

# EXTRA!



27th Annual Serenity On The Sound Retreat — Aug 25—28, 2016

First Edition July 1, 2016

## *Welcome to Serenity on the Sound Retreat First “Extra!!” edition.*

Our goals in creating this email newsletter include:

- (i) better communications with all our friends in SAA and COSA, and especially those acting as “Retreat Champions”;
- (ii) expanding information on details that cannot be fully explained with just the registration flyer, *Talking Points & FAQ*; and,
- (iii) keeping the 2016 Annual Retreat fresh in the minds of both local and distant members and fellowships.

## *New Reason to Register Early: use of cabin*

The retreat committee agreed that our policy of “first come = first served” has not promoted fairness regarding the newest lodging options, the 3 “Agape Cabins.”

This year all names on registrations received or postmarked by August 1 will be entered in a lottery, to be drawn when all such registrations are received (Aug 8).

We wish to allow each attendee the same opportunity for use of the cabins. The lottery will reserve use of a cabin for the weekend for the name drawn. Upon acceptance they can choose 1 or 2 friends to share the cabin (each has 3 bunks).

2 cabins are offered first to our national COSA and SAA speakers; however, they may choose instead to stay in one of the lodges or any of the more rustic options, (chalet, tent, their own RV or tent), allowing drawing for another cabin

The remaining 1 to 3 cabins will be selected by a “double blind” lottery. Cabins will be locked until that person or the selected friend arrives and registers at retreat.

## *Sound View Camp 30th Anniversary—July 23*

Sound View Camp was acquired 30 years ago by the Presbytery of Olympia; it was purchased from the Campfire Girls with an agreement to maintain it as a camp. Improvements were made for use as a camp for youth, families and groups.

The camp property is listed in public records as 92.88 acres.

---

*“In my early days of recovery, I attended the Puget Sound Retreat and was stunned by its geographical beauty.*

*“A gem of a place nestled right on the Puget Sound. The grounds are comfortable and expansive with kayaks available for exploring more of the aquatic area.*

(continued) next page

---

## **In This Issue**

- Welcome to Serenity on the Sound
- New Cabin Policy
- Sound View 30th Anniversary
- Waterfront Use
- High Ropes Course
- Further Information



Sandbar at the beach at Sound View Camp

(continued from page1)

*"I ... started attending again on a yearly basis a few years ago. My experience has been one of immense nurturing. There is something special here. The sobriety of the regular attendees holds a space of safety and caring. This retreat offers opportunities for awakenings and surrender. I love the experiences it holds for me."*

*— a long-time member*

## Waterfront

Sound View's waterfront gives you access to nearly half a mile of beach front, most of which is a beautiful sand and pebble beach.

To add to the natural surroundings, Sound View has a 350 foot pier that allows access to the water regardless of tide during summer months.

## Sound Retreat Use of Waterfront & Activities

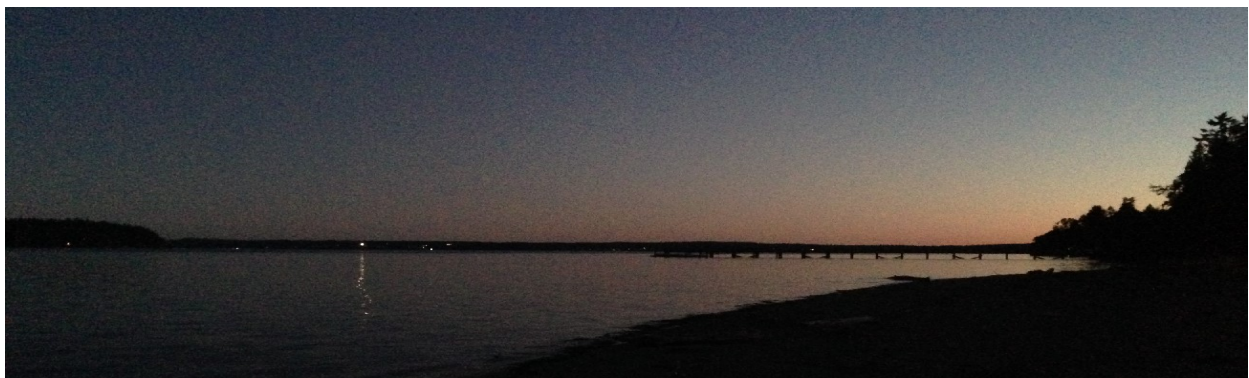
Kayaking & Canoeing are available at the beach free of charge. Please only use the boats while the Lifeguard is on duty however. Lifeguard hours are: Friday and Saturday from 10am to 6pm (excluding an hour for lunch ).

Swimming: It's cold, but go for it! For safety please only swim with others and when the Lifeguard is on duty.

For "Dunk in the Sound" see program schedule, based on tidal data for the day.



Sand Dollars can be common



## High Ropes Course — Challenge Course

A ropes course is a challenging outdoor personal development and team building activity which usually consists of high and/or low elements.

Low elements take place on the ground or only a few feet above the ground.

High elements are usually constructed in trees or made of utility poles and require a belay for safety.

— Wikipedia



Picture of High Ropes Course (from [www.soundviewcamp.com/challenge-course/](http://www.soundviewcamp.com/challenge-course/))

### What is a Challenge Course?

"A challenge course duplicates the frequently intense "growth through challenge" pattern that characterizes much of human life. The experience is structured, appropriately controlled, uniquely focused, and accompanied by trained facilitators. Participants are freed to discover new things about themselves."

"Sound View's Challenge Course, often called a "ropes course" offers team building and adventure in a great environment. [...] Trained facilitators work with your group's leaders to provide a safe and positive event customized for your needs."

### When:

Saturday, August 27th, 2016 - Only the High course will be offered either morning or afternoon, time to be determined based on trained facilitators availability & schedule.

### Cost:

Serenity on the Sound retreat registration (1 to 4 days) plus ropes course fee of \$41 per person **must be received prior to August 1, 2016.**

Release and Liability Form will be provided at the camp with confirmation.

We will confirm when ropes course facilitators are scheduled by the camp.



*"What the retreat means to me  
is fellowship at summer camp by the  
ocean away from the fast paced world.  
It's a fun event hard to beat that takes  
in great food, a variety of workshops,  
swimming and kayaking all for a rock  
bottom price. Add to this a real sense of  
recovery at work, long time and short  
time, dedicated service, openhearted-  
ness, intimacy. See you there."*

— another member

## Further Information

### Contact Us

#### Web Site:

<http://soundretreat.org>

#### Phone (*leave message*):

425-272-5720

#### Mail:

PSRC (or *Puget Sound Retreat Committee*)

PO Box 2712

Issaquah, WA 98027

## 27th Annual Puget Sound Retreat



# Serenity *on* the Sound

## Courage, Strength & Hope *Roots of Recovery*

Thursday to Sunday  
August 25-28, 2016

---

Sound View Camp & Retreat Center

8515 Key Peninsula Hwy S.  
Longbranch, WA 98351