

## RETREAT PRICE

Registration deadline is  
5/22/2026

**\$280 YOUR COST**

Early registration if payment  
is received by 5/1/2026

**\$ -20 DISCOUNT**  
**\$260 COST**

Includes: *2 nights lodging with towels, blankets, linens & 5 meals—3 on Saturday & 2 on Sunday.*

**Some scholarship assistance is available. Contact NEI for details.** We hope you will be able to join us for this very special weekend!

### Cancellation Policy:

- To receive a FULL REFUND, NEI must know IN WRITING NO LATER THAN Friday, May 22, 2026.
- Cancellations made between May 23 through June 12 will BE REFUNDED IN FULL ONLY if your cancelled space is filled. NEI pays Glastonbury Abbey in full for the number of participants prior to our arrival.
- NEI reserves the right to cancel the weekend if it does not receive the required number of reservations prior to the start of the retreat or if the State of Massachusetts issues emergency orders preventing the retreat.
- Participants are asked not to 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 due to illness. If there is a waitlist and we can replace you we will refund you.

NEW ENGLAND INTERGROUP (NEI), P. O. Box 1375, Brookline, MA 02446

NEI Web Site: [www.slaanei.org](http://www.slaanei.org) Telephone: (617) 625-7961

Email: [12stepretreat@slaanei.org](mailto:12stepretreat@slaanei.org)

## S.L.A.A. Weekend Retreat – June 12-14, 2026



### Drop the Rock!

**The Freedom We Find in Letting Go  
of Our Character Defects Through Steps 6, 7 & 10**

Cost: \$280 or with early registration \$260 (see deadlines)

In this retreat, our focus will be on the profound impact of Steps 6 and 7 in guiding us towards genuine freedom. We invite you to join us for an immersive exploration of these often-hurried steps.

During this retreat, we will delve into the insights provided by the second edition of *Drop The Rock* book, authored by Bill P., Todd W., and Sara S., along with SLAA materials. Our goal is to facilitate a deep understanding of the transformative power through these steps, fostering personal growth and the liberation from character defects.

This recovery retreat provides a supportive environment for reflection, learning, and connection. Join us for this deep dive into self-discovery and healing as we work together to navigate the path to true freedom.

### **What is the Drop the Rock concept?**

- The concept of "dropping the rock" is a metaphor for releasing resentments, destructive patterns, and character defects.
- It's a core part of Twelve Step recovery.
- It relates to Steps 6 and 7, which focus on asking a higher power for help.

### **Why is "dropping the rock" important?**

- It can lead to lasting change and authentic recovery.
- It can create a "ripple effect" of healing and positivity on others.
- It can help people move forward unburdened by their past.

### **Participants will:**

- Discuss the story of "Drop the Rock".
- Share their own experiences with "dropping the rock".
- Explore the principles behind Steps 6 and 7 and how Step 10 complements our maintenance of recovery.
- Learn how to apply these principles to our own lives.

The process of identifying these tendencies and stopping the behaviors will not only help those in recovery but will lead us to true happiness and usefulness to others.

### **Additional Notes:**

1. In addition to SLAA Step materials, we will be using some non-Conference approved materials, e.g. *Drop the Rock* book. To review the free pdf download go to [Hazelden – Drop the Rock book pdf download](#) . **You will need this for the weekend.**
2. To hear the inspiration for the concept of Drop the Rock and the book, go to YouTube: [Sandy Beach – Drop the Rock – AA Speaker](#) .

*(Continue on reverse side)*

### **Important information regarding attendance/participation:**

- This is an SLAA retreat sponsored by NEI.
- Participants this weekend are recovering SLAA members.
- Non-participating guests are NOT allowed.
- This retreat is not suitable for anyone in acute withdrawal or initial stages of recovery. This retreat serves those seeking ongoing motivation for sobriety maintenance through continued Step Work.

### **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 several safeguards and ground rules to make the weekend safe and enjoyable for 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.

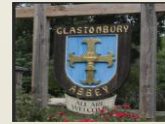
### ***The following guidelines/supports have been built into the weekend:***

- ◆ **Self-defined sobriety must be kept throughout the weekend.** Although there is no sobriety requirement for attending this weekend, we are asking all participants to stay sober during the event to make the retreat safe for everyone. If you do act out during the weekend, we will ask you to leave.
- ◆ **Getting current during the weekend.** There will be opportunities to use this tool during the weekend as part of the schedule or one-on-one with a temporary sponsor or another fellow.
- ◆ **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.
- ◆ **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!!
- ◆ **Extra breaks on Saturday.** The timing of the weekend lends to the wonderfulness of the area and time of year. Taking time out for relaxation with a nap or a walk on the beach 5 minutes away, can make us more refreshed and open to the miracles of the process.

*(Registration form attached.)*

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### **About the Retreat location**



#### **Glastonbury Abbey**

16 Hull Street, Hingham,  
Massachusetts 02043

*(45 minutes from Boston/  
1 hour from Providence)*

Our Lady of Glastonbury Abbey was founded in 1954 and is run by Benedictine monks. The Abbey is situated on 60 acres with woods and spacious lawns. The Abbey has many benches, a fountain, and a labyrinth. All guests are welcome to join the monks at prayer times.

The weekend takes place at Stonecrest retreat house, which is a separate building across from the main entrance to the Abbey. It has heat, air conditioning, a dining room, library, back patio, a refrigerator and microwave and ample parking.

There is a no smoking policy at the monastery.

The retreat center has some handicapped accessibility with an accessible ramp from outside to 1<sup>st</sup> floor where the meeting sessions happen.

**NEI & S.L.A.A. are not affiliated with the Center.**

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**Registration Form NEI 12 STEP RETREAT at Glastonbury Abbey, Hingham, MA**  
Fastest way to register is through [slaanei.org](http://slaanei.org) website or email: [12StepRetreat@slaanei.org](mailto:12StepRetreat@slaanei.org)  
Mailing address: 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 & directions (please print clearly): \_\_\_\_\_  
(\* If none is provided, the confirmation packet will be sent to US mail address you have listed above, if there is time)

Single rooms are on a first come, first served basis. Please let us know if you prefer a single room and/or who you wish to share a room. (ALL roommates MUST register & be paid in full at the same time to guarantee sleeping arrangements.)

Name of person(s) with whom you wish to share your room/location: \_\_\_\_\_

Choose all that apply: female  male  transgender  nonbinary  Other \_\_\_\_\_  
[This information is to help us set-up sleeping arrangements and still respect peoples' boundaries and needs. Please be willing to work together.]

**Please add my name to the NEI mailing list for updates on activities & events.**  
 USMail or  Email: \_\_\_\_\_

*Glastonbury Abbey is not able to accommodate dietary restrictions other than for vegetarians. They are not a nut-free facility. There is a refrigerator & microwave on site for you to bring your own food if your dietary needs cannot be met. There is no stove or oven to use.*

To help us plan, check all that apply: I am a vegetarian  Yes  No I have food allergies  Yes  No

**COST: IF RECEIVED BY May 1, 2026 \$260 / IF RECEIVED AFTER May 2, 2026 \$280**

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

**Please provide a copy of:**

S.L.A.A. Basic Text .....\$19.50 ..... x \_\_\_\_\_ \$ \_\_\_\_\_  
The Twelve Steps of S.L.A.A. in Plain Language Booklet .....\$4.50 ..... x \_\_\_\_\_ \$ \_\_\_\_\_

Payment by (please circle below): TOTAL ENCLOSED: \$ \_\_\_\_\_

Venmo  NEI Website  Check payable to "NEI"  Money order  Cash



<https://slaanei.org/donations> (please mark the donation "June 2026 Retreat")

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**ALL PARTICIPANTS MUST SIGN THE "Release From Liability Form" BELOW  
PRIOR TO ATTENDANCE AT THE RETREAT**

*If you need help signing/returning the final release form, please let us know.*

**Release From Liability Form:** The undersigned agrees and does hereby release from all liability and hold harmless New England Intergroup, the 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 for personal injuries including death and property losses or damage in connection with any activity or accommodation at the retreat facility at *Glastonbury Abbey, 16 Hull Street., Hingham, MA 02043*

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.

In signing this release, I take full responsibility for myself while at said location. 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 parties responsible for the event from any liability.

Printed Name: \_\_\_\_\_

Signature: \_\_\_\_\_ Date: \_\_\_\_\_