

REQUIREMENTS FOR ATTENDING THE ZOOM GDVI WOMEN'S STEP RETREAT

February 26 to February 28, 2021

- Identify as a Sex and Love Addict or think you have a problem with Sex and Love addiction.
- Have access to ZOOM on a phone or computer device with video capabilities.
- Please download & update the recent version ZOOM prior to check-in at <https://zoom.us/download>.
- Dial in *without* video options will be available only for those with legal consequences and must contact the [retreat coordinator](#) prior to registering.
- Due to this being a virtual retreat you must be signed in **no later than 7:00pm ET on Friday, no later than 9:00am ET on Saturday and Sunday** of the retreat in order to participate.
- You will be required to stay signed in to the Zoom meeting each day from the time you log in until we end for the day. There are many scheduled breaks. Schedule below.
(please keep this in mind if you are using a cell phone for attendance)
- Willing to be open, flexible and supportive of the retreat coordinators and attendees throughout the weekend.
- The S.L.A.A. Basic Text is used for the entirety of the retreat weekend which will not be shown as a share screen. Please have your basic text with you in order to participate. (You can order a copy of the basic text by contacting our [literature coordinator](#)) or through Fellowship Wide Services [Online Store](#) or have shipped with your registration packet.
- After registering and paying for the retreat, an email will be sent with “**Step 2.**” You will be required to register your email address with zoom in order to receive the direct link to attend the retreat.
- Prior to registering, read the attached schedule to assist you with answering questions about the virtual retreat. Please reach out to the [retreat coordinator](#) if you still need further information.

NOTES:

- We have included breaks indicated on the schedule. These breaks are opportunities to get to know others as well as time for self care or meals.
- You are welcome to turn off your video feature or keep your audio off if you need a self care break at any time throughout the weekend.
- E-Readers or Kindles are welcome, although pages differ from that of the basic text.

(DRAFT Schedule below)

DRAFT 12 Step Virtual Women's Retreat Schedule - February 26 - 28, 2021

ALL TIMES ARE EASTERN TIME ZONE (location of GDVI)

Friday

12/11 5:30 pm - 6:45 pm **Open Check in:** Check in to the Meeting Day
5:30 pm - 6:15 pm Answer Zoom Questions and Fellowship - Fellowship Waiting Room
6:15 pm - 6:45 pm Sponsorship Q & A - Fellowship Waiting Room
7:00 pm - 10:30 pm **We begin at 7:00 pm SHARP. Must be on time!** -Main Meeting Room
Welcome Evening Session:
Ice breakers, Review meeting schedule, Draw names for leaders/speakers, Q & A, Review safety ground rules, Getting Current Meeting
-Breaks will be suggested as we go during this time frame-

Saturday

12/12 8:30 am - 9:00 am **Open Check in:** Check in to the Meeting Day
8:30 am - 9:15 am Fellowship Chat, Questions Fellowship Waiting Room
9:15 am - 11:00 am **Step 1, 2, 3: Speakers & Buzz groups**
Main Meeting Room & Multiple Break Out Rooms
11:15 am - 12:45 pm **Step 4, 5: Mini-assignment, Speaker, & Buzz groups**
Main Meeting Room & Multiple Break Out Rooms
12:45 pm - 1:45 pm Lunch Break at Home Individually or With Others Fellowship Open Chat
1:45 pm - 3:00 pm **Step 6, 7: Speakers & Buzz groups**
Main Meeting Room & Multiple Break Out Rooms
3:10 pm - 4:00 pm **Announcements, Affirmations, GDVI/FWS, Chat - Main Meeting Room**
4:00 pm - 5:00 pm Self Care Break Individually or With Others Fellowship Open Chat
5:15 pm - 5:30 pm **5 minute meditation / 5 minute writing - Main Meeting Room**
5:30 pm - 7:00 pm **Getting Current Meeting - Main Meeting Room**
7:10pm - 7:30 pm **Giveaways Fellowship Open Chat**

Sunday

12/13 8:30 am - 9:00 am **Open Check in:** Check in to the Meeting Day
8:30 am - 9:15 am Fellowship Chat Fellowship Waiting Room
9:15 am - 11:00 am **Step 8, 9: Speakers & Group shares - Main Meeting Room**
11:15 am - 1:15 pm **Step 10, 11, 12: Speakers & Group shares - Main Meeting Room**
1:25 pm **Closing, Amazing Grace, & 11th Step Prayer - Main Meeting Room**
1:45 pm - 2:15 pm Fellowship Chat / Exchange information - Main Meeting Room

A final schedule and details will be mailed in your registration packet & emailed