

GDVI SLAA NJ 12 Step Women's Weekend Retreat

Frenchtown, New Jersey

February 8 - 10, 2019

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Step study is a key tool to recovery in the S.L.A.A. program.

At the retreat weekend we do an intensive study of 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 as 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.

Location/Coordinators:

The location The National Hotel is located in Frenchtown, New Jersey. Established in 1850, The National Hotel has a colorful past, from being a stage coach stop to being frequented by historical figures, including Buffalo Bill Cody and Annie Oakley. With its ideal location, nestled among quaint river towns such as Lambertville, New Jersey and New Hope across the river in Bucks County, Pennsylvania. This location can sleep 12 attendees, and includes space for up to 5 commuters to participate. **Coordinators** are two women who share their recovery journey with you.

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Price: \$309 non commuters (early registration before Dec. 1, 2018) \$359 non commuters (after Dec 1, 2018)
\$189 commuters (early registration before Dec. 1, 2018) \$229 commuters (after Dec. 1, 2018)

Includes: 2 nights lodging. Continental breakfast on Saturday & Sunday. Dinner Saturday night at the hotel's restaurant. Coffee, iced tea, water will be provided freely throughout the weekend.

For Reservations:

To reserve a space complete the registration form on the reverse side of this flyer (or online) and mail to the above address. These weekends are only open to anyone who is an S.L.A.A. member or thinks they might benefit from the program. Non-participating guests are NOT allowed. *Email confirmations will be sent upon receipt of your payment.*

2019 Retreat Date:	Discount Registration Deadline:
February 8 - 10, 2019	December 1, 2018

Cancellation Policy:

- To receive a FULL REFUND, please contact the email address above IN WRITING NO LATER THAN 4 weeks prior to the date for which you are registered to attend.
- Cancellations made less than 4 weeks prior to the retreat date WILL BE REFUNDED IN FULL ONLY if your cancelled space is filled.
- GDVI and coordinators reserves the right to cancel any of these weekends if it does not receive at least 15 reservations by the respective registration dates. You will be refunded in full if this occurs.

Schedule: *(A complete schedule will be sent to you 7 to 10 days prior to the retreat.)*

Friday	4:30 p.m. 7 p.m. SHARP!	Room assignments, casual hang out in town and meeting early arrivers Introduction--hellos, ground rules, temporary sponsor availability, Draw names of chairpersons and speakers for weekend meetings; Getting Current/Check-ins.
Saturday	8:00 a.m. 9:15 a.m.-11:00 p.m.	Breakfast Meeting on Steps 1, 2 & 3; Meeting on Steps 4 & 5; Lunch (on your own) & Break time; Meeting on Steps 6 & 7; Dinner (together as a group); Getting Current Mtg; Meeting on Steps 8 & 9;
Sunday	8:00 a.m. 9:00 a.m.-12:45 p.m.	Group activity—Fun! Breakfast Meeting on Steps 10, 11 & 12; Closing prayer and song.

Sleeping Arrangements & Commuter Information:

There are 8 single sleeping rooms, 2 shared (enough to sleep 12). Room assignments will be given on a first come basis based on earliest registration date. All bedrooms have individual bathrooms with showers. Bed linens and towels are provided. Commuters will have access to the bedroom bathrooms throughout the entire retreat weekend.

Extra Support and Ground Rules:

We try to be aware of people's concerns, needs and issues. As a result, we have come up with a number of safeguards and ground rules to make the weekend safe and enjoyable to all who wish to participate. The ground rules list will be sent to all participants with their confirmation and handouts will be provided at the weekend.

The following guidelines/supports have been built into the weekend:

- ◆ There is no sobriety requirement to attend, but participants MUST STAY SOBER DURING THE WEEKEND. This ensures that everyone can attend in safety and work together to expand our recovery. People will be asked to leave if they do not abide by this rule. This also includes the use of alcohol during your stay.
- ◆ Getting current during the weekend. There are several opportunities to use this tool during the weekend: 1) opening evening everyone will have a chance to say who they are, where they are from, how they are feeling, where they are in the Step study process, and what they are expecting from the weekend; 2) Saturday evening after dinner which is before the 8th & 9th Steps--1 full day into the process; 3) One-on-one with weekend participants and temporary sponsors.
- ◆ Temporary sponsorship availability. This tool will help people to work through feelings and issues that may come up as a result of the work they are doing during the weekend. The process can be quite intense and exhausting, so the additional weekend sponsorship can be particularly helpful to those who are feeling in danger of acting out or just need to process feelings, etc.
- ◆ Social activity--fun. Many of us feel tired and overwhelmed by the marathon meetings. The group activity helps with the process during the weekend. It helps to enhance the experience and nurture our need to take care of ourselves by lightening up a bit. SUGGESTIONS ARE WELCOME!!
- ◆ Come early Friday. There are lots of things to do and see in the area: including great little shops, yoga, hiking, craft places. All can offer well-deserved distractions, if needed. Taking time out from the intensity of the weekend for relaxation, even a nap, can make us more refreshed and open to the miracles of the process.

If you have any questions, issues, or concerns, please email the Retreat Coordinator at dviretreatcoordinator@slaadvi.org
We hope you will be able to join us for this very special weekend!

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Registration Form GDVI SLAA NJ 12 Step Women's Weekend Retreat February 8 - 10, 2019

MAKE CHECKS PAYABLE TO: GDVI

Mail to: Augustine Fellowship-GDVI P.O. Box 164 Langhorne PA 19047

REGISTRATION FORM AND PAYPAL Link at: www.slaadvi.org under the events & activities section

Name: _____

Address: _____

Telephone # (____) _____

Check One (assignment made on first come basis based on earliest registration): [] Solo Room [] Shared Room

[] Can provide ride in my car [] Need Train station pick up

Do you have an email address in which we can send confirmation letter and directions? ____ Yes ____ No*

Email address: _____ * If no, confirmation packet will be sent to US mail address you have listed above

[] I have dietary restrictions - please explain _____

I HAVE ENCLOSED PAYMENT OF \$ _____ or have paid via paypal \$ _____

\$309 non commuters (early registration before Dec. 1, 2018) \$359 non commuters (after Dec 1, 2018)

\$189 commuters (early registration before Dec. 1, 2018) \$229 commuters (after Dec. 1, 2018)

Some scholarship assistance is available. Arrangements to be made in consultation with the Weekend Coordinators.

Please add my name to the GDVI email list for updates on activities & events.

Email: _____

(please print clearly)