

[NEI 12-Step S.L.A.A. Retreat Weekends – Frequently Asked Questions \(FAQs\)](#)

1) Can you give me some general information about the 12-step S.L.A.A. weekend?

We begin on Friday evening and end on Sunday around Noon. Our focus is to read and share on the 12 Steps of S.L.A.A. in a group format. It is very useful to anyone who has been through the steps or never experienced them at all. We have been running these weekends for 20 years and find them powerful and a great boost to recovery from sex and love addiction.

Attendees may be tentative about sharing starting on Friday night, especially if they are not familiar with the people in the room, but by Sunday the participants are quite comfortable with one another and the tentativeness has dissipated.

2) I have never been to an S.L.A.A. meeting. Is it appropriate for me to attend?

We have had other participants come to our weekend who have never been to an S.L.A.A. meeting in the past. Anyone interested in working on the 12 Steps of S.L.A.A. is welcome to attend. We only ask that people maintain their sobriety during the weekend to make it safe for all who attend. Sobriety is self-defined and if you need further information on this you can check out the [New England Intergroup](#) or [Fellowship Wide Services](#) websites for more details.

The weekend is an excellent opportunity to be introduced to S.L.A.A., its steps and other members in the recovery community of S.L.A.A. People who have attended the weekends have a wide range of recovery, sobriety and experience from 1 day to years.

3) What are the next steps if I decide I want to reserve a space at the weekend?

If you would like to attend, send your registration and check or money order to NEI's Post Office Box 1375, Brookline, MA 02446. A confirmation will be sent to you, which includes the directions, schedule, and list of items to bring with you. If time is short and you are registering close to the start date, we recommend scanning or taking a photo of your registration form and sending it to the Retreat Coordinator to hold your space. If you do not have access to a scanner you can answer the questions from the registration form in an email to the Retreat Coordinator.

4) Is scholarship assistance available?

Yes. Each weekend some scholarship assistance is available on a first-come, first-served basis. To request scholarship assistance, contact the Retreat Coordinator and let them know what you can afford to pay (if anything). Partial Scholarships: Once your scholarship is confirmed you will be required to send in your portion of the fee with your registration form. Mark the form "scholarship per Retreat Coordinator". Full Scholarships: Once your scholarship is confirmed you will be required to send a check for 50% of the fee with your registration form. Mark the form "scholarship per Retreat Coordinator". The check will be held until the retreat and returned to you when you arrive, to ensure your attendance, as your space will be paid for in advance.

5) Are there any 12-Step S.L.A.A. weekends that are just for women or just for men?

The weekends are open to both men and women. NEI tries to adhere to the 3rd Tradition that states that the only requirement for membership is a desire to stop acting out.

6) Can my spouse/partner attend the weekend or is it just for S.L.A.A. members?

The weekends are open to anyone who is interested in working the S.L.A.A. Steps. If your spouse/partner is willing to participate in the Step work and discussion, s/he is welcome to

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attend. He/she must participate in the weekend and cannot attend as a guest. We do this because we believe that everyone can benefit from our weekends and to keep it safe for everyone we require that everyone participate and stay sober from their bottom line behavior.

We have had couples on our weekends in the past. It is important that both are open and that everyone is aware of the situation. People just need to feel safe and be able to share their experience, strength and hope. We ask that participants keep the focus on their own recovery and that be the reason for their participation.

7) What type of sleeping arrangements are available?

Men and women do not share rooms, unless they are attending as a couple. We have a limited number of single rooms at our Vermont retreat site, and they are given out on a first come, first served basis. The other rooms are dorm style and accommodate 2, 3, 4, & 6 per room. Our Massachusetts retreat site can accommodate a large number of single rooms for participants. We try to put snorers, light sleepers, and friends together.

8) Is the retreat location wheelchair accessible?

Our Vermont retreat site is not wheelchair accessible, however, our Massachusetts retreat site does have an elevator.

9) Can I bring my pet to the weekend?

No pets are allowed on the weekend. At the Vermont retreat site, the host does have a dog in their private residence, but they do not come into the main meeting areas and sleeping rooms used during our weekend.

10) How do I know if I qualify for the program?

In terms of whether you are a sex and/or love addict, only you can decide. Going to meetings can help you understand how the program works and provide an opportunity to hear different stories. Although the stories you hear may differ from yours, we all ended up in the same place and have the common bond of feeling pain when we are engaged in obsessive/compulsive behavior.

11) Do I have to stay at the house/retreat site or can I stay at a hotel?

We request that participants stay at the retreat site the entire weekend as the community experience is part of the recovery aspect of the weekend. We have down time where people are talking and getting current, having meals and socializing one-on-one and as a group. This is important to the continuity of the group and overall retreat.

12) What do I need to bring on the weekend?

A complete list of things to bring with you will be included in your confirmation email/package. Some items include: A copy of the S.L.A.A. Basic Text. Typically some books are available for purchase at the weekend. The current cost is \$19.00. You may also purchase an ebook at S.L.A.A.'s [Fellowship Wide Services](#) online store. A notebook is needed for the Fourth Step writing activity. The Vermont retreat site is a no shoe household, so attendees might bring a pair of slippers to wear. Attendees will need to bring their own toiletries.

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13) Why are there so many ground rules?

Years of experience have helped NEI and its retreat co-leaders to develop a list of rules to help keep everyone safe for the weekend. A summary of the ground rules will be sent with your confirmation materials. The first night of the retreat as a group we review the ground rules to remind everyone about staying safe over the weekend.

FAQs Specific to 12-Step Weekends in Chester, Vermont

14) What does the fee include?

The cost includes 2 nights lodging and breakfast each morning. We have a potluck on Saturday evening. If there are leftovers from the potluck, it will take care of lunch on Sunday before you head off, as well.

15) Is there a discount if I will provide my own meals?

The only meals provided are breakfast. We do not discount the weekend as we try to accommodate people's needs for the two breakfasts that are served. Breakfast usually includes vegetarian and gluten free quiches, cereal, yogurt, fruit, granola, pancakes, and French toast. You can speak to our host about other options for breakfast that may be provided.

We ask all participants to contribute to the potluck on Saturday. We pass along a list on Friday night so people can see what is being made and what is still needed. It is a full kitchen and we encourage people to bring what they need to supplement meals. There are supermarkets nearby as well.