule for remaining meetings and other activities.)

MISSION STATEMENT

Orange County Adult Children of Alcoholics has sponsored the FALL MOUNTAIN RETREAT at Camp De Benneville Pines every year since 1988. This retreat has given adult children of alcoholics, and other 12-step members, a unique opportunity to discover, utilize and practice the tools of recovery in the San Bernardino Mountains. We now look forward to the future in this gorgeous location to continue on our path of recovery and discovery.

WORKSHOP DESCRIPTIONS

MINI WORKSHOP: *NEWBIE BASICS* FRIDAY EVENING 7:15-7:45 P.M. – *HOMET LODGE*
With Susan B. Some ACA & FMR Basics for those new to the program.

GETTING TO KNOW YOU GAMES 8:00-9:15 p.m. – *HOMET LODGE*
Led by Denise, Ellen & Susan A fun way to get to know your fellow campers.

PLAY-TIME & S'MORES 9:30 p.m.-midnight – *HOMET LODGE BY THE FIREPLACE*
Led by Lars G. It's play-time for your Inner Child! We will have a toy box.

THE WEB! AN INTERACTIVE WORKSHOP
30 YEARS OF TALKING, TRUSTING, FEELING SATURDAY MORNING 9:45-11:00 A.M. – *HOMET LODGE*
Led by Denise E.

WORKSHOP: *GRUMPY / GRATEFUL* 11:15 -12:30 P.M. – *HOMET LODGE*
With Denise E.
Sometimes we feel grumpy... rather than grateful when we think we're supposed to be. Growing up we were told when to be thankful or grateful even when we didn't feel that way. Exploring your true feelings and self-acceptance can help you move from grumpy to grateful.

WORKSHOP/PANEL DISCUSSION: *SPIRITUALITY* 11:15 A.M.-12:30 P.M. – *COFFEE HOUSE*
With Bill W., Jannelle T. & Jill G.
A panel of three will share about their spiritual awaking and what spirituality means to them. Then it will be opened up for questions and group discussion.

WORKSHOP: *INNER CHILD CONNECTION –* 1:45-3:15 P.M. – *HOMET LODGE*
A JOURNEY OF CURIOSITY & DISCOVERY
With Scotty M.
Inner Child connection is one of the most important aspects of Recovery. In this Discovery workshop you will learn about your Loving Parent / Critical Voices that can encourage or shut down your inner child. You will discover your authentic feelings and needs and develop a "dynamic dialog" between your parent and child. We will go into memories of the past and you will learn to "champion" and release yourself from any bondage from your family of origin. "Curious George", the famous little monkey, is our mascot as you we will explore what is most alive in us and how to honor the Spirit of curiosity in our lives. You will receive affirmation, encouragement and support for this journey and process with your new Family of Affiliation in ACA.

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WORKSHOP: FEELING & RELEASING ANGER

1:45-3:45 P.M. – COFFEE HOUSE

With Barbara F., Denise E., Nancy, Jill, & Esau

In this 2-hour workshop, we will explore ways to identify, feel and release anger in a safe and healthy way. Processes will include releasing with boundaries, grounding, breathing, writing, meditating, dance, chant, and prayer.

ACA MEETING, WITH A FOCUS ON THOSE WHO TAKE CARE OF THE DYING

3:15-4:00 P.M. – AMPHITHEATER

Led by Madeline M.

This open ACA meeting will focus on professional & non-professionals who deal with death and dying. How do the ACA characteristics of caretaking and controlling enable ACA's to function effectively in their work or role? What are the consequences for ACA's caring for others in such intense situations?

WORKSHOP: THE ROLES WE TAKE ON & THE DRAMA TRIANGLE

4:00-5:30 P.M. – HOMET LODGE

with Steve T. & Ellen T.

Workshop to help those in recovery to avoid one of the most pervasive and damaging psychological games played today. Focus is on: recognizing and understanding the Drama Triangle (victim, rescuer, & persecutor), processing emotions and feelings to avoid the inauthenticity that commonly leads us into the Triangle.

THE FAMOUS F.M.R. "TALENT-NO-TALENT SHOW"!

7:15-8:45 P.M. – HOMET LODGE

with M.C. Bill W.

A chance for you to show off your talent (or not-so-talent) in a friendly "no boos" environment. We support and applaud you no matter what. Should be 3 to 4 minutes maximum (or Bill will get out the hook).

THE FAMOUS F.M.R. DANCE!

9:00 P.M.-MIDNIGHT – HOMET LODGE

with DJ Dave!

Put on your dancing shoes and boogie, bop, shake, or jive 'til the clock strikes 12:00.

(Note to those who think they're going to bed early, we try to keep the dance music at a tolerable volume, but it will still be loud. Bring your earplugs. Don't blame the DJ.)

VOLUNTEER MEETING FOR 2019 RETREAT

9:15-10:00 A.M. – HOMET LODGE DECK

Your chance to help out with next year's retreat! Come check it out!

THE FMR CLOSING CIRCLE

10:15 A.M.-12:15 P.M. – HOMET LODGE

Sharing Our Experience, Strength, Hope

Led by Ann F.

RAFFLE / FUND RAISER!

RIGHT AFTER BRUNCH, 1:45 P.M. – HOMET LODGE

We've got several raffle prizes as well as a Full Registration and a Half Registration for next year's FMR. And remember...

➤ Proceeds from raffle are used for next year's FMR camperships! ⚡