

REQUIREMENTS FOR ATTENDING THE GDVI VIRTUAL 12 STEP WOMEN'S RETREAT

Friday, February 4 to Sunday, February 6, 2022

- Identify as a Sex and Love Addict or think you have a problem with Sex and Love addiction.
- Open to women and/or those using she/her pronouns.
- 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 using the S.L.A.A. Basic Text. Please make sure you are available for the entirety for the times listed on the schedule. All times are Eastern Time Zone.
- 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 with audio only is not an option
- 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.
- There is an opening Sponsorship and Step Presentation at 6:30pm ET, Friday as noted on the schedule if you would like to attend prior to the formal start of the retreat.
- 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. Your video can be disabled when you need a self care break. (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 you will receive a confirmation email. The zoom access information will not be sent until the week of 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.
- This step retreat requires all attendees to actively participate. This is not a recovery day to be in and out of participating.
- E-Readers or Kindles are welcome, although pages differ from that of the basic text.

Virtual 12 Step Retreat Schedule - February 4 to 6, 2022

ALL TIMES ARE EASTERN TIME ZONE (location of GDVI)

Friday

02/04

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*
6:30 pm - 7:00 pm **Sponsorship & Step Presentation**
7:15 pm - 10:30 pm **We begin at 7:15 pm SHARP. Must be on time!**
Welcome Evening Session:
*Ice breakers, Review meeting schedule & guidelines,
Draw names for leaders/speakers, Q & A, [Break]
Review safety ground rules, Getting Current Meeting
-Breaks will be suggested as we go during this time frame-*

Saturday

02/05

8:30 am - 9:00 am **Open Check in: Check in to the Meeting Day**
8:30 am - 9:15 am *Fellowship Chat & Optional Breakfast together (virtually)*
9:15 am - 11:15 am **Step 1, 2, 3: Speakers & Buzz groups**
Multiple Break Out Rooms
11:30 am - 1:15 pm **Step 4, 5: Mini-assignment, Speaker, & Buzz groups**
Multiple Break Out Rooms
1:15 pm - 2:00 pm *Lunch Break at Home Individually or With Others Fellowship Open Chat*
2:00 pm - 3:15 pm **Step 6, 7: Speakers & Buzz groups**
Multiple Break Out Rooms
3:30 pm - 4:15 pm **Re-Entering Announcements, Affirmations, GDVI/FWS, Chat**
4:15 pm - 5:00 pm *Self Care Break Individually or With Others Fellowship Open Chat*
5:00 pm - 5:15 pm **“Truth Be Told” & 5 minute writing**
5:15 pm - 7:00 pm **Getting Current Meeting**
7:05 pm - 7:30 pm **Giveaways Fellowship Open Chat**

Sunday

02/06

8:30 am - 9:00 am **Open Check in: Check in to the Meeting Day**
8:30 am - 9:00 am *Fellowship Chat & Optional Breakfast together (virtually)*
9:00 am - 10:45 am **Step 8, 9: Speakers & Group shares**
11:00 am - 1:00 pm **Step 10, 11, 12: Speakers & Group share**
1:10 pm **Outreach, 11th Step Prayer & Closing Song**
1:30 pm - 2:00 pm *Room will stay open till 2:00 for Fellowship*

Please have your Speaker/Leader/Service List Printed and available for Friday evening

As a reminder, when you registered you have acknowledged this retreat requires all participants to participate together to share and grow using the S.L.A.A. Basic Text, as well as your own experience, strength and hope no matter how short or long you have been in recovery.

Please make sure you are available for the entirety for the times listed on the schedule. Self-care may be taken at times you are not chosen for speaking/leading/service or during the scheduled break times.