



S.L.A.A. 12 Step Weekend Retreat 2019 with ANOREXIA FOCUS

September 13 – 15, 2019

What is Anorexia?

In the S.L.A.A. pamphlet called “ANOREXIA Sexual, Social, Emotional” published in 1992, anorexia is defined as the “compulsive avoidance of giving or receiving social, sexual, or emotional nourishment.” In S.L.A.A., anorexia can also be about not nourishing ourselves with love, affection, intimacy, friendship, and our own self-esteem. For many of us, it’s a kind of “stuckness” or inertia. A quick way to help figure out whether anorexia might be an issue for you is by answering the “50 Questions of Anorexia” printed in the pamphlet or posted online at www.slaafws.org.

(At this retreat we use ANOREXIA STEP MATERIALS developed by S.L.A.A. as much as is available)

Step study is a key tool to recovery in the S.L.A.A. program.

At the retreat weekend we read, discuss, and study the 12 Steps-together. If you have worked on the Steps in this type of format before, you already know its value. We will use the **Anorexia 1-2-3** and **Anorexia Recovery Tools** and **S.L.A.A. Basic Text** for this retreat. We will have copies available for sale at the retreat.

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: \$210.00 **YOUR COST**
~~-\$ 20.00*~~ **DISCOUNT (If registration is**
 \$190.00 **postmarked by 8/13/2019)**

Available for purchase from NEI, if needed:

Basic Text	\$19.00
Anorexia 1-2-3 booklet	\$ 4.00
Anorexia Recovery Tools	\$ 4.00

* Please include a \$5.00 bank processing fee if paying by check from a non-US Bank (\$195 early and \$215 later registration).

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 for the retreat, 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 think they might benefit from the program. Non-participating guests are NOT allowed.

Sign-ups will be on a first-paid, 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 sign-up, potluck update; Draw names of chairpersons and speakers for weekend meetings; getting current.
- **Saturday** 9:15 a.m.-11:00 p.m. Mtg on Steps 1, 2 & 3; Mtg on Steps 4 & 5; Lunch; Mtg 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. Mtg on Steps 10, 11 & 12; Closing.

