

FORMAT & REQUIREMENTS

FORMAT: During the retreat weekend we will read and share on the 12 Steps together. There will be reading, sharing and writing throughout the weekend. If you have worked on the steps in this type of format before, you already know its value. If you have not done any study of the Steps, intensive or otherwise, this is a great way to do it, especially for the first time. It gives you hope and faith that the program steps work. Regardless of where any one individual is in the Step study process, we are able to learn from sharing our experience, strength and hope with each other.

FLEXIBILITY - Attendees should be willing to be open, flexible and supportive of the retreat coordinators and attendees throughout the weekend.

QUALIFICATION - Attendees must identify as a Sex & Love Addict or think you have a problem with Sex & Love addiction. Attendees must identify as using **she/her** pronouns to participate in this retreat.

CHOOSING LEADERS AND SPEAKERS - **There will be leaders and speakers selected at random** at the Friday's opening session. We trust our Higher Power in this process and know whoever is chosen to speak or lead is strengthening their own recovery and offering value to ours. This also determines when you will be required to participate in service on the schedule. For this reason, we have a "No Come and Go" policy upon registering.

SELF-CARE TIME - There may be time during the retreat when you want to step away and go for a walk, take a nap, or meditate. You are free to do this as long as it doesn't conflict with the volunteer duties you've signed up for or a speaking/leading role you have been assigned. Take care of yourself.

SLAA BASIC TEXT *PRINT EDITION* REQUIRED - The **SLAA Basic Text** is used for the weekend. No electronic devices will be permitted in the meeting space. Please have a **print** copy of the basic text with you in order to participate. (You can order a copy of the basic text on your registration form).

VALUABLES - Bedroom doors will not be permitted to be locked as rooms are being shared. We recommend leaving valuable items at home, in your car or keeping them with you. GDVI is not responsible for any lost or stolen property.

HOUSE ACTIVITIES/LAYOUT - Everyone will be assigned a bed (sleeping space). All bathrooms are shared. There is a hot tub located outside for 6 to 8 people to enjoy outside of meeting times. There is a foosball and ping pong in the garage. The third-floor deck is perfect for a quiet cup of coffee or a book.

FRIDAY ARRIVAL - Check in begins **Friday at 5:00 p.m. ET** where you can order take out dinner before our start at 8:00 p.m.. Food is limited in the area, so consider picking up food on your way in. There is a full kitchen, refrigerator and freezer available. If you will not arrive by **8:00 p.m.**, please discuss with the retreat coordinator before registering.

NO 'COME-AND-GO' ATTENDEES, PLEASE! - This is not a recovery day where you can show up or leave throughout the weekend. This retreat requires all participants to participate together to share and grow in the S.L.A.A program. Plan on being on-site Friday by 8pm, Saturday 8am-9pm, and Sunday 8am - 3pm. Please refrain from registering or discuss with the retreat coordinator before you register if you can not be in attendance from start to end time Saturday and Sunday.

Note, these times do not include some meals. Add on option to fellowship and stay an extra night is available.

COMMON AREAS – Anywhere outside on the retreat property address, the kitchen and living room inside.