

**SAVE THE DATES! - August 25 - 28, 2016 - SERENITY ON THE SOUND**

Meeting Leaders,

Please pass out this sheet to your Retreat Champion during announcements, or ask someone to share. There is a different suggested announcement each week, starting July 9th. *Or read from recent testimonials instead!* Answers to FAQ are on the back. Thank you - 2016 Puget Sound Retreat Committee (PSRC)

Your 2016 Champion is: \_\_\_\_\_.

IN WEEK...	Please share the following:
July 9 - 15	It's time to get ready for the 27th Annual Puget Sound Retreat. We emphasize <i>safety, anonymity</i> and <i>support</i> . We don't share the camp with any other group. Separate housing is available for women and men. Workshops and meetings are labeled as to who may attend. Volunteers are available as temporary sponsors. We also select members [ <i>No One Stands Alone</i> team] to help if you feel uncomfortable or unsafe for any reason. Join us for a great weekend of recovery, fellowship, and fun!
Jul 16 - 22	Sound View Camp offers various sleeping accommodations to suit about everyone. There are separate lodges for men and women, limited separate quarters for couples or groups, sheltered platform tents, and more. Many RV or tent campers choose the upper field near modern bathrooms with showers. When it comes to freshening up, the camp offers a variety of bathrooms. Accommodations can be made for the physically limited  <b><i>NEW!</i></b> <u>Registrations posted by Aug 1</u> are put in a lottery for a cabin to share (see back for details).
Jul 23 - 29	Our retreat is catered by a master baker and chef, who is a member of our fellowship. He always serves great meals, including vegetarian and other special requested diets. Cookies and healthy snacks flow freely. Saturday always means a BBQ on the beach, weather permitting. Full buffet style breakfasts are offered all three mornings. A potluck on Thursday night kicks off the food fun!  <u><i>Remember the \$20 price reduction for sending your registration postmarked by August 1<sup>st</sup>.</i></u>
Jul 30 - Aug 5	Where can you spend roughly \$50 a day and cover three meals, munchies, sleeping arrangements, fun, friends, exercise, music, workshops, quiet meditation and recovery? Volunteers help us keep the price affordable. If you are short on time, just come and join us for the day, and if you are short on cash, you can request a scholarship (see back). <b>Scholarship requests are requested this week.</b>
Aug 6 - 12	The retreat is about 3 weeks away! You can count on many great workshops, powerful speakers, and the classics such as meditation, beachcombing, drumming, writing, hiking, and good ol' fashioned meetings. We are still looking for people to lead meetings and other forms of service. Workshop forms are available in this packet, online or printable at <a href="http://soundretreat.org">soundretreat.org</a> .
Aug 13 - 19	As the retreat gets closer, I can already hear the rhythmic beating from the drum circle, see the candles of the candlelight ceremony, feel the fun happening with Frisbee golf, volleyball and kayaking. And I can relate to the stories shared from the keynote speakers. There's time for work and time to play, and the retreat offers both. You're invited to join us!
Aug 20 - 27	It's not too late to come to the retreat happening this Thursday through Sunday. If you haven't yet registered, don't worry, you can just show up. There'll be plenty of food and places to sleep. For the Saturday night SAA Keynote Speaker, arrive around 7, no charge. Can't wait to see you all there!

***Serenity on the Sound*** 27th Annual Retreat: Thu-Sun, August 25 - 28, 2016

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## Retreat Champions Guide & Information Sheet

To our Retreat Champion,

The Puget Sound SAA & COSA Retreat helps addicts and co-addicts in their recovery by providing a place to connect with fellow members, learn about the tools of the program and pause to take inventory. Put on by members doing 12<sup>th</sup> step work, this event carries the recovery message to addicts and co-addicts.

In Patrick Carnes book, "A Gentle Path Through the Twelve Steps" it reads:

"Most groups also have a social life outside the meetings. Before or after meetings, people meet for coffee and food. Favorite restaurants become gathering spots. ... **Some groups have retreats together to intensify work on the program. While these are not part of the meeting, they are essential to program life. To regard them as an option for which one does not have time is to miss out on an important part of developing a program for oneself: building a support network.**"

**NEW!** Registrations posted by Aug 1 are put in a lottery drawing for weekend use of 1 of the cabins, with porch, heat, 3 bunks and a "half bath" (toilet and sink), that you can invite 1-2 of your friends to share.

### F.A.Q:

- **When:** Thursday, August 25, from 4 PM, through Sunday, August 28th at noon.
- **Where:** Beautiful Sound View Camp and Retreat Center, on the Puget Sound at the southern end of the Key Peninsula, across the Narrows Bridge from Tacoma (See Map, directions on Flyer).
- **Cost:** Before August 1st \$150 for two- or three-night package and \$100 for one-night package (two days). After August 1st add \$20 (i.e. \$170 and \$120, respectively). A single-day package (3 meals but no lodging) is \$60 at the door. Cash, check or money order only (no plastic) payable in US dollars.
- **What:** Included in the Registration: Lodging, food and drinks, workshops and meetings, camp facilities (beach, kayaking, volleyball, hiking trails, more). (Optional Ropes Course extra.) Details about facilities are found in the web page for Sound View Camp and Retreat Center: <http://www.soundviewcamp.com>
- **Food:** Our professional chef is a member. **Special diet requests should be received by August 1st.**
- **Keynote Speaker:** No cost to attend the National SAA Speaker Saturday, arriving after dinner (7pm).
- **Scholarships:** If someone can't attend for financial reasons encourage them to request a scholarship. Tell them to send in a registration a.s.a.p., indicating on the registration how much they can pay when they arrive. All requests are confidential. We would like all scholarship requests by August 1st.
- **Print more flyers:** <http://soundretreat.org/registration.pdf>
- **Workshop Request Forms:** available at <http://soundretreat.org>, both printable and online forms.
- **Contact us!** If anyone would like to volunteer or has retreat questions, offer these contacts:
  - **E-MAIL ADDRESS:** [Serenity.On.The.Sound@gmail.com](mailto:Serenity.On.The.Sound@gmail.com)
  - **SNAIL MAIL ADDRESS:** PSRC, PO Box 2712 Issaquah, WA 98027
  - **PHONE:** 425-272-5740; leave a message for the retreat committee.
  - **WEB:** <http://soundretreat.org>

## Get Ready to Have Some Fun!!!

*(Please return this sheet to the meeting leader. We suggest you read the announcement for each week.)*

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