**EASTERN CENTRAL CANADA**

**S-Anon-S-ATeen Retreat 2024**

Mount Mary Retreat Centre, June 14th-16th, 2024

***Gifts of the Program***

Note: We are a flexible group and so the program may change slightly from below

Please reach out to [ecispringretreat@gmail.com](mailto:ecispringretreat@gmail.com) if you wish to volunteer.

**Friday**

| 3:00 – 4:30 pm | Arrival, registration, settling in - if arrive during dinner - can register at the school |
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| **4:30 - 5:30 pm** | **Honesty, open-mindedness and willingness** |
| **6:00 - 7:00 pm** | **DINNER** |
| 7:15 – 7:45 pm | ***Welcome Circle***  Introductions & information about the weekend |
| 7:45 – 8:45 pm | **It works if you work it**  Birthday Meeting |
| 8:45 - 10:00 pm | Fellowship in the Villa |

**Saturday**

| 7:30 – 8:00 a.m. | Yoga / Morning stretching |
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| **8:00 – 9:00 am** | **BREAKFAST** |
| 9:00 - 9:15 am | BREAK |
| **9:15 – 9:45 a.m.** | **Speaker - Journey through the gifts** |
| 9:45 – 10:45 a.m. | Break out groups   * Newcomer meeting - Step 1 * Surrender our self-defeating behaviour * Acting positively on behalf of our health, families, jobs and bank accounts |
| 10:45 – 11:00 a.m. | BREAK |
| 11:00 – 12:00 p.m. | Activities:   * Meditation * Self-guided nature walk |
| **12:00 -1:00 pm** | **LUNCH** |
| **1:00 - 1:30 pm** | **Speaker - Recovering the feeling of Joy** |
| 1:30 -2:30 pm | Break out groups   * Finding new comfort in intimate relationships * Knowing we are loved and accepted just as we are * Finding the courage to be true to ourselves |
| 2:30 - 2:45 pm | BREAK |
| 2:45 - 3:30 pm | Activities   * Developing your self-care routine * Self-guided nature walk |
| **3:30 - 4:45 pm** | **Knowing peace of mind and a stronger connection with our Higher Power (all)** |
| 4:45 - 5:00 pm | BREAK |
| **5:00 - 6:00 pm** | **DINNER** |
| 6:00 - 6:15 pm | BREAK |
| **6:30 - 7:30 pm** | **Panel - Sponsor/ sponsee** |
| 7:30 – 10:00 pm | Fun Fellowship   * Board games, Jigsaw puzzle, colouring * Share a talent * Stargaze and listen to the night sounds |

**Sunday**

| 7:30 – 7:50 a.m. | Yoga / Morning stretching |
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| 7:45 - 8:00 a.m. | BREAK |
| **8:00 – 9:00 am** | **BREAKFAST** |
| **9:00am -10:00 am** | **Closing Circle**   * Take your gift (your stone) * Share your gift & a key insight * 7th Tradition Collection |
| 10:00 am | Pack up, prepare rooms for departure |

**ALSO:**

1. A meditation/quiet room is available for use at any time.
2. Self-guided nature walk is available for all attendees at any time.