



2018 SLAA Spring Retreat

The Principles of Prayer and Meditation in the Steps

Friday, May 4, 2018

5:00 pm to 7:00 pm	Arrival and Registration
7:00 pm to 8:00 pm	Dinner
8:00 pm to 9:30 pm	Welcome and Intention Setting / SLAA Meeting
9:30 pm to 10:00 pm	Relaxation Yoga

Saturday, May 5, 2018

7:15 am to 8:00 am	Yoga
8:30 am to 9:30 am	Breakfast
9:30 am to 10:00 am	Step Two: Hope <i>Exercise: A written "grace history"</i>
10:00 am to 10:30 am	Free Time / Self-Reflection
10:30 am to 11:00 am	Step Three: Faith/Trust Exercise: Guided meditation (Seeing/being seen with the eyes of love)
11:00 am to 12:00 pm	Free Time / Self-Reflection
12:00 pm to 1:30 pm	Lunch
1:30 pm to 2:00 pm	Steps Six & Seven - Willingness & Humility <i>Exercise: Prayer as an expression of desire</i>
2:00 pm to 3:00 pm	Free Time / Self-Reflection
3:00 pm to 4:00 pm	Step Eleven - Spiritual Awareness Exercise: How do you know you're in conscious contact with God's will / power? <i>Consolation</i> – the sense of acceptance, connection, being open, "in the zone", feeling peaceful, loving. <i>Desolation</i> – the opposite – turmoil, confusion, isolation, feeling stuck, unreality
4:00 pm to 5:00 pm	Free Time / Self-Reflection
5:00 pm to 6:30 pm	Dinner
7:00 pm to 8:00 pm	SLAA Meeting
8:30 pm to 9:15 pm	Yoga

Sunday, May 6, 2018

7:15 am to 8:00 am	Yoga
8:30 am to 9:30 am	Breakfast
9:30 am to 10:00 am	Closing Talk: The Sacred – Holy places, the sacredness of the body, inner sanctum and sanctuary. “The beginning of faith is awe”. Wonder as a spiritual attitude. <i>Practice: Group silent meditation while poetry of the sacred is read.</i>
10:00 am to 11:00 am	Free Time / Self-Reflection
11:00 am to 12:00 pm	SLAA Meeting
12:00 pm to 1:30 pm	Lunch
1:30 pm to 2:00 pm	Facilitated Closing
2:15 pm to 3:00 pm	Yoga
3:00 pm	Departures