



ACA Fall Mountain Retreat 2020 Zoom Schedule



FOR THE SAFETY OF THE RETREAT, EVERYONE MUST IDENTIFY THEMSELVES IN EACH MEETING BY FIRST NAME.

Please list your name in your zoom profile or the host will ask for your name to update your profile if you called in on the telephone.


Zoom Retreat Respect Guidelines - Our Traditions state: Our public relations policy is based on attraction rather than promotion; we maintain personal anonymity at the level of press, radio, TV, films, and other public media. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities. Please take what you like and leave the rest. Feel free to participate in as little or as much as you wish. We encourage self-care. We suggest practicing gentleness, humor, love, and respect for yourself and others. *Please observe the following:* Mute your microphone unless you are reading or sharing. Turn off video if your actions may be distracting. Do not record audio, video, or images at any time during the Retreat. Do not post meeting IDs and passwords on any websites or social media platforms. Thank you for protecting the anonymity, confidentiality and privacy of our fellow travelers, as well as the safety and security of the ACA Fall Mountain Retreat. For assistance with any issues, please call or text 562-367-4325 (562-FMR-HEAL) or email acafallmountainretreat@gmail.com.


Lodge


Meeting Code: 885 9183 5215
Password: acafmr


Times listed are Pacific Daylight Time or UTC-7 <http://www.timeanddate.com/>

Friday, Sept 25

4:00-6:00 pm  **Tech Help** - With Debbie L. - Make sure your zoom works/set your name and last initial/virtual backgrounds. Having trouble getting on to Zoom? Call one of our Tech helpers at (562) 367-4325 or email acafallmountainretreat@gmail.com. (Host Bill W.)

7:00-8:30 pm  **Opening Meeting "20/20 Vision of Recovery"** Led by Barbara F. - Welcome to FMR Zoom! Come and celebrate being together, even if we can't be in the mountains. Share your 20/20 Vision of Recovery. How do you see your growth in recovery during this year's challenges? Let's join together to find and strengthen our vision of moving forward as a recovery community building our closeness and building intimacy through sharing our experience, strength and hope with vulnerability. Three minute shares. (Timer Margaret L.) (Host Bill W.) (CoHost Pacia D.)

8:45-9:45 pm  **Fellowship Get to Know You Game** Led by Jennifer M. and Charles D. - A great way to break the silence and get out of isolation. Get to know others in a spirit of fun and adventure. Pass the question ball in this playful tag-meeting format. Connect with friends from previous retreats and make new friends! (Host Cathy H.)


10:00-11:30 pm  **Late Night 12 Step Meeting & Fellowship** Led by Diana R. - Can't sleep? Come decompress and process the golden moments and deep discoveries from today. After sharing, we will transition to fellowship. 4 minute shares or longer determined by group conscience and meeting size. (Timer Petula L.) (Host Grey F.)


Coffee House

Meeting Code: 854 4760 5915
Password: acafmr

Times listed are Pacific Daylight Time or UTC-7 <http://www.timeanddate.com/>

Friday, Sept 25


4:00-6:00 pm  **Tech Help** - With Arlene C. - Make sure your zoom works/set your name and last initial/virtual backgrounds. Having trouble getting on to Zoom? Call one of our Tech helpers at (562) 367-4325 or email acafallmountainretreat@gmail.com. (Host Pacia D.)

8:45-9:45 pm  **Workshop "Re-parenting Check-in Process"** Led by Pacia D. - The Solution in ACA is to become your own loving parent, and the re-parenting check-in process helps us do that. We meet to practice hearing, affirming, and speaking to our inner children and listening to others model these skills. It helps break the "don't talk" rule, and dissolve shame as we start to see ourselves as we truly are. (Timer - Gloria C.) (Host Jim Bo.)

Fellowship

Meeting Code:
815 8917 2377
Password: 631268
Dial in 1-669-900-6833

Fellowship is a time to casually meet with others during or between activities and meetings during the retreat weekend. There are no hosted activities on this meeting. If there are any problems, please text or call (562) 367-4325 and one of our hosts will work to resolve it.



Saturday, Sept 26

7:00-7:55 am  **Coffee Chat** Led by Amy M. - We can bring our children into the day slowly with easy sharing that can awaken a deeper awareness of the senses. Imagine casually sitting in the Big Bear Lodge at dawn, the cool morning smell of the pine trees outside and warmth inside, with fellow travelers open to hear your story and being inspired by others' honesty. We will read the passage of the day in *Strengthening My Recovery* and share a 2-minute meditation to get started. Then we'll have an open forum to talk with one another. Coffee optional. (Host Janiel S.)

8:00-9:25 am **Men's ACA 12 Step Meeting** Led by Stephen G. (Timer William C.) (Host Jim Bo.)
Men's Meeting Code: 835 4671 0807 Password: 871530
Dial-In: 1-669-900-9128 - Callers must identify to the host by first name.

9:30-11:00 am  **Panel Sharing Meeting "COVID Coping Tools"** Led by Jillly G., Norm L., Bill W., Gwen Y., Pacia D., Onella S. - Listen to what others in recovery are doing to cope with COVID stay-home orders and the accompanying feelings and responses. Learn the four "Fear Melters". Share what has worked for you. (Host Eugenia C.)

11:05 am-12 pm  **Fun Zone Play** Led by Charles D. - Dress Up? Games? Paper, Rock, Scissors? Free For All! (Host Eugenia C.) www.crazygames.com/t/archery www.crazygames.com/t/bowling

1:00-2:30 pm  **Workshop "Feelings"** Led by Nancy M. - Feelings can overwhelm us especially at times when our worlds seem so upside down. Let's talk about relating to our feelings coming from a place of love and acceptance for what is. Shifting our perspective to feelings like depression and anxiety can help us be with what is. Let's practice feeling them to heal them. (Host Sara T.) (CoHost Janiel S.)

Saturday, Sept 26

7:00-7:55 am  **Laughter Yoga** Led by Natasha E. - The practice of Laughter Yoga is the art of consciously applied laughter that will help bring resilience to the everyday stressors of life. It helps us connect back to the inner child we often lose going through the daily business of being adults. We will be engaging in laughing, clapping, playing, breathing deeply, and stretching our bodies gently. We will not be using jokes, humor, or comedy. "Pretend Laughter" is initiated through exercises as directed by the Laughter Leader. Through laughing, playing, and making eye contact, the laughter quickly becomes real and it is VERY contagious! Participating in Laughter Yoga will leave you feeling energized, happy, connected to one another, and less stressed. When we laugh, our brains release endorphins, our immune system gets boosted, our blood pressure drops, we breathe easier, our bodies feel less pain and we get great cardiovascular exercise. (Host Debbie L.)

8:00-9:30 am **Women's ACA 12 Step Meeting** Led by Kathy C. (Timer Janie K.) (Host Pacia D.)
Women's Meeting Code: 828 7892 0110 Password: 161744
Dial-In: 1-669-900-9128 - Callers must identify to the host by first name.

11:00 am-12 pm  **T'ai Chi Chih** Led by Barbara F. - T'ai Chi Chih is simple, slow, gentle movements, that circulate and balance the Life Force energy. It is a "moving meditation" that brings serenity and a greater sense of well being. Find a space with 2-3 feet of open room and wear flexible soled shoes or go barefoot outside. Let's move with mindfulness and softness to quiet the mind and reduce body stress from sitting in zoom meetings this weekend. Practice Step 11 seeking through meditation to increase your conscious contact with your Higher Power. (Host Janelle T.)

1:00 - 2:30 pm  **Sharing Meeting "AHA Moments"** Led by Denise E. It's time to share your deep discoveries and *aha moments*, or just process where you are in the moment. Imagine being at the gazebo or sitting on the Lodge deck, or by the pool & hanging in the hot tub at camp. Breathe in the fresh mountain air, relax and join with fellow travelers in the growth process. (Timer Yvette K.) (Host Daniel K.)


Fellowship



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Open 12 Step Meeting -
Step up to lead - email acafallmountainretreat@gmail.com for the script




2:30-3:55 pm 	Workshop "Outdoor Art" Led by Vicki R. - Help your inner child express feelings through FINGERPAINTING (or other media)...your inner kid's choice! Be free outdoors or enjoy the comfort and convenience of your home as you open up this connection. You may be surprised with what your inner child can tell you, even in the smallest part of your "free" painting. Bring a photo of your younger self to honor and communicate with your inner child. (Check supplies list that came in the email with the schedule). (Host Kina L.)
4:00-5:00 pm 	Go Take A Hike Led by Hikin' Jim B. - It's time to get moving! Join Hikin' Jim virtually as he hikes locally and shares along the way. You could also put on your hiking shoes and hike/walk your own path around your neighborhood or favorite hiking location. Please turn off your camera if you are moving about or consider just phone calling into the meeting. Share your experience of being outdoors! (Host Sara T.) Hike Meeting Code: 825 7009 4054 Password: 848290 Dial-In: 1-669-900-9128
6:30-8:00 pm 	Talent/No Talent Show Led by Bill W. - Sit back and enjoy the talents and "no talents" of your fellow travelers. Talents of all kinds from jokes, to stories, skits, music, and plain old fun. Be creative and show us what you have! Sign up is required to perform, so get your act together and email FMRtalent@gmail.com. Our show host will contact you with more details and timing. (Host Pacia D.) (CoHost Barbara F.)
8:30-9:00 pm 	Inner Child 'Show & Tell' with Fellowship Fun Led by Charles D. and Denise E. - Remember "Show and Tell" as a kid, when you had a chance to share things that were meaningful to you and were close to your heart? This is a time to share those things with your fellow travelers. Get your special things ready to share and open your heart to enjoy what the other inner kids in the meeting share with you. (Host Pacia D.) (CoHost Lindsay S.)
9:05-11:00 pm 	Dance Led by Julie Sc., Stephen G. & Masha U. - Dance it out! Let your inner kids and teens play and express themselves through dance and movement. Have some fun with other inner kids! (Host Cathy H., Julie St., Krista H.)

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Sunday, Sept 27	
7:00-7:55 am 	Coffee Chat Led by William C. - Start your day with a morning cup of warmth at this informal chat about living with hope in uncertain times. What brings you hope? How are you navigating the uncertain waters? How does your loving parent show up to be there for your inner child? How will you give your inner child hope on this new day? (Host Janiel S.)
8:00-9:30 am	Men's ACA 12 Step Meeting Led by Norm L. (Timer Scottie M.) (Host Bill W.) Men's Meeting Code: 835 4671 0807 Password: 871530 Dial-In: 1-669-900-9128 - Callers must identify to the host by first name.
9:45-11:15 am 	Sharing Meeting "Self Care & Having Fun after the Retreat" Led by Jannelle T. - Get in touch with your inner child and discover what he or she needs to help you sustain your recovery after the retreat. Explore ways you can bring fun, comfort and nurturing to yourself. Share your experience strength and hope with your fellow travelers. "God, Grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference, and the desire to play and have fun!" (Timer Lori V.) (Host Terry F.)
11:30 am-12:15 pm 	Play time & Fellowship Led by Charles D. and other inner kids - Informal spontaneous play as we get ready to close out our weekend retreat experience. Let's play and have fun together! (Host Arlene C.)
12:30-3:00 pm 	Closing Meeting & Raffle Led by Denise E. - Bring your lunch! We will start with raffling off a Full Registration and Half Registration for the 2021 Fall Mountain Retreat (no need to be present to win, but it might be more fun!) then move on to sharing about our retreat experience and what we are taking home from the retreat. Three minute timed shares. Thank you for your participation. We hope you had some fun! Stick around to help us clean up. HA! Just kidding! Please complete feedback survey in email today (Timer Nancy G.) (Host Bill W.) (CoHost Pacia D.)


4:00-5:00 pm 	Zumba Led by Julie Sc. - Let your Inner Child come out to play with DANCE in the MUSIC! This is feel-good dance fitness that feels like a party! Bring your sense of fun & drop judgements at the door! Wear a smile and your sneakers. Have space around you to front, back sides and overhead, drinking water and a sweat towel as you get your glow on! Zumba is follow along dance fitness with latin music and rhythms. Plenty of familiar tunes are thrown in-no complicated choreography, just basic moves. Come connect with others in the name of fun! (Host Lindsay S.)
8:00-8:55 pm 	Yoga Nidra Led by Jilly G. - This Yoga Nidra is a special trauma-informed practice that promotes delta brain waves which are experienced between sleep and wakefulness. Join us for an experience of integration and ultimate relaxation. During this experience, you will be invited into a comfortable resting position of your choosing for approximately 35 minutes. You will be guided in a sleep based meditation in which you will be asked to make a few small, gentle movements. Adaptations will be offered. Falling asleep is ok! (Host Cathy H.)
9:00-10:30 pm 	Inner Child 12 Step Meeting Led by Lars G. - We hope to provide a safe place for your inner children to come out, play, and share feelings without fear of judgement or ridicule. Keep you hands to yourself and get your own tissues. Don't forget to bring toys, crayons, etc that your inner kids may want to play with at the meeting! (Host Lindsay S.)
10:30 pm-12 am 	Late Night 12 Step Meeting & Fellowship Led by Tom B. - Can't sleep? Come decompress and process the golden moments and deep discoveries from today. After sharing, we will transition to fellowship. 4 minute times shares or longer determined by group conscience and meeting size. (Timer Arthur S.) (Host Alaska Y.)

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Sunday, Sept 27	
7:00-7:55 am 	Yoga Led by Denise P. - Begin the day with sun salutations, gentle mindful poses and restorative movement of the yogic tradition. As we journey through our retreat weekend, it helps to balance movement, stretching and sitting. (Host Debbie L.)
8:00-9:30 am	Women's ACA 12 Step Meeting Led by Ellen T. (Timer Linda S.) (Host Pacia D.) Women's Meeting Code: 828 7892 0110 Password: 161744 Dial-In: 1-669-900-9128 - Callers must identify to the host by first name.
9:45-11:15 am 	Outdoor Meditation & Spiritual Journal Exploration Led by Jeanete B. - Five Mini-Meditative Vignettes: An experiential, meditative, and journaling workshop where we explore five sense-vignettes that heighten our physical alignment. Our own intuitive knowing comes forward as we create the sacred grounding of our body, mind, and spirit. We suggest bringing the following items to deepen your experience: A. Journal or writing paper plus your favorite pen(s). Color triggers creativity. B. Something soft, such as a stuffed animal, fleece clothing, etc. SOFT. C. Something sweet to eat such as a teaspoon of honey, piece of cake, etc. SWEET. D. Something to smell, such as an orange peel, fresh rose, essential oil, etc. FRAGRANT E. A picture of nature or artwork that is meaningful and pleasing to you. VISUAL Let's be creative and explore! (Host Cathy H.)
11:30 am-12:15 pm 	Zumba Led by Julie Sc. - Let your Inner Child come out to play with DANCE in the MUSIC! This is active feel-good dance fitness that feels like a party! Bring your sense of fun & drop judgements at the door! Wear a smile and your sneakers. Have space around you to front, back sides and overhead, drinking water and a sweat towel as you get your glow on! Zumba is follow along dance fitness with latin music and rhythms. Plenty of familiar tunes are thrown in-no complicated choreography, just basic moves. Come connect with others in the name of fun! (Host Lindsay S.)
THANK YOU to the more than 60 hosts, co-hosts, facilitators, leaders, timekeepers, readers and committee members. What a fellowship! Our Higher Power, as expressed through our group conscience, suggested that we meet together virtually to connect, play and have fun. It has been a whole lot of fun and a great honor to be of service to our fellowship this year! See you in the MOUNTAINS NEXT YEAR! Love in Service - Your FMR Committee	



If there is light in the soul, there will be beauty in the person.

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