

## **S.L.A.A. 12 Step Weekend July 17 - 19, 2020—Chester, Vermont**

*New COVID-19 rules and protocols; held in Chester, VT; a gathering of no more than 10 participants*

**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 **S.L.A.A. Basic Text** AND **A Guide to the Steps: Companion to Chapter 4** 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.

**Price:** \$210.00 YOUR COST  
-\$ 20.00\* DISCOUNT ( June 19 DEADLINE)  
**\$190.00**

**Available for Purchase at the Retreat, if needed:**  
Basic Text \$19.00  
Guide to the Steps: Companion booklet \$ 4.00

**Includes:** 2 nights lodging (see below for sleeping arrangements) & 2 breakfasts (all you can eat).  
(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 and the Release From Liability Form on page 3 of this flyer and mail **BOTH** 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-come, first-served basis. Confirmations will be made upon receipt of your payment. You will be added to the wait list for attendance if we are at capacity. Openings can happen as late as Friday, July 17<sup>th</sup>.*

### **Cancellation Policy:**

- To receive a FULL REFUND, NEI must know IN WRITING NO LATER THAN June 19, 2020.
- Cancellations made after June 19, 2020 will BE REFUNDED IN FULL ONLY if your cancelled space is filled.
- NEI reserves the right to cancel the weekend if it does not receive at least 10 reservations prior to the start of the retreat or if the State of Vermont issues emergency orders preventing the retreat. You will be refunded in full if this occurs.
- Participants cannot attend the retreat if they are sick. If on the day of the retreat you are sick, contact the retreat coordinators and let them know you will not be able to attend, and you will be refunded in full. A doctor's note may be required.
- Upon arrival, participant temperatures will be taken. If the temperature is 100.4 or higher, the participant will be asked to leave with no refund.

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

<b>Friday</b>	8:30 p.m. SHARP!	Introduction--hellos, house rules, ground rules, temporary sponsor availability, chore sign-ups; Draw names of chairpersons and speakers for weekend meetings; Getting Current/Check-ins.
<b>Saturday</b>	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.; Dinner; Meeting on Steps 8 & 9; Group activity—Fun!
<b>Sunday</b>	9:30 a.m.-12:00 p.m.	Meeting on Steps 10, 11 & 12; Closing.

### **Sleeping Arrangements:**

10 people can be accommodated at the retreat house at this time. Sleeping arrangements are as follows: 2 semi-private rooms with only 2 participants each, 6 private rooms. Three shared 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:***

- ◆ Temperatures will be taken when you arrive. If the temperature is 100.4 or higher, you will be asked to leave with no refund.
- ◆ Sanitizing Protocols. Upon arrival, participants will be asked to sanitize hands; wipes will be provided at the door. Bathrooms and kitchen will have cleaning supplies. We ask all participants to wash hands and common contact surfaces frequently during the weekend. Be conscious and aware of others.
- ◆ Masks must be worn in all common areas, except when eating, understanding that a full 6 feet is not possible at all times.
- ◆ 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 with no refund 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 because 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.
- ◆ Meals: In order to maintain social distancing, meals will be in shifts and only one person at a time will be permitted in the kitchen space. Lunch and Dinner will be by take-out order at participant expense, or participants may bring their own meals.
- ◆ Social activity--fun. Many of us feel tired and overwhelmed by the marathon meetings. The group activity helps with the process during the weekend. We find it enhances the experience & nurturing our need to take care of ourselves by lightening up a bit. SUGGESTIONS ARE WELCOME!!
- ◆ Long break on Saturday. The timing of the weekends lends to the wonderfulness of the area and time of year. 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. For quarantine purposes, we suggest you stay close to the retreat house during the break and enjoy sitting in the yard or deck or a walk in the neighborhood.

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

**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 # (\_\_\_\_) \_\_\_\_\_

Email address for confirmation and directions: \_\_\_\_\_

(\* If none is provided, the confirmation packet will be sent to US mail address you have listed above.)

Name of person(s) with whom 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** [ ] (*Single sleeping rooms are first come first basis.*)

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.]

**IF POST-MARKED BY June 19, 2020.....\$190.00\*... \$ \_\_\_\_\_**

**IF POST-MARKED AFTER June 19, 2020... ..\$210.00\*... \$ \_\_\_\_\_**

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

**Please provide a copy of**

*A Guide to the Steps: Companion to Chapter Four of the Basic Text.....\$4.00..... \$ \_\_\_\_\_*

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

Payment by (circle one): **TOTAL ENCLOSED:** \$ \_\_\_\_\_

**cash check money order credit/debit card** (*We will call you to get card information.*)

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**ALL PARTICIPANTS NEED TO SIGN THE "RELEASE FROM LIABILITY"  
FORM PRIOR TO THE RETREAT IN ORDER TO ATTEND.**

*If you need help signing/returning the Release, we can arrange to get your signature via DocuSign.*

**Release From Liability Form:** The undersigned agrees and does hereby release from all liability and hold harmless Nikki Geannelis, her heir apparent, the retreat facilitator(s), or anyone representing the retreat and New England Intergroup (NEI). This liability release is for any and all liability should one contract Covid-19 or for personal injuries including death and property losses or damage in connection with any activity or accommodation at the retreat facility at 38 VT RT 11 W, Chester, VT.

The undersigned does hereby further agree to abide by all the rules and regulations that are presented at the retreat. In signing this release, I acknowledge that I have read and fully understand this liability waiver form. Thus, I will not hold anyone responsible for any injury or illness that may occur while I am on the premises of 38 VT RT 11 W, Chester, VT, for any reason.

I take full responsibility for myself while at said location. I understand the current pandemic is unpredictable and contagious individuals may not be symptomatic or have a temperature. I am fully aware of all of the risks that are involved in attending this event and I willfully and knowingly accept full responsibility for any and all of those risks, and further release any other parties responsible for the event from any liability.

Print Name & Signature: \_\_\_\_\_ Dated: \_\_\_\_\_