

Welcome
to the
3rd Women's
A.A./Alanon Retreat
by the Sea

"Healing Tools
&
Treasures"

Welcome to the 3rd AA/Alanon Women's Retreat by the Sea.

GENERAL INFORMATION

Date: Fri June 6—Sun June 8 (Fri DINNER is POT LUCK –email Donna at herbalmud1@yahoo.com)
Place: Registration is @ 2405 Ocean Drive, Silverstrand Beach. Other Houses TBA
Time: 2:00-3:00 PM Registration
4:00 PM-Opening Circle (See Quick look schedule enclosed)
Depart: 2:00 PM Sun

- **PARKING IS A BIG CHALLENGE & very limited**, so please try to be dropped off or carpool if possible. No PARKING IN driveway. They need to be open at all times for runners, catering etc. Drop your things off and then park along the jetty or elsewhere. Watch out for Park off the Pavement area signs-you can get a ticket...
- Any questions or SUGGESTIONS email or call Donna Peet Otte at herbalmud1@yahoo.com or 805-985-3343
- **BALANCES ARE DUE NOW**
- **Directions to Retreat 2008 at Silverstrand Beach in Oxnard, (Emergency Phone Message #805-558-4811**
 - Take the 101, Ventura Fwy, north or south. Get off at Victoria off ramp in Ventura. Go South (away from the hills toward beaches
 - Take Victoria about 7 miles from the off ramp
 - You will cross Channel Islands Blvd. go straight on Victoria about 1 1/2 miles until you reach a stop sign
 - RIGHT at stop sign onto SAN NICHOLAS AVE. You will be driving with the jetty to your right-(parking is along the jetty-if you have a lot of belongings you can drop off then go park.)
 - Bear LEFT onto OCEAN DR just a few houses on the left to Registration House 2405 Ocean
 - Drop your things off and then park along the jetty on San Nicholas. At registration you will find out which house you are staying at...No parking in front of the houses! If you are handicapped please call Donna Otte to make special arrangements 805-985-3343.

WHAT TO BRING

Check List

- Your own favorite Mug and Glass (identifiable) for coffee, drinks etc.
- Beach Chairs and/or blankets, spreads, **chair umbrellas**; if you like for the beach, as we are hoping to have several gatherings outside on the beach.
- Sunscreen** and or **hat**. We hope to be taking advantage of being at the beach!
- Clothing for both cold and hot weather, rain gear (just in case)
- Bathing suits for Spa at House #2 (or for those brave enough for an ocean swim)
- Flashlights, WATER, WATER, Water bottles
- Any special food items needed for special diet
- Bring pillows for sitting on the living room floor or flip back chairs etc. for when in group
- Writing pad or journal and pen for notes etc.
- Books: Big Book, 12 & 12



LODGING Check List-bring these additional items

- Bring own sheets or sleeping bag if you requested dorm style sleeping or private room (unless you check to have sheets provide) I found it is best to bring two top sheets, king or queen sizes to fit what ever size bed you are assigned. (twin, full, queen, king?)
- Towels and personal items, (shampoos, toothpastes etc) for showering, spa etc.

DO NOT BRING

NO Drugs, Alcohol, Candles, Pets
NO SMOKING ALLOWED IN HOMES!

IN CLOSING

This 3rd AA/Alanon Retreat by the Sea is designed to be a safe and nurturing place for women to take/work the steps, share time and play together. In hopes, we will reach out beyond old friendships and meet & make new friends.

PS: There will be a volunteer community service time schedule sign up at registration posted on Friday for any one wanting to donate time to help aid in different areas. This is optional, your help will be appreciated. If you know an area you would like to help with before the retreat by all means feel free to email Donna at herbalmud1@yahoo.com or call 805-985-3343. It would also be great if all participants to please help with clean up...let's leave our wonderful space better then before!!!! Thank you so much ...See you soon...





Welcome to the 3rd Women's AA/Alanon by the Sea Retreat"
 "Healing Tools & Treasures" Schedule



*Tentative Schedule...Subject to changes...so from here on...this weekend is... Letting Go and Letting God!

6/6/08 High Tide 1:24 PM Low Tide 5:56 PM Sunset 8:07 PM New Moon Sets 11:21 PM High Tide 11:59 PM **FRIDAY AFTERNOON AND EVENING**

Time	Site	Event
2:00-3:00	House 2	Registration
3:00-4:00		Settle in...Find your space... Relax... Enjoy...Take a Walk
4:00-4:30 4:30-5:15 5:30-6:15	House 1	Opening Circle Step 1. We admitted we were powerless over alcohol, that our lives had become unmanageable. Step 2. Came to believe that a Power greater than ourselves could restore us to sanity.
6:30-7:30	House 2	Dinner -Pot Luck - Your specialty! (RSVP Dish Donna: 805-985-3343 home, 805-558-4811 cell)
7:45-8:30 8:30-9:30	House 1	Step 3. Made a decision to turn our will and our lives over to the care of God <i>as we understood Him.</i> Step 4. Made a searching and fearless moral inventory of ourselves.

6/7/08 Sunrise 5:45 AM Low Tide 7:33 AM **SATURDAY MORNING**

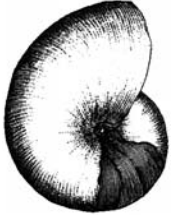
8:00-9:00	House 2	Breakfast - Kelly's K(Q)uiches, Assorted Muffins, Bagels, w/Jams, Fruit Basket, Breakfast Juice, Coffee
9:15-10:30	House 1	Step 5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
10:30-11:00		Break...
11:00-11:45 11:45-12:30	House 1	Step 6. Were entirely ready to have God remove all these defects of character Step 7. Humbly asked God to remove our shortcomings
12:30-1:30	House 2	Lunch - Potato Bar & All the Fixins' with Grilled Chicken Alfredo, Baby Greens Salad with Homemade Ranch or Balsamic Vinaigrette Dressing, Peach Iced Tea & Cookies

High Tide 2:22 PM Low Tide 7:07 PM Sunset 8:07 PM Crescent Moon Sets 11:21 PM High Tide 12:56 PM **SATURDAY AFTERNOON AND EVENING**

2:00-2:45 2:45-3:30	House 1	Step 8. Made a list of all persons we had harmed, and became willing to make amends to them all. Step 9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
3:30-4:30	House 1	Project
4:30-6:00		Break...
6:00-7:00	House 2	Dinner -Frikadelle (cross between Mini Meatloaf and Swedish Meatball) with Mushroom Gravy, Egg Noodles and Seasoned Green Beans, Chocolate Fondue with Fruit-Banana, Strawberry, Oranges, Pound cake, & More, Strawberry Lemonade
7:30-8:15 8:15-9:00	House 1	Step 10. Continued to take personal inventory and we were wrong promptly admitted it. Step 11. Sought through prayer and meditation to improve our conscious contact with God <i>as we understood Him</i> , praying only for the knowledge of His will for us and the power to carry that out.

Sunrise 5:45 AM Low Tide 8:26 AM High Tide 3:20 PM **SUNDAY**

7:30 -8:30	House 1	Breakfast -Jetty Hawaiian French Toast w/Maple Syrup, Sausage, Bacon, Scrambled Eggs, Fruit Platter, Assorted Fruit Juices, Coffee
8:50 -10:00		Walk over to Sunday AM Beach Meeting
10:45-11:30 11:30-12:30 12:30-1:30 1:30-3:00	House 1 House 2	Step 12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs. Closing Circle Lunch -Eclectic Left Over's plus TBA Community Clean up Depart



Women's 3rd A.A./Alanon by the Sea Retreat" "Healing Prayers, Tools & Treasures"

12 Steps

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol-- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God AS WE UNDERSTOOD HIM.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God AS WE UNDERSTOOD HIM, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

12 Traditions

1. Our common welfare should come first; personal recovery depends upon A.A. unity.
2. For our group purpose there is but one ultimate authority — a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

3rd Step Prayer

God, I offer myself to Thee-
To build with me
and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love, and Thy Way of life.
May I do Thy will always!

7th Step Prayer

My Creator,
I am now willing that you should have all
of me,
good and bad.
I pray that you now remove from me
every single defect of character which
stands in the way
of my usefulness to you and my fellows.
Grant me strength, as I go out from here,
to do your bidding.



Prayer of Saint Francis of Assisi

Lord, make me an instrument of thy peace!
That where there is hatred, I may bring love.
That where there is wrong, I may bring the spirit of forgiveness.
That where there is discord, I may bring harmony.
That where there is error, I may bring truth.
That where there is doubt, I may bring faith.
That where there is despair, I may bring hope.
That where there are shadows, I may bring light.
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort, than
to be comforted.
To understand, than to be understood.
To love, than to be loved.
For it is by self-forgetting that one finds.
It is by forgiving that one is forgiven.

Serenity Prayer

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.

More to come at Retreat!!!!

