

S.L.A.A. 12 Step Weekend Retreat 2018—Chester, Vermont

March 23 – 25 * July 20 – 22 * September 28 – 30 * December 14 – 16, 2018

Please note that we hold retreats in Chester, VT & Attleboro, MA.

Anorexia focus and Massachusetts retreats have a separate registration form.

Step study is a key tool to recovery in the S.L.A.A. program. At the retreat weekend we do an intensive study of the 12 Steps--together.

If you have worked on the Steps in this type of format before, you already know its value. If you have not done any study of the Steps, intensive or otherwise, this is a great way to do it, especially the first time. Regardless of where we are in the Step study process, we are able to learn from sharing our experience, strength and hope with each other.

Location & Host: The retreat house is located in Chester, Vermont, approximately 3 hours from Boston. The retreat is a privately owned home that offers its space for recovery retreats. Although **NEI and S.L.A.A. members run the Step study itself**, our host does participate in some parts of the weekend. The only people invited to participate in this weekend are S.L.A.A. members or people who feel they can benefit from our program.

Price: \$200.00* **YOUR COST**
 -\$ 20.00 **DISCOUNT IF REGISTRATION/PAYMENT IS RECEIVED BY THE DEADLINES BELOW**
 \$180.00*

Includes: 2 nights lodging (see below for sleeping arrangements) & 2 breakfasts (all you can eat). There is a potluck dinner Saturday night (all you can eat)—weekend participants contribute.

(Additional nights lodging available--meals not included. Contact the host for availability & cost.)

For Reservations:

To reserve a space at one of our retreats, complete the registration form on the reverse side of this flyer and mail it to NEI at the above address. These weekends are only open to anyone who is an S.L.A.A. member or thinks they might benefit from the program. Non-participating guests are NOT allowed.

| 2018 Retreat Dates: | Discount Registration Deadline: |
|----------------------------|--|
| March 23-25 | February 23, 2018 |
| July 20-22 | June 22, 2018 |
| September 28-30 | August 31, 2018 |
| December 14-16 | November 16, 2018 |

Sign-ups will be on a first-come, first-served basis. Confirmations will be made upon receipt of your payment.

Cancellation Policy:

- To receive a FULL REFUND, NEI must know IN WRITING NO LATER THAN 4 weeks prior to the date for which you are registered to attend—that is the same date as the DISCOUNT REGISTRATION DEADLINE.
- Cancellations made less than 4 weeks prior to the date for which you are registered WILL BE REFUNDED IN FULL ONLY if your cancelled space is filled.
- NEI reserves the right to cancel any of these weekends if it does not receive at least 16 reservations by the respective registration dates. You will be refunded in full if this occurs.

Schedule: *(A complete schedule will be sent to you with your confirmation.)*

Friday 8:30 p.m. SHARP! Introduction--hellos, house rules, ground rules, temporary sponsor availability, chore & potluck sign-ups; Draw names of chairpersons and speakers for weekend meetings; Getting Current/Check-ins.

Saturday 9:15 a.m.-11:00 p.m. Meeting on Steps 1, 2 & 3; Meeting on Steps 4 & 5; Lunch; Meeting on Steps 6 & 7; Getting Current Mtg.; Potluck; Meeting on Steps 8 & 9; Group activity—Fun!

Sunday 9:30 a.m.-12:00 p.m. Meeting on Steps 10, 11 & 12; Closing.

Sleeping Arrangements:

22 people can be accommodated at the retreat house. Sleeping arrangements are as follows: 3 dorm-type rooms, 5 private rooms, and 2 semi-private rooms. There are no private bathrooms. **Private rooms are given on a first-come, first-served basis based on earliest registration date.**

Extra Support and Ground Rules:

We try to be aware of people's concerns, needs and issues. As a result, we have come up with a number of safeguards and ground rules to make the weekend safe and enjoyable to all who wish to participate. The ground rules list will be sent to all participants with their confirmation and handouts will be provided at the weekend.

The following guidelines/supports have been built into the weekend:

- ◆ There is no sobriety requirement to attend, but participants MUST STAY SOBER DURING THE WEEKEND. This ensures that everyone can attend in safety and work together to expand our recovery. People will be asked to leave if they do not abide by this rule.
- ◆ Getting current during the weekend. There are several opportunities to use this tool during the weekend: 1) opening evening everyone will have a chance to say who they are, where they are from, how they are feeling, where they are in the Step study process, and what they are expecting from the weekend; 2) Saturday evening after dinner which is before the 8th & 9th Steps--1 full day into the process; 3) One-on-one with weekend participants and temporary sponsors.
- ◆ Temporary sponsorship availability. This tool will help people to work through feelings and issues that may come up as a result of the work they are doing during the weekend. The process can be quite intense and exhausting, so the additional weekend sponsorship can be particularly helpful to those who are feeling in danger of acting out or just need to process feelings, etc.
- ◆ Social activity--fun. Many of us feel tired and overwhelmed by the marathon meetings. The group activity helps with the process during the weekend. It helps to enhance the experience and nurture our need to take care of ourselves by lightening up a bit. SUGGESTIONS ARE WELCOME!!
- ◆ Long lunch break on Saturday. The timing of the weekends lends to the wonderfulness of the area and time of year. There are lots of things to do and see in the area: including great little shops and Bill W.'s (co-founder of A.A.) birthplace. All can offer well-deserved distractions, if needed. Taking time out from the intensity of the weekend for relaxation, even a nap, can make us more refreshed and open to the miracles of the process.

If you have any questions, issues, or concerns, please email the Vermont Coordinator at vtweekend@slaanei.org or call NEI at 617/625-7961 and leave a message for the Vermont Coordinator. We hope you will be able to join us for this very special weekend!

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Registration Form NEI 12 STEP RETREAT

MAKE CHECKS PAYABLE TO: New England Intergroup, P. O. Box 1375, Brookline, MA 02446

Name: _____ Check One: [] I need a ride
Address: _____ [] I can give ___ people a ride
_____ Telephone # (____) _____

Do you have an email address in which we can send confirmation letter and directions? ___ Yes ___ No*

Email address: _____ (* If no, confirmation packet will be sent to US mail address you have listed above)

Name of person(s) with which you wish to room: _____

*(ALL roommates **MUST** register & be paid in full at the same time to guarantee sleeping arrangements.)*

I will only share a room with: **women** [] **men** [] **no one** [] I am (choose one): **female** [] **male** [] **transgender** []

[] **I am a snorer!** [] **I am a light sleeper!** (IT IS RECOMMENDED to bring earplugs.)

[This information is to help us set-up sleeping arrangements and still respect peoples' boundaries and needs. We will try to accommodate everyone with his or her sleeping needs, but we ask you to remember that this is a temporary sleeping situation. Please be willing to work together to meet each other's needs.]

PLEASE CIRCLE THE DATE(S) YOU ARE RESERVING: **March 23-25** * **July 20-22** * **Sept. 28-30** * **December 14-16**

IF POST-MARKED BY DISCOUNT REGISTRATION DEADLINE (see reverse side of sheet).....\$180.00* \$ _____

IF POST-MARKED AFTER DISCOUNT REGISTRATION DEADLINE... ..\$200.00* \$ _____

I am enclosing additional monies for the scholarship fund to help others attend..... \$ _____

Please include a \$5.00 bank processing fee if paying by check from a non-US Bank..... \$ _____

TOTAL ENCLOSED: \$ _____

Payment by (circle one): **cash** **check** **money order** **credit/debit card** (We will call you to get card information.)

Some scholarship assistance is available. Contact NEI for details!

Please add my name to the NEI mailing list for updates on activities & events.

USMail or **Email:** _____

(please print clearly)