

FALL MOUNTAIN RETREAT, Sept 21-23, 2018

This Year's Theme: Celebrating 30 Years of Recovery



FRIDAY

4:00PM	Registration and Cabin Assignment 4:00 - 10:00 p.m.		Welcome to Camp! Open 12-Step Meeting Led by <u>Charles D.</u> 5:00-6:30 <i>Coffee House</i> (No, there's no coffee in the Coffee House.)			See our Masseuses to sign up for a massage.
4:30						
5:00			Mini Workshop: <i>Newbie Basics</i> With <u>Susan B.</u> 7:15 - 7:45 p.m. <i>Homet Lodge</i>			Hot Tub is open 'til midnight.
5:30						
6:00			Getting to Know You Games With <u>Denise E., Ellen T. & Susan B.</u> 8:00 - 9:15 p.m. <i>Homet Lodge</i>			
6:30						
7:00			Play-time & S'mores Led by <u>Lars G.</u> 9:30 p.m. - midnight <i>Homet Lodge by the fireplace</i>			
7:30						
8:00			Crafts - Warm Fuzzies - Decorate Name Badges Games... whatever 9:30 p.m. - whenever <i>Homet Lodge</i>			
8:30						
9:00			12-Step Meeting Led by <u>Mary Ellen C.</u> 9:30 - 11:00 p.m. <i>Coffee House</i>			
9:30						
10:00			Nite-Owl Meeting Led by _____ 11:15 p.m. - ? <i>Coffee House</i>			
10:30						
11:00						
11:30						
Midnight						
12:30AM						

SATURDAY Morning & Afternoon

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>Dow P.</u> 7:00 - 8:30 a.m. <i>Library</i>	For Massages see Masseuse (or sign-up sheet) for available times . . .	
7:30						
8:00						
8:30						
9:00	Breakfast 8:30 - 9:30 a.m. <i>Homet Lodge</i>					
9:30						
10:00	The Web - an Interactive Workshop <i>30 Years of Talking, Trusting, Feeling</i> 9:45 - 11:00 a.m. with <u>Denise E.</u> <i>Homet Lodge</i>					
10:30						
11:00	Workshop: Grumpy/Grateful with <u>Denise E.</u> 11:15 a.m. - 12:30 p.m. <i>Homet Lodge</i>	Workshop: Spirituality with <u>Bill W., Jannelle T. & Jill G.</u> 11:15 a.m. - 12:30 p.m. <i>Coffee House</i>	Archery, Anyone? 11:15 a.m. - 12:30 p.m.			
11:30						
Noon	Lunch 12:30 - 1:30 p.m. <i>Homet Lodge</i>					
12:30PM						
1:00	Workshop: Inner-Child Connection with <u>Scotty M.</u> 1:45 - 3:15 p.m. <i>Homet Lodge</i>	Pool Open 1:45 - 3:45 p.m.	Workshop: Feeling & Releasing Anger with <u>Barbara, Denise, Nancy, Jill, & Esau</u> 1:45 - 3:45 p.m. <i>Coffee House</i>		Hiking with "Hiker Jim" 	
1:30						
2:00						
2:30						
3:00	Focused ACA Meeting (See Workshop/Meeting Descriptions) 3:15 - 4:00 Led by <u>Madeline M.</u> <i>Amphitheater</i>					
3:30						
4:00	Workshop: The Roles We Take On & the Drama Triangle with <u>Steve T. & Ellen T.</u> 4:00 - 5:30 p.m. <i>Homet Lodge</i>	More Archery, Anyone? 4:00-5:30 p.m.	Tai Chi Chih Led by <u>Barbara F.</u> 4:30 - 5:15 <i>Basketball Court</i>	ACA Meeting with an Incest Survivor focus Led by <u>Richard J.</u> 4:00-5:30 p.m. <i>Coffee House</i>	Meet on Lodge Deck at 2:15	
4:30						
5:00						

Continued on other side



RETREAT SCHEDULE

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Continued from other side

SATURDAY Evening

5:30			
6:00PM	Dinner 5:45 - 6:45 p.m. <i>Homet Lodge</i>		
6:30			
7:00	<u>Volunteers needed</u> to help set up stage for the "Talent - No-Talent" Show!		Nuthin' going on here - everyone's at the "Talent-No-Talent Show"
7:30	The Famous F.M.R. "Talent-No-Talent Show"!		
8:00			
8:30	<u>Volunteers needed</u> to take down stage and set up for dance!		
9:00	F.M.R. Dance With <u>DJ Dave</u> 9:00 p.m. - Midnight <i>Homet Lodge</i>		12-Step Meeting Led by <u>Gwen Y.</u> 9:30 -11:00 <i>Coffee House</i>
9:30			
10:00			
10:30			
11:00			
11:30		ACA Meeting with an SLAA Focus Led by <u>Bill W.</u> 11:15 p.m. - ? <i>Coffee House</i>	
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>Margaret L.</u> 7:00 - 8:30 a.m. <i>Coffee House</i>	Men's 12-Step Meeting Led by <u>Victor V.</u> 7:00 - 8:30 a.m. <i>Library</i>	
7:30				
8:00				
8:30	Continental Breakfast 8:30 - 9:15 a.m. <i>Homet Lodge</i>			
9:00	Volunteer Meeting for 2019 Retreat 9:15 - 10:00 a.m.			
9:30	Your chance to help out with next year's retreat! Come check it out! <i>Homet Lodge Deck</i>			
10:00	The FMR Closing Circle Sharing Our Experience, Strength, Hope With <u>Ann F.</u> 10:15 a.m. - 12:15 p.m. <i>Homet Lodge</i>			
10:30				
11:00				
11:30				
noon				
12:30PM	Brunch...	and Raffle / Fund Raiser! (at 1:45 <i>Homet Lodge</i>)		
1:00	12:30 - 1:45 p.m. <i>Homet Lodge</i>	Procedes from raffle are used for next year's FMR camperships!		
1:30				
2:00	Help clean up Lodge ~ Pack ~ Help clean up Lodge !			
2:30	Give Hugs ~ Help Clean up some more ~ Give more Hugs			
3:00	(Note: We need to be out of the cabins by <u>3:00</u> p.m.)			

RETREAT SCHEDULE

SEE YOU NEXT YEAR!