**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 if you wish to volunteer.

 **Friday**

| 3:00 – 4:30 pm | Arrival, registration, settling in - if arrive during dinner - can register at the school |
| --- | --- |
| **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 |
| --- | --- |
| **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 |
| --- | --- |
| 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.