

35th Annual
Puget Sound Retreat



Serenity
on
the Sound

Healing Through Grace and Community

2024 Schedule & Program

The Puget Sound Retreat Committee cordially welcomes you to the beautiful and tranquil Gwinwood Retreat Center in Washington State for the 35th Annual Puget Sound Retreat "Serenity on the Sound". This retreat is open to all S-recovery fellowships, and adult family and friends in recovery.

*This retreat is a 100% Volunteer effort!
Please be considerate and involved...and pitch in!*

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

SAA & COSA

General Information

Meetings: SAA and COSA meetings are scheduled throughout the retreat, including women's-only & LGBTQ+.

Meeting/Workshop terms: Check workshop and meeting listings to see if they are open or closed. Meetings and workshops are open unless noted otherwise. "**Closed**" means only for members of that program, gender or group listed. Although most workshop titles are self-explanatory, there is a supplemental "Workshop Descriptions" section below, after the schedule.

Note: *Participation in meetings and workshops is optional. If you feel uncomfortable for any reason with what another is sharing, it's okay to leave the meeting or workshop and return when you feel comfortable.*

Outer Circle Show & Tell: Performers, please sign up at the beginning of the show. All are welcome and encouraged. Everyone gets applause!

Candle Lighting Ceremony: Retreat Tradition

During our ceremony we will reflect on growth, losses and future visions.

Clean-up: Check out time is 12:00 Noon on Sunday. We would pay a cleaning fee for every building we don't clean. Please clean sleeping and living spaces, bathrooms, and any facilities that are used, and help with common spaces. This includes all bathrooms, meeting rooms, activity area, and all outside paths.

Tips & Ground Rules: See the Tips and Ground Rules document (in another pdf file) for useful information about the retreat.

Site Map: There's a site map of the grounds in the "Tips and Ground Rules" document.

COVID 19: Please practice current COVID prevention measures such as pre-retreat testing and masking where desired or necessary to minimize the risk to others. See “Tips and Ground Rules” for more information.

Anytime Activities

Quiet Time: Don't feel obligated to be running from one activity to the next. We invite you to take time in solitude or community to reflect on your retreat experience.

Canoeing is available at the beach free of charge. It's OK to bring and use your own kayak(s) and personal flotation device/vest.





Swimming: For safety reasons, please only swim with other people in sight. There is no lifeguard on duty.

Volleyball, Frisbee, Board Games & More: Pick up a game any time!






Nature Walks: There are many acres of beautiful and tranquil walks in the area.

Service Opportunities: Volunteer opportunities will be offered, so keep an eye out for those. This is a great informal way to get to know others. Please help with camp clean up Sunday morning.














Schedule

Legend:		Meeting
		Workshop (See workshop descriptions after schedule)
		Activity, Open to all
		Speaker, Open to all

Thursday – August 22nd (Time, Type, Name, Location, Leader)

1:30-3p		Registration & Check-in, Name Tags and Mailboxes Westwood (<i>Mac & Shannon T</i>)
3:00-4:45p		Free time, Explore, Recreation. Handouts Provided
5-5:45p		Ice Breaker- Getting to know your fellow Retreat Attendees
6-7p		Dinner, Westwood Dining Hall
7:30-8:30p		Tag Meeting, Westwood (<i>Leader TBD</i>)
8:45-10:30p		Fellowship/Music-Karaoke/Recovery Bingo/Games
11p		Quiet Time Starts - Camp requested noise limit

Friday – August 23rd (Time, Type, Name, Location, Leader)

7-7:45a		Mixed SAA Meeting (C), Cabin A (<i>Leader TBD</i>)
7-7:45a		Women Only SAA Meeting (C), Cabin C (<i>Leader TBD</i>)
7-7:45a		COSA Meeting (C), Cabin D (<i>Leader TBD</i>)
7-7:45a		LGBTQ+ SAA Meeting (C), Cabin E (<i>Leader Mac</i>)
8-9a		Breakfast, Westwood Dining Hall
9:15-10:30a		Healing the Addicted Brain Westwood (<i>Brian P</i>)
9:15-12p		Back to the Basics-(Steps 1-8), Cabin A (<i>Dan B & Doug B</i>)
9:15-10:30a		Open Slot
10:45-11:45a		Tools for Recovery, Cabin B (<i>Dale E</i>)
10:45-11:45a		Quiet Meditation Room, Cabin C
10:45-11:45a		Crafty Distractions Westwood (<i>Cheryl E</i>)
12-1p		Lunch
1:15-2:45p		Folk Dance for Everyone, Westwood (<i>Tom B</i>)
1:15-2:45p		God NOT of my Understanding, Cabin B (<i>Nick H</i>)
1:15-2:45p		Quiet Meditation Room, Cabin C

3-4p	Ⓜ	Back to the Basics (Steps 9-12), Cabin A (<i>Dan B & Doug B</i>)
4:15-5:30p	Ⓜ	Free Time – Drumming, Frisbee, Games, Time at Water
5:45-6:45p		Dinner
7:15-8:45p	Ⓜ	Outer Circle Show and Tell, Westwood (<i>Doug B</i>)
9:00-10p	Ⓜ	Big Group Meeting, Cabin Area Fire Pit (<i>Leader TBD</i>)
11p		Quiet Time Starts - Camp requested noise limit

Saturday – August 24th (Time, Type, Name, Location, Leader)

7-7:45a	Ⓜ	Mixed SAA Meeting (C), Cabin A (<i>Leader TBD</i>)
7-7:45a	Ⓜ	Women Only SAA Meeting (C), Cabin C (<i>Leader TBD</i>)
7-7:45a	Ⓜ	COSA Meeting (C), Cabin D (<i>Leader TBD</i>)
7-7:45a	Ⓜ	LGBTQ+ SAA Meeting (C), Cabin E (<i>Mac or Ben B</i>)
8-9a		Breakfast, Westwood Dining Hall
9:00-10:30a	Ⓜ	Healing the Addicted Brain, Westwood (<i>Brian P</i>)
9:00-10:30a	Ⓜ	The Importance of service in SAA (C), Cabin A (<i>Dan B</i>)
9:00-10:30a	Ⓜ	Quiet Meditation Room, Cabin C
10:45-11:45a	Ⓜ	Inventory – A Tool for Living Sober, Cabin B (<i>Tom B</i>)
10:45-11:45a	Ⓜ	Guided Meditation, Cabin C (<i>Melissa K</i>)
10:45-11:45a	Ⓜ	Crafty Distractions, Westwood (<i>Cheryl E</i>)
12-1p		Lunch
1:15-2:45p	Ⓜ	COSA Big Book – Yes Finally (C), Westwood (<i>Shannon T</i>)
1:15-2:45p	Ⓜ	Sponsorship, Cabin B (<i>Doug B</i>)
1:15-2:45p	Ⓜ	Outdoor Activity –ping pong or VB or Labyrinth Cabin C
1:15-2:45p	Ⓜ	Area 44 and 45 Assembly Meeting, Cabin E (<i>Dan B</i>)
3-4p	Ⓜ	Drumming Workshop, Location TBD (<i>Leader TBD</i>)
4:15-5:15p	Ⓜ	COSA Speaker, Westwood (<i>Larissa</i>)
5:45-6:45p		Dinner
7-8p	Ⓜ	SAA Speaker, Westwood (<i>Eben</i>)
8-10p	Ⓜ	Candle Lighting Ceremony, Westwood (<i>Ben & Amy</i>)
9-10:30p	Ⓜ	Fellowship, Drumming, Beach or Fire Pit Area
11p	Ⓜ	Quiet Time Starts – Camp Requested Noise Limit

Sunday – August 25th (Time, Type, Name, Location, Leader)

8-9a		Breakfast – Westwood Dining Hall
9:15-10:15a	Ⓜ	Big Group Meeting & Re-Entry, Westwood (<i>Leader TBD</i>)
10:15-10:45a	Ⓜ	Camp Cleanup All Buildings and Outside Locations
10:45-11:45a	Ⓜ	Closing Gratitude Circle, Cabin Area Fire Pit
12 Noon		All retreat attendees must be off the property Meet for Lunch at Restaurant (<i>Sign up at breakfast</i>)

Workshop Descriptions

Thursday August 22

Ice Breaker – Leader TBD

Getting to know your fellow retreat attendees with a simple activity, questions will be provided

5:00-5:45@Westwood Meeting Room

Tag Meeting – Leader TBD

A time to share with others in a group meeting on what brought you to the retreat and one thing you are really looking forward to.

7:30 8:30 @ Westwood Meeting Room

Karaoke, Recovery Bingo, Games and Fellowship – Shannon T

8:45- 10:30 @ Westwood Meeting Room

Friday, August 23

Back to the Basics #1-(Steps 1 through 8) – Dan B and Doug B

How to take the Twelve Steps “quickly and often” in 4 one-hour sessions, using the AA Big Book. There will also be practical hands-on exercises doing each step. Work on SAA, COSA or any other unmanageable behaviors.

9:15-12p @ Cabin A Meeting Room

Tools For Recovery – Dale E

There are many recovery tools, some of which may not be familiar to all, join us in this interactive workshop where we will be sharing tools that attendees have developed on their own or in working with a sponsor or sponsee.

10:45 11:45a @ Cabin B Meeting Room

Folk Dance for Everyone – Tom B

Enjoy simple group dances - no previous experience needed! These delightful and entirely wholesome dances help us connect with our joy, with our bodies, and with our community as we practice social skills, teamwork, and appropriate physical touch.

1:15-2:45p @ Westwood Meeting Hall

Back to the Basics (Steps 9-12) – Dan B and Doug B

Expected that you have attended the morning session of Steps 1-8.

After working on Step 9 during the break, come together to take the last steps and to experience working all 12 steps.

3:00- 4:00p @ Cabin A Meeting Room

Saturday, August 24th

Healing the Addicted Brain – Brian P

A description of the different parts of the brain, how they communicate, and what goes wrong in the addict’s brain that creates addiction. And what the addict can do to help I heal. The workshop addresses codependency as an addiction and is well suited for all. Information based on therapy and studies done by P. Carnes & P. Melody.

9:15-10:30a @ Westwood Meeting Hall

The Importance of service in SAA (C) – Dan B

Service is the backbone of the SAA fellowship. An informative interactive conversation on the many service opportunities within SAA. Emphasis on meetings and intergroups, GSR’s, Area, Conference Delegates, and ISO Committees.

9:15-10:30a @ Cabin A Meeting Room

Inventory – a Tool for Living Sober – Tom B

We will explore the uses and structures of this practical tool for dealing with life on Life’s terms.

10:45 11:45a @ Cabin B meeting Room

Crafty Distractions – Cheryl E

Sometimes, our brain needs a break from all our hard work with recovery and life. Come join in Crafty Distractions, to search for a more creative side to yourself. Ideas provided to get you started or just have fun trying. Learn to trust your creative self and try something new.

All supplies will be provided.

10:45 11:45a @ Westwood Hall

Guided Meditation – Melissa K

Whether you are interested in managing stress or in exploring the spiritual side of meditation, you will feel welcome. We will explore a few different meditation techniques then open sharing of members own daily meditation practices.

10:45-11:45a @ Cabin C Meeting Room

Sponsorship – Doug B

Working the Circles with a sponsee. Breaking down the Serenity Prayer as a guided meditation. The relationship between a sponsor and sponsee. Building with the 12 Steps and 12 Traditions

1:15-2:45 @ Cabin B Meeting Room

COSA Big Book – Yes Finally (C) – Shannon T

Opportunity to review and discover all that the new COSA big book has to offer and share and learn how to use it in your meetings and own recovery. Bring your copy if you have one. Book is Available on Amazon

1:15-2:45 @ Westwood Meeting Room

Open – Drumming Workshop? – TBD

Learn to drum, share our experience and have some fun.

3-4p @ Location TBD

Candle Lighting Ceremony – Amy P and Ben B

This ceremony is a Puget Sound Retreat tradition. It focuses on spiritual recognition of self and others, and invites all to consider Experience, Strength & Hope.

8-10p @ Westwood Dining Hall

Sunday, August 27

Big Group Meeting & Re-Entry - TBD

Retreats provide a unique, loving environment full of people we know and many that we come to know. However, the time comes to move back into the world we live in and that can often be fraught with danger to us as SAA and COSA members as well as family and friends. This meeting is an opportunity for us to share how we plan to prepare for re-entry as well as listen to the hope and strength of others going through the same experiences.

9:15-10:15a @ Westwood Meeting Hall

Closing Gratitude Circle – Outside – TBD

This activity will assist those attending in acknowledging the gifts of the retreat and the fellowship experienced, and preparing to re-enter the “real world. “

10:45-11:45a @ Cabin Area Fire Pit