

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

September 7-9, 2018

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 will be using the ANOREXIA STEP MATERIALS being developed by S.L.A.A.)

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 space is run by a recovering addict. Although **NEI and S.L.A.A. members run the Step study itself**, our host does participate in some parts of the weekend as a recovering addict. 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.

Your Cost:

DISCOUNT IF registration/payment is post-marked by 8/17/2018*:

Price: \$212.00*
- 20.00
\$192.00*

** Please include a \$5.00 bank processing fee if paying by check from a non-US Bank (\$197 early and \$217 later registration).*

Includes:

- 1 Step materials packet—Anorexia 1-2-3, Draft Anorexia 4-5-6-7; Draft Anorexia Recovery Tools (Steps 8-12) *(Additional cost of \$12.00 has been added into the price of the weekend (compared to other 12-Step retreat weekends) for purchasing & copying materials to be provided at the weekend.)*
- 2 nights lodging *(see below for sleeping arrangements).*
- 2 breakfasts *(all you can eat).* There is a potluck dinner Saturday night--weekend participants contribute.

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. This weekend is 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.

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 of the retreat—that is the same date as the DISCOUNT REGISTRATION DEADLINE.
- Cancellations made less than 4 weeks prior to the weekend 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 16 reservations by the early registration date. 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. 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:

21 people can be accommodated at the retreat house. Sleeping arrangements are as follows: 3 dorm-type rooms, 6 private rooms, and 1 semiprivate room. There are no private bathrooms. **Private rooms are given on a first-paid, first-served basis based on earliest registration date.**

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Extra Support and Ground Rules:

We try to be aware of people's concerns, needs, and issues. The ground rules will be handed out at the beginning of the retreat.

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.
- ◆ 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!!**
- ◆ Longer lunch on Saturday and more break time. 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 Retreat Coordinator at 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!

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Registration Form NEI 12 STEP RETREAT—ANOREXIA FOCUS: 09/07/18 -09/09/2018
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
 Email address: _____ Telephone # (____) _____

(If no email is provided, a confirmation packet will be sent to the 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 (circle one) **women men no one/single**

[] **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/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 **08/17/2018**:.....\$192.00* \$ _____

IF POST-MARKED **08/18/2018 or later**:\$212.00*\$ _____

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. Arrangements made in consultation with the Weekend Coordinators.

Contact NEI Retreat Coordinator for details!

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

Circle One: USMail or Email: _____

(please print clearly)