

"Ed B. remembered that Dr. Bob used to tell stories at meetings to illustrate certain points—much as parables are used in the Bible.... According to Ed, Dr. Bob would explain prayer by telling how the camels in a caravan would kneel down in the evening, and the men would unload their burdens. In the morning, they would kneel down again, and the men would put the burdens back on. It is the same with prayer Dr. Bob said. We get on our knees to unload at night. And in the morning when we get on our knees again, God gives us just the load we are able to carry for that day"
(Dr. Bob and the Good Oldtimers, page 229)



Important Information

- ◆ The Gym will be open for recreational purposes.
- ◆ The Camp Store will be open during the retreat.
- ◆ The Cafeteria will be shared by both the SA and S-ANON fellowships.
- ◆ Modest dress is requested. Please avoid:
 - inappropriate attire (shorts, tank-tops, tight-fitting clothing),
 - strong fragrances and excessive make-up.
- ◆ Temporary Sponsors will be available for consultation and private discussions.
- ◆ No minors, please.



Humility, Grace, and Hope

Northwest Regional SA & S-Anon Spring Retreat
April 1-3, 2016, Wilkeson, WA

"If that degree of humility could enable us to find the grace by which such a deadly obsession could be banished, then there must be hope of the same result respecting any other problem we could possibly have." 12&12 p76



Sunset Lake Camp

30811 Quinnon Rd. Ext. E. Wilkeson, WA 98396
www.sunsetlake.org 360-829-0311

Gratitude, Humility, Anonymity....

Daily Reflections p.63

Fri. 8:15-9:15pm – Cabin 11

Beginners Part 1

Big Book pp xiii-43

Fri. 8:15-9:15pm – Lakeside

Sponsorship with Humility.....

White Book pp.72-75

Fri. 8:15-9:15pm – Timber Lodge

11th Step Guidance....

Big Book pp. 86-87

Sat./Sun. 7:00-7:50am – Lakeside 1/2

Surrender....

As Bill Sees It p.242;

Sat. 10:10-11:10am – Cabin 11

Beginners Part 2

Big Book pp 44-71

Sat. 10:10-11:10am – Lakeside

Multiple Addictions.....

12&12 p.70, pp.141-142, AA Big Book p.416;

Sat. 10:10-11:10am – Timber Lodge

Let Go / Let God....

12&12 pp.71-72;

Sat. 11:20-12:20am – Cabin 11

Step 10 Continued to take personal inventory....

12&12 pp.88-95;

Sat. 11:20-12:20am – Timber Lodge

Beginners Part 3

Big Book pp 72-83

Sat. 2:40-3:40pm – Lakeside

Making Amends: More than just writing letters....

12&12 p.83, White Bk pp.126-128, As Bill

Sees It p.311

Sat. 2:40-3:40pm – Timber Lodge

No one need have difficulty with the spirituality of the program....

AA Big Book pp.11-12, 567-568, As Bill

Sees It p.116

Sat. 5:00-6:00pm – Lakeside

ABC's....

AA Big Book p.60

Sat. 5:00-6:00pm – Cabin 11

Open SAnon....

Traditions & relationships--using Humility, Grace, & Hope

Sat. 5:00-6:00pm – Timber Lodge

New Employer....

AA Big Book pp.62-63

Sun. 10:10-11:10am – Cabin 11

Beginners Part 4

Big Book pp 72-83

Sun. 10:10-11:10am – Lakeside

Three-Fold Sobriety

SA White Book – The Solution

Sun. 10:10-11:10am – Timber Lodge

Easy Does It....

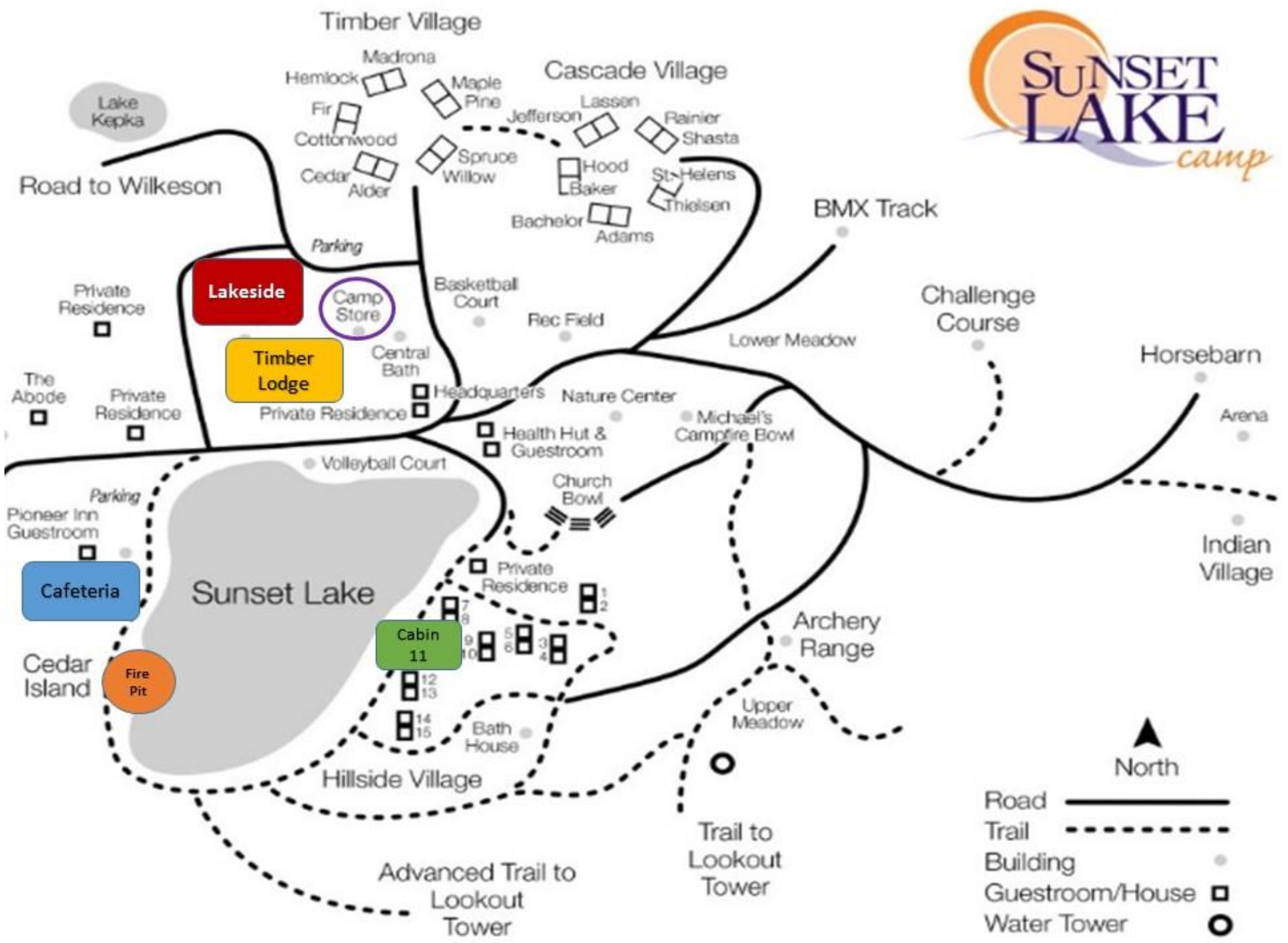
12&12 p.26, AA Big Book pp.86-87, p.135

Sun. 11:20-12:20 am – Cabin 11

Prayer That Works....

12&12 pp.102-103, AA Big Book p.215

Sun. 11:20-12:20pm – Lakeside



North

Road —————

Trail - - - - -

Building ●

Guestroom/House □

Water Tower ○

Friday, April 1, 2016

| | | | | | |
|--------|---------------------------------------|---|--|--------------------------------|---------------------------------|
| Time | Cafeteria | Cabin 11 | Lakeside | Timber Lodge | Cedar Island Fire Pit |
| 4:00pm | Registration 4:00pm - 8:00pm | | | | |
| 5:00pm | Hospitality Table Literature Table | Early Bird/Top Plate 5:00pm - 6:00pm | | | |
| 6:00pm | | | Dinner in the Cafeteria 6:00pm - 6:50pm | | |
| 7:00pm | | | Joint Speakers Meeting 7:00pm - 8:00pm | | |
| 8:15pm | | Gratitude, Humility, Anonymity 8:15pm - 9:15pm | Beginners Part 1/4 8:15pm - 9:15pm | Sponsorship 8:15pm - 9:15pm | |
| 9:30pm | | | | Night Owl 9:30pm - 10:30pm | Sobriety Circle 9:30pm - ??? |

H U M I L I T Y

Saturday, April 2, 2016

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|---------|---------------------------------------|---|---|---|---------------------------------|
| Time | Cafeteria | Cabin 11 | Lakeside | Timber Lodge | Cedar Island Fire Pit |
| 7:00am | | | 11th Step Guidance 7:00am - 7:50am | | |
| 8:00am | Registration 7:30am - 9:00am | | | Breakfast in the Cafeteria 8:00am - 8:50am | |
| 9:00am | Hospitality Table Literature Table | | | SA Speakers Meeting 9:00am - 10:00am | |
| 10:10am | | Surrender 10:10am - 11:10am | Beginners Part 2/4 10:10am - 11:10am | Multiple Additions 10:10am - 11:10am | |
| 11:20am | | Let Go/Let God 11:20am - 12:20pm | Beginners Workshop | Step 10 - Continuing Inventory 11:20am - 12:20pm | |
| 12:30pm | Registration 12:30pm - 1:30pm | | | Lunch in the Cafeteria 12:30pm - 1:30pm | |
| 1:30pm | Hospitality Table Literature Table | | Birthdays Celebration 1:30pm - 2:30pm | | |
| 2:40pm | | Women in SA (Women Only) 2:40pm - 3:40pm | Beginners Part 3/4 2:40pm - 3:40pm | Making Amends 2:40pm - 3:40pm | |
| 3:50pm | | | Business Meeting 3:50pm - 4:50pm | Variety Show Sign-up | |
| 5:00pm | | ABC's (AA 60) 5:00pm - 6:00pm | No Need for Spiritual Difficulties 5:00pm - 6:00pm | Open S-Anon 5:00pm - 6:00pm | |
| 6:00pm | Hospitality Table Literature Table | | | Dinner in the Cafeteria 6:00pm - 6:50pm | |
| 7:15pm | | | | Joint Speakers Meeting 7:15pm - 8:15pm | |
| 8:30pm | | | | Variety Show 8:30pm - 9:30pm | |
| 9:30pm | | | | Night Owl 9:30pm - 10:30pm | Sobriety Circle 9:30pm - ??? |

G R A C E

Sunday, April 3, 2016

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|---------|---------------------------------------|-----------------------------------|---|---|-----------------------|
| Time | Cafeteria | Cabin 11 | Lakeside | Timber Lodge | Cedar Island Fire Pit |
| 7:00am | | | 11th Step Guidance 7:00am - 7:50am | | |
| 8:00am | Hospitality Table Literature Table | | | Breakfast in the Cafeteria 8:00am - 8:50am | |
| 9:00am | | | | Joint Sobriety Panels 9:00am - 10:00am | |
| 10:10am | | New Employer 10:10am - 11:10am | Beginners Part 4/4 10:10am - 11:10am | Three-Fold Sobriety 10:10am - 11:10am | |
| 11:20am | | Easy Does It 11:20am - 12:20pm | Prayer That Works 11:20am - 12:20pm | SA Around World 11:20am - 12:20pm | |
| 12:30pm | | | | Closing/Grattitudes 12:30pm - 1:00pm | |

H O P E