

FORMAT & REQUIREMENTS:

GDVI In-Person 12 Step Retreat Schedule: September 23 - 25, 2022

Daylesford Abbey, Paoli PA

- During the retreat weekend we will read and share on the 12 Steps together. 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 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.
- There will be leaders and speakers selected at random on the Friday introduction of the weekend. 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.
- Identify as a Sex and Love Addict or think you have a problem with Sex and Love addiction.
- 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.
- The S.L.A.A. Basic Text is used for the weekend. No electronic devices will be permitted in the meeting space. Please have a copy of the basic text with you in order to participate. (You can order a copy of the basic text on your registration form).
- Be present on **Friday by 8pm ET** as names are drawn for the schedule of leaders and speakers. If you can not attend by this time, please consider discussing with the retreat coordinator before registering.
- Dinner on **Friday is 5:45pm to 6:15pm** only. If you arrive after **6:05pm** Friday you will need to arrange for your own dinner. There is a microwave, refrigerator and freezer available if you are bringing your own food.
- Entry Doors to the ABBEY. The front door of the Spirituality Center will be locked at **9:00pm and reopened at 9:00am**. For commuters, we have arranged for a door monitor Saturday and Sunday **7:00am to 7:45am** to join us for breakfast or to attend the Saturday meditation meeting. Side access into the Spirituality Center will be arranged starting at 8:00am.
- If you are registering as a non-commuter, bedroom doors only lock from the inside. We recommend leaving valuable items at home, in your car or keeping it with you.
- Willing to be open, flexible and supportive of the retreat coordinators and attendees throughout the weekend.

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Have your printed basic text with you for all step meetings

Meals are in the Dining Hall. All Step Meetings start in the Chapter Room unless otherwise noted

*** Silent Auction opens 8am Saturday and closes at 7:15pm Location: Neitzel Room***

Literature Items and snacks available through the weekend Location: Neitzel Room

Friday

- 3:00 pm - 5:45 pm *Registration, silent auction gift, yankee swap gift drop off, name tag and folder decorating, explore the grounds of the Abbey, meet old & new friends*
Location: Pennings Room
Greeters: TBD. (3pm to 4pm) TBD. (4pm to 5pm) TBD. (5pm to 5:45pm)
- 5:30 pm - 6:15 pm *Answer Questions and Fellowship* **Location: Atrium**
- 5:45 pm - 6:15 pm *Fellowship & Dinner*
- 6:15 pm - 6:45 pm Continued registration **Greeter:** TBD. (6:15pm to 6:45pm)
- 7:15 pm - 8:00 pm **Welcome Meeting begins promptly at 7:15 pm**
Ice breakers, service list, review meeting schedule & guidelines
- 8:00 pm - 11:00 pm *Draw names for leaders/speakers, safety ground rules, Q & A [Break]*
Getting Current Meeting
-length of time depends on number of attendees, all attendees can go to bed or commuters can leave at any time after getting current meeting begins-

As a reminder, when you registered you have acknowledged this retreat requires all attendees to participate together to share and grow using the S.L.A.A. Basic Text. We all will learn from your own experience, strength and hope no matter how short or long you have been in recovery. Self-care may be taken at times you are not chosen for speaking/leading/service or during the scheduled break times.

Saturday

- 7:00 am - 7:45 am **Open Check in:** Door Monitors 7am to 7:45am only
- 7:00 am - 7:45 am **Morning Meditation and Stretch** **Location: Atrium**
- 7:30 am - 8:15 am *Fellowship & Breakfast together*
- 8:30 am - 11:30 am **Step 1, 2, 3: Speakers & Buzz groups**
- 11:45 am - 12:45 pm *Fellowship & Lunch*
- 1:00 pm - 3:15 pm **Step 4, 5: Mini-assignment, Speaker, & Buzz groups**
- 3:30 pm - 5:30 pm **Step 6, 7: Speakers & Buzz groups**
- 5:45 pm - 6:15 pm *Fellowship & Dinner*
- 7:00 pm - 8:45 pm **Re-Entering Announcements, GDVI/FWS, Getting Current Meeting**
Location: Atrium
- 7:15 pm **Silent Auction Closes**
- 8:45 pm to 10 pm **Yankee Swap: FUN AND ENTERTAINMENT** **Location: Atrium**

Sunday

- 7:00 am - 7:45 am **Open Check in:** Door Monitors 7am to 7:45am only
- 7:00 am - 7:45 am **Morning Meditation and Stretch** **Location: Atrium**
- 7:30 am - 8:15 am *Fellowship & Breakfast together*
- 8:30 am - 11:30 am **Outreach & Safety reminders Step 8, 9: Speakers & Group shares**
- 11:45 am - 12:15 pm *Fellowship & Lunch together*
- 12:30 pm - 2:15 pm **Step 10, 11, 12: Speakers & Group shares**
- 2:15 pm **Basic Text Closing, 11th Step Prayer & Closing Song**

Check out of your room by 3:15pm. Non-commuters, reminder to put soiled linens and towels outside your room and remake the bed with the extra linens left in your room closet.