

Draft: Retreat Schedule

2018 ACA Fall Retreat

Morning guided meditation 7:30-8am daily Breakfast: 8-9

| Start Time | Time Blocks |
|------------|-------------|
| 9:15 AM | 15m |

| TIME | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|------------------------------------------------------------------|----------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------|
| 9:15 AM | | WORKSHOP | WORKSHOP | FAMILY GROUPS |
| 9:30 AM | ALL activities are optional! Enjoy down time any time. | | | |
| 9:45 AM | | Topic: Cultivating Vulnerability in fellow traveler relationships | Topic: Writing with the Inner Child (Non dominant hand writing) | |
| 10:00 AM | Ideas for open time: | | | |
| 10:15 AM | Journal | OPEN TIME | OPEN TIME | OPEN TIME |
| 10:30 AM | Nap | | | |
| 10:45 AM | Take a walk/hike | 12-step MEETING | FAMILY GROUPS | |
| 11:00 AM | Pray/meditate | | | GUIDED MEDITATION |
| 11:15 AM | Meet with sponsor/fellow traveler | | | |
| 11:30 AM | Love letter to self | | | Break |
| 11:45 AM | Play music | | Break | CLOSING CIRCLE |
| 12:00 PM | Love notes to others | | | |
| 12:15 PM | | OPEN TIME | YOGA HIKE | |
| 12:30 PM | Color key: | | | |
| 12:45 PM | BLUE = workshop | | | |
| 1:00 PM | GREEN = family group mtg | | | |
| 1:15 PM | GRAY = meal | LUNCH | LUNCH | LUNCH |
| 1:30 PM | YELLOW = fellowship | | | |
| 1:45 PM | | | | |
| 2:00 PM | | Break | Break | SUNDAY DEPARTURE 2pm |
| 2:15 PM | | WORKSHOP | WORKSHOP | |
| 2:30 PM | WELCOME! | | | Please fill out a survey |
| 2:45 PM | <i>We are glad you're here!</i> | Topic: Shame | Topic: The Drama Triangle | before you leave. |
| 3:00 PM | | | | |
| 3:15 PM | | Break | Break | Thank you! |
| 3:30 PM | | WORKSHOP | WORKSHOP | |
| 3:45 PM | | | | |
| 4:00 PM | THURSDAY ARRIVAL 4pm | Topic: Self Breema | Topic - Soul Collage | |
| 4:15 PM | | (Movement workshop) | (art workshop) | |
| 4:30 PM | | CHOOSE YOUR OWN ADVENTURE! | AFFIRMATION CIRCLE | There is a quiet |
| 4:45 PM | | Open time | | self-connect/chill out space |
| 5:00 PM | OPEN TIME until dinner | with pop-up activities | | On the lower floor of |
| 5:15 PM | | | | Fanning Hall; visit anytime! |
| 5:30 PM | | | | |
| 5:45 PM | | | | |
| 6:00 PM | DINNER | DINNER | DINNER | All workshops and most |
| 6:15 PM | | | | activities are in |
| 6:30 PM | | | | Fanning Hall unless |
| 6:45 PM | ORIENTATION/WELCOME | ORIENTATION/WELCOME | | unless otherwise noted. |
| 7:00 PM | | | OPEN TIME | |
| 7:15 PM | Break 15 min | Break 15 min | | |
| 7:30 PM | FAMILY GROUPS | FAMILY GROUPS | VARIETY SHOW | |
| 7:45 PM | | | | Laurel Lodge is available all |
| 8:00 PM | | | | weekend long for PLAY TIME |
| 8:15 PM | | | | (art, games, puzzles, socializing, |
| 8:30 PM | PLAY TIME!! | MOVIE | | playing music, etc.) |
| 8:45 PM | Art, games, puzzles | | DANCE | [Except during family group time.] |
| 9:00 PM | In Laurel Lodge | | | Laurel is not directly connected to |
| 9:15 PM | | | | A dorm area, so 10pm QUIET TIME |
| 9:30 PM | | | | DOES NOT APPLY TO LAUREL! |
| 9:45 PM | | | | |
| 10:00 PM | Quiet time starts - 10pm | Quiet time starts - 10pm | Quiet time starts - 10pm | |