


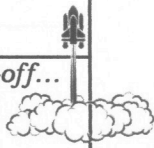

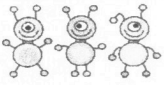

FALL MOUNTAIN RETREAT, Sept 20-22, 2019

This Year's Theme:


BOLDLY GO WHERE YOU'VE NEVER BEEN BEFORE

Discovery and Recovery

FRIDAY

4:00PM	Registration and Cabin		<p>10 9 8 7 6 5 6 4 3 2 1 We have lift-off... Welcome to Camp! ACA Meeting Led by <u>Paulette C.</u> 5:00-6:30 Coffee House</p>		See our Masseuses to sign up for a massage.
4:30	Assignment				
5:00	4:00 - 10:00 p.m.	<p>Mini Workshop: Newbie Basics With <u>Susan B.</u> 7:15 - 7:45 p.m. Homet Lodge Deck</p>	<p>ACA Meeting Led by <u>MaryEllen C.</u> 7:30 - 9:00 p.m. Coffee House</p>		Hot Tub is open 'til midnight.
5:30	and Dinner				
6:00	(Cold Buffet)	<p>Getting to Know You Games With <u>Lars G.</u> 8:00 - 9:15 p.m. Homet Lodge</p>	<p>ACA Meeting with an Alcoholic / Addict Focus Led by <u>Lisa H.</u> 9:30 - 11:00 p.m. Coffee House</p>		Hot Tub is open 'til midnight.
6:30	6:30 - 8:30 p.m.				
7:00	Homot Lodge	<p>S'mores & More (Drumming, Singing, etc.) Led by <u>Lyssa W.</u> 9:30 p.m. - midnight Homot Lodge by the fireplace</p>	<p>Crafts - Warm Fuzzies - Decorate Name Badges Games... whatever 9:30 p.m. - whenever Homot Lodge</p>		Hot Tub is open 'til midnight.
7:30	Late Registration				
8:00	10:00 - 12:00 p.m.	<p>Workshop: Beyond Survival, Practicing Self Love With <u>Barbara F. & Onella S.</u> 9:45 - 11:10 a.m. Coffee House</p>	<p>Workshop: Facing Fear With <u>Nancy M.</u> 11:20 a.m. - 12:45 p.m. Homot Lodge</p>	<p>Archery 11:15 a.m. - 12:45 p.m. Archery Platform</p>	For Massages see Masseuse (or sign-up sheet) for available times
8:30	Homot Lodge				
9:00	11:00 - 12:00 p.m.	<p>Workshop: A Loving, Blameless 4th Step With <u>Norm L.</u> 2:15 - 3:45 p.m. Homot Lodge</p>	<p>Workshop: Repeating Old Pain With <u>Madeline & Denise</u> 4:00 - 5:30 p.m. Homot Lodge</p>	<p>"Milky Way" Pool Open 1:45-3:45 p.m.</p>	Hiking with "Moon Hiker Jim"
9:30	Homot Lodge				
10:00	11:15 p.m. - ?	<p>Workshop: "Lost in Space" - Disassociation With <u>Jill G.</u> 2:15 - 3:45 p.m. Coffee House</p>	<p>Tai Chi Chih Led by <u>Barbara F.</u> 4 - 4:45 p.m.</p>	<p>Archery 4 - 5:30 p.m. Archery Platform</p>	Meet on Lodge Deck at 2:15
10:30	Nite-Owl ACA Meeting Led by <u>Scottie M.</u>				
11:00	11:15 p.m. - ?	<p>ACA Meeting with an Insect Survivor focus Led by <u>Gwen Y.</u> 4:00 - 5:30 p.m. Coffee House</p>	Continued on other side	↓	RETREAT SCHEDULE
11:30	Coffee House				
Midnight					
12:30AM					

SATURDAY Morning & Afternoon

7:00AM	Men's 12-Step Meeting Led by <u>Bryan H.</u> 7:00 - 8:30 a.m. Library		Women's 12-Step Meeting Led by <u>Ellen T.</u> 7:00 - 8:30 a.m. Coffee House	Yoga led by <u>Bo S.</u> 6:00 - 6:45 a.m. Coffee House	For Massages see Masseuse (or sign-up sheet) for available times
7:30					
8:00	Breakfast 8:30 - 9:30 a.m. Homot Lodge				
8:30					For Massages see Masseuse (or sign-up sheet) for available times
9:00					
9:30					For Massages see Masseuse (or sign-up sheet) for available times
10:00					
10:30					For Massages see Masseuse (or sign-up sheet) for available times
11:00					
11:30					For Massages see Masseuse (or sign-up sheet) for available times
Noon					
12:30PM					For Massages see Masseuse (or sign-up sheet) for available times
1:00					
1:30					For Massages see Masseuse (or sign-up sheet) for available times
2:00					
2:30					For Massages see Masseuse (or sign-up sheet) for available times
3:00					
3:30					For Massages see Masseuse (or sign-up sheet) for available times
4:00					
4:30					For Massages see Masseuse (or sign-up sheet) for available times
5:00					

Continued on other side






RETREAT SCHEDULE

FALL MOUNTAIN RETREAT, Sept 20-22, 2019



Continued from other side

SATURDAY Evening

5:30			
6:00PM	Dinner 5:45 - 6:45 p.m. <i>Homet Lodge</i>		
6:30			
7:00	<i>Volunteers needed to help set up stage for the "Talent - No-Talent" Show!</i>		Nuthin' going on here - everyone's at the "Talent-No-Talent Show"
7:30	The Best Show this side of the Galaxy...		
8:00	The Famous F.M.R. "Talent/No-Talent Show"!		
8:30	With MC: <u>Mr. Bill W.!</u> 7:15 - 8:45 p.m. <i>Homet Lodge</i>		
	<i>Volunteers needed to take down stage and set up for dance!</i>		
9:00	 The Most Fun Had at 5,761 ft Elevation The Famous F.M.R. Dance With <u>D.J. Danny!</u> 9:00 p.m. - Midnight 	ACA Meeting Led by <u>Paul T.</u> 9:30 - 11:00 <i>Coffee House</i>	
9:30			
10:00		ACA Meeting with an SLAA Focus Led by <u>Art</u> 11:15 p.m. - ? <i>Coffee House</i>	
10:30			
11:00			
11:30			
Midnight			
12:30AM			
1:00AM	Go to sleep... or stay up all night. Your choice. (p.s. Hot Tub is open until midnight.)		

SUNDAY

7:00AM	Men's 12-Step Meeting Led by <u>Charles D.</u> 7:00 - 8:30 a.m. <i>Library</i>	Women's 12-Step Meeting Led by <u>Carolinda W.</u> 7:00 - 8:30 a.m. <i>Coffee House</i>	Yoga led by <u>Bo S.</u> 6:00 - 6:45 a.m. <i>Coffee House</i>
7:30			
8:00			
8:30	Continental Breakfast 8:30 - 9:15 a.m. <i>Homet Lodge</i>		
9:00	The FMR Closing Circle Sharing Our Experience, Strength, Hope With <u>Denise L.</u> and <u>Susan B.</u> 9:15 - 11:15 a.m. <i>Homet Lodge</i>		
9:30			
10:00			
10:30			
11:00			
11:30	Volunteer Meeting for 2020 Retreat Your chance to help out with next year's retreat! Come check it out! 11:30 a.m. - 12:15 p.m. <i>Homet Lodge Deck</i>		
noon			
12:30PM	Brunch... and Raffle/Fund Raiser! (at 1:45 <i>Homet Lodge</i>) 12:30 - 1:45 p.m. <i>Homet Lodge</i> Proceeds from raffle are used for next year's FMR camperships!		
1:00			
1:30			
2:00	Help clean up Lodge ~ Pack ~ Help clean up Lodge! Give Hugs ~ Help Clean up some more ~ Give more Hugs (Note: We need to be out of the cabins by 3:00 p.m.)		
2:30			
3:00			

RETREAT SCHEDULE RETREAT SCHEDULE RETREAT SCHEDULE RETREAT SCHEDULE



SEE YOU NEXT YEAR!