



# Serenity on the Sound

*A weekend of healing  
recovery, fellowship and fun.*

*The 30th annual Puget Sound Retreat  
will be held on the beautiful and  
tranquil Key Peninsula.*

*Serenity on the Sound is a retreat  
open to all SAA and COSA members,  
other S-recovery fellowships, and  
adult family and friends in recovery.*

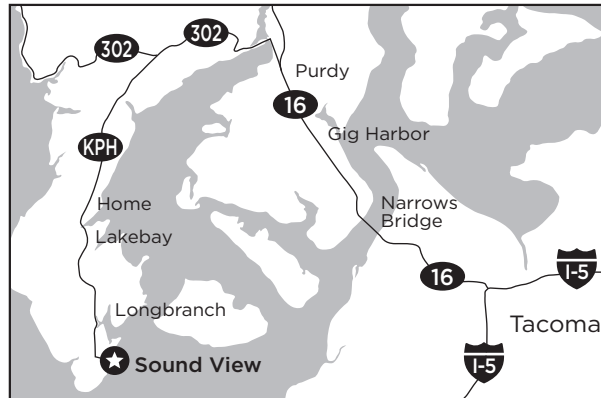
*Sex Addicts Anonymous (SAA) is a fellowship  
of men and women who share their experience,  
strength and hope with each other so they may  
overcome their sexual addiction and help others  
recover from sexual addiction and dependency.*

*COSA is a recovery program for men and women  
whose lives have been affected by someone else's  
compulsive sexual behavior. With the humble act  
of reaching out, we begin the process of recovery.*



## Serenity on the Sound

August 22-25, 2019 at  
Sound View Camp



### *Driving directions:*

From Interstate 5 in Tacoma, take Exit 132 (Highway 16). Travel west (across The Narrows Bridge) for approximately 10 miles. Just past Gig Harbor, take the Purdy Key Center exit (Highway 302). Follow the exit road until you come to a traffic light. Turn left at the light and go over the bridge on to the Key Peninsula.

Stay on Key Peninsula Highway all the way to Sound View—do not follow Highway 302 when it bears right, or make any other turns. You'll go through Key Center, then 5 miles through the towns of Home and Lakebay. Lakebay to Sound View is about 6 miles. When you see a "Dead End" sign, don't worry—keep going straight. You're just about there.

The camp will be on the left side of the road. You can unload by the main lodge (half way down the hill) then park in the upper parking lots.

Feel free to call the camp if you have any problems finding your way at 253-884-9202. Sound View Camp address is 8515 Key Peninsula Highway, Longbranch, WA 98351.

*Note: Add travel time if crossing the Tacoma Narrows Bridge from 3:30 to 6:30 on Friday evening.*

30th Annual  
Puget Sound Retreat



# Serenity on the Sound

***Pearls of  
Wisdom***

*Thursday to Sunday  
August 22-25, 2019*

**Sound View Camp & Retreat Center**

*8515 Key Peninsula Hwy S.  
Longbranch, WA 98351*

*This event is organized & operated in  
cooperation with the fellowships of*

**SAA & COSA**

**www.soundretreat.org**

*serenity.on.the.sound@gmail.com*

*425-272-5740 (leave message for retreat committee)*

## Registration –Per person pricing–

**2-3 Night package**, includes meals & lodging

\$175 reduced rate until August 1st\*

\$200 after August 1st (or at the door)

**1 Night package**, 2 days meals & 1 night lodging

\$125 reduced rate until August 1st\*

\$145 after August 1st (or at the door)

**Single day package**, meals only, no lodging  
\$60 pre-paid, \$70 after August 1 (or at the door)

**Scholarships:** you may request up to \$35/day, \$120 maximum.

**Send check or money order payable to:**  
PSRC (Puget Sound Retreat Committee)  
PO Box 2712 • Issaquah, WA 98027

**No pets** (service animals only) **No alcohol or drugs allowed**

Name(s)\*\* \_\_\_\_\_

How many: \_\_\_ SAA \_\_\_ COSA \_\_\_ guest \_\_\_ other

Home meeting \_\_\_\_\_

E-mail \_\_\_\_\_

Phone \_\_\_\_\_

Please confirm my registration using:  email  phone

Days attending:\*\*\*  Th  Fri  Sat  Sun

Special needs\*\*\*\* (attach description):

Dietary  Medical/Mobility  Other

Total amount enclosed \$ \_\_\_\_\_

\* If posted by Aug 1, see Lodging Lottery on next panel.

\*\* Age 18 and older only. Confirmation will be sent.

\*\*\* All packages include use of camp facilities and workshops.

\*\*\*\* Please let us know of any special needs by August 1st.



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on  
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### Come to:

- Deepen your recovery
- Build relationships
- Meditate
- Drum around the bonfire
- Play outdoor games
- Canoe, nature walk and swim
- Enjoy great food
- Relax in a tranquil setting overlooking Puget Sound
- Provide service by helping with meals and other camp support

### What to bring:

- Potluck item (if arriving Thursday night)
- Bedding/Sleeping bag
- Towels/Soap
- Flashlight: **must have flashlight & batteries**
- Musical instruments
- Props for Talent Show
- Pens and paper

### Lodging options:

- Separate lodges for men and women (Limited couples accommodations available)
- Many permanent tents set up with beds and mattresses
- Parking spaces for campers
- Camping areas for tents
- **Lottery:** Registrations posted by Aug. 1 drawn for use of cabin to share with 1-2 friends

*This retreat exists as a volunteer effort. Please contribute your time and effort with planning, meal preparation, and cleaning along with your Experience, Strength and Hope.*

## Retreat Schedule

### Thursday, August 22th

- Check-in after 4pm (no early check-in)
- Potluck dinner
- Games and Fun

### Friday to Sunday, August 23th-25th

- Talent Show (Friday eve.)
- Keynote Speaker
- Candle Lighting Ceremony (Saturday eve.)
- Arts & Crafts
- Indoor and Outdoor Games
- Drumming Circle and Bonfire
- Meditations/Spiritual Readings
- Workshops (COSA, SAA, joint)
- Views of Mt. Rainier and Puget Sound
- Meetings (open, closed, joint)
- All meals included (see pricing packages)
- Couples Workshop/Meeting
- Closing (Sunday morning)

If you would like to host a workshop or meeting, please use the online form on [soundretreat.org](http://soundretreat.org) on the right margin. Or, you may send in your request to the Program Committee via the address below. The Program Committee must receive workshop registration forms no later than August 1st.

## Further Information

**Website:** [soundretreat.org](http://soundretreat.org)

**E-mail:** [serenity.on.the.sound@gmail.com](mailto:serenity.on.the.sound@gmail.com)

**Phone:** (leave message for retreat committee)  
PSRC Help Line: 425-272-5740

**Mail:**  
PSRC (Puget Sound Retreat Committee)  
PO Box 2712 • Issaquah, WA 98027