

31st Annual Puget Sound Retreat 2020

Bringing us Together

Program Schedule (Pacific Time)

Instructions: Click on a scheduled event name to enter it, click "Allow" to the security warning & select "Remember my ...". A dialog box will open- "Open Zoom Meetings?" Select the checkbox "Always allow ..." then select the "Open Zoom Meetings" button. There may be variations to this procedure. Help will be available. We suggest doing a practice run, so you'll sign without problems. Please read all of the instructions in this document ASAP and watch the tutorials suggested in the detailed instructions. See email for phone login information.



| Friday, August 28: 8-9:30pm Talent Show | | | |
|---|--|--|--|
| Saturday, August 29 | | | |
| Time | Room 1 | Room 2 | Room 3 |
| 9:45am | Sign-in | | |
| 10-11:30am | Opening/Ice Breaker | | |
| | Break | | |
| 11:45-12:45pm | Cosa Speaker - Mary H from Naples, FL | | |
| | Break | | |
| 1-2pm | Guided Meditation | Awakening to Healthier Sexuality: A trauma informed approach | |
| | Break | Break | Break |
| 2:15-3:15pm | COSA Literature - Options Unmasked (COSA Only) | Unmasking Recovery Literature (SAA Only) | Puget Sound SAA Inter-group (SAA Only) |
| | Break | Break | Break |
| 3:30-4:30pm | Cultivating your Garden - Focus on Steps 10, 11 and 12 | SAA LGBTQ+ Panel Discussion | |
| | Break | Break | |
| 4:45-5:45pm | SAA Speaker | | |
| | Break | | |
| 6-7:30pm | SAA Zoom Meeting - Spanaway, WA | COSA Zoom Meeting - Spanaway, WA | |

***See workshop descriptions for more information. **Open unless noted otherwise**

Workshop Descriptions

Saturday • August 29th

Guided Meditation (Open) – John S

Learn how to reduce tension and stress at will. Feel Happier, more relaxed, and at peace within. Improve health, mental clarity, and vitality. Develop a more intuitive, heart-centered way of life. Discover and explore your inner spiritual nature. Topics of discussion are:

- Breath and how diaphragmatic works
- When and where is the best time and place to practice meditation
- The three parts of meditation: relaxation, interiorization and expansion
- Three levels of consciousness: subconscious, conscious, and super-conscious
- Three states of reality: physical, astral and causal

Whether you are interested in managing stress or in exploring the spiritual side of meditation, you will feel welcome. Class includes a guided meditation and silent practice time. Please have available to you, if possible, a straight back chair and a blanket. Also please wear loose, comfortable clothing and maybe remove your shoes (socks ok!).

1pm – 2pm

Awakening to Healthier Sexuality: A trauma informed approach (Open) – Ben B

The 12 steps are a lifelong path for empowerment and growth. In this virtual workshop, we will explore the guiding principles of recovery through a gentle experiential process leading to personal and collective healing.

1pm – 2pm

COSA Literature Options Unmasked (COSA) – Shannon T

Join us as we discover and reveal the true nature of how each of us use recovery tools and literature in our COSA journey. How can we use and apply this knowledge in other areas of our lives? Please come prepared to listen and share about literature resources or rediscovered tools that you may have unmasked during the pandemic. Need inspiration? Check out the newly updated COSA website.

www.cosa-recovery.org

2:15pm-3:15pm

Unmasking Recovery Literature (SAA) – Bruce D

One of the tools of recovery listed in the SAA Green Book is reading recovery related literature. During this workshop, we hope to provide a forum for you to share, explore, and find out what might be available to help your recovery. Join others and share one of your favorite recovery related books and/or listen as others share books that you might find helpful. For those planning to share, please be prepared to provide the title, author's name and, ideally, a visual copy of the book. To maximize sharing, we ask that you keep your share short and be sure to tell us how the book helped you in your recovery.

2:15pm-3:15pm

Cultivating Your Garden: Focus on Steps 10, 11 and 12 - Dale E and Cheryl E (Open)

In this workshop we will show you how, using a garden analogy, how to supercharge your steps, especially 10 – 12. We will give you 5 easy steps to help you keep recovery a lifelong pursuit of peace and serenity. This is for anyone who wishes to take the next step in their recovery, whether addict, co-addict, or codependent.

3:30pm-4:30pm

SAA LGBTQ + Panel Discussion - Michelle C (Open)

What does it mean to be in the LGBTQ community and in SAA; what are some boundaries for safe sharing; also, what does it mean to be an ally for LGBTQ, and how allies can support full diversity and inclusion in SAA.

3:30pm-4:30pm

General Information and Instructions

Friday Evening Talent Show Start Time: 8pm PT, 9pm MT, 10pm CT, 11pm ET.

Saturday Event Time: 9:45am-7:30pm PT, 10:45am-8:30pm MT, 11:45am-9:30pm CT, 12:45-10:30pm ET.

The room opens 15 minutes before the start of programming to allow for sign-in and to address any potential technical difficulties. Please arrive early.

Instructions for Zoom Login:

- Check your registration email for Zoom Room links and passwords; for safety reasons they will not be posted online.
- You can access Zoom online at <https://www.zoom.us/join>. You are not required to have a Zoom account, but it is recommended that you get a free account. It will be easiest to participate in the convention from your laptop; however, you can download the Zoom app for use on your phone. If you have a flip phone, you can dial in, enter the meeting id and numeric password. Having your own account allows you to have private meetings that last up to 40 minutes. You may use this account for private fellowship.
- Please do not share or forward your registration links. This will help to ensure everyone's safety and anonymity.

Convention Etiquette

- Please arrive early and try to stay for the entire session.
- Try to keep your video on, if you're on a video enabled device. If you need to turn off video to avoid distractions or leave the room, turn it back on when you return. If you're experiencing locking up and/or sound quality problems, turn off your video while speaking.
- Keep yourself muted except when you are sharing (during specified share times).
- In the Speaker session (webinar mode), if you want to speak when the room is open for sharing, please virtually raise your hand by clicking on the "raise hand" icon (located in the participants panel), and a room host will unmute you. To share during workshops (regular Zoom mode), you can unmute yourself when called upon. Please do so only when the presenters ask for shares or feedback.
- We introduce ourselves by first name only.
- On your Zoom account, we request that you display only your first name and last initial, as this will be visible to others in attendance.
- When sharing, please avoid cross-talk; this means we do not comment on another person's share, give advice, or interrupt. Instead, we keep the focus on ourselves, speaking in "I" terms.
- Please refrain from sending chat messages to "Everyone". This is a common mistake. As you scroll down the participants list in the chat panel, each name will be highlighted. You must select the name with your mouse pointer or finger on a touch screen, otherwise you will be sending a private message to everyone in the group. Check to see if the name of the person is selected, it will say something like "You to [Name of person]" and not "You to Everyone".

All attendees are encouraged to attend one of the following Zoom Training Sessions prior to the event. These are available at <https://support.zoom.us/hc/en-us/articles/206618765-Zoom-video-tutorials>

ZOOM tips and suggestions

Before Using ZOOM:

1. Before using zoom you will need to download zoom client (laptop) or the zoom app (smartphone). On a laptop, go to <https://zoom.us/download> and: Download Zoom Client for Meetings.

Cont.

General Information and Instructions (cont.)

2. If you choose not to use the zoom client or app, you will still be able reach the zoom webinar or conference by phone, for audio only. When you register, the zoom links, as well as call-in numbers for phone audio calls, will be sent to you before the retreat.

3. Please do not share the links with others who have not registered, but ask them to register themselves, (so that we know what resources we need to have available).

Mute / Un-Mute:

1. Please mute your microphone when a member is sharing. The moderator may sometimes eliminate background noise by muting participants. This is to help maintain the safety and flow of the meeting and is not meant to be offensive. Participants can easily mute/un-mute themselves when they would like to share by pressing Alt + A, selecting the microphone icon (lower left) or If you have a smart phone, you can also use the phone mute feature.

2. If you're calling into the meeting with using the phone numbers provided, you can Mute/Un-Mute yourself by pressing Star-6 (*6). If you want to signal that you would like to speak next, Press Star-9 (*9) to "raise your hand."

During Zoom video meetings:

1. Screen sharing: Open up only relevant documents before the call and share only those during the meeting. Remember that whatever is open on your desktop will be viewed by everyone.

2. Think about your actions on camera. Movements are distracting to others and can be disruptive to the speaker. Try to stay still and be attentive.

3. Dress for your Zoom meeting the way you would for an in-person meeting. Please be respectful.

4. Your environment - Participate in meetings from a quiet, indoor location to control ambient noise. Please refrain from sitting directly in front or beside a very bright light source. Experiment with moving lamps and your camera until you can see your brightly-lit face on the screen.

5. Think about the background behind you. Is it appropriate for viewing?

6. Practice speaking to the camera and not the screen. Our tendency is to look at the person on the screen, but it's preferable to look at the camera when you speak so the audience feels like you're talking directly to them.

7. Bandwidth and signal - If you are wireless, try to remain close to the wireless router. When you have the option, choose wired (instead of wireless) for video conferencing.

Viewing options - Gallery or Speaker View:

In top right corner of screen, selecting 'Gallery View' will display everyone in same-size images. 'Speaker View' highlights whoever is speaking in large center screen.

Fellowship

Prior to the retreat, consider getting familiar with how to start a personal Zoom meeting if you sign up for a free personal Zoom account. You can connect with others in the retreat by communicating using the Zoom private chat feature. Make sure that you actually select the member you want to chat with using the mouse or touch screen, otherwise the message will be sent to everyone.

Difficulties?

You may send a private message (PM) to the host by clicking on 'manage participants' & selecting the host from the list of members who are attending.