

FALL 2015

Friday Sept 11th - Sunday Sept 13th

NARCOTICS ANONYMOUS 11<sup>TH</sup> STEP SPIRITUAL RETREAT  
Westminster Woods 6510 Bohemian Highway, Occidental, CA 95465

11<sup>th</sup> Step  
Spiritual Retreat



*We sought through prayer and meditation to improve our conscious contact.....*

## WORKSHOPS MEETINGS MEDITATION FELLOWSHIP SUPPORT RECOVERY

*The 11<sup>th</sup> Step Spiritual Retreat working group "exists in order to plan and produce a bi-annual retreat, spiritual in nature, for recovering addicts. The retreats are held outside of San Francisco, in an environment conducive to peace and serenity (normally in a retreat-type facility) – which affords the addict in recovery time away from the rigors of urban life, and the chance to focus on fellowship, prayer, and meditation. Various activities are planned which include, but are not exclusive to – workshops, meetings, art/creativity projects, and fun and games".*

*Excerpt from the 11<sup>th</sup> Step Spiritual Retreat Guidelines*

**\$ 135.00 Registration includes** : 4 prepared meals, 2 nights cabin accommodations, workshops, events, crafts, hiking, talent show, activities, etc.

**Scholarships**: Scholarships pay for \$50 toward the cost of registration and are for those who cannot afford a full registration. Scholarship requests **MUST** include a payment of **\$85.00** per request and are non-transferrable. There are a limited number of scholarships available. Scholarships are awarded on a first-come first-served basis and priority in awarding scholarships will be given to addicts who have received 2 or fewer scholarships for the last 3 retreats. Scholarships are not available on site. Please submit your scholarship request by mail before 8/28/15

**Saturday Only Daytime Visitor Registration**: If you would like to visit Saturday only and not spend the entire retreat, you may register for Saturday only, which include all meals, meetings and activities. **You must pay a non-refundable day registration fee of \$50 by mail before 9/1/15**

. Daytime registrations are **not available** on site, however anyone arriving at the site without preregistering is welcome to stay for as long or as little as you like for **\$150 cash upon arrival**

On-site registration begins at 4:00 p.m. Friday afternoon. **NO ONE WILL BE PERMITTED TO OCCUPY THE SITE AND CLAIM A CABIN BEFORE REGISTERING.** There will be cabins and/or reserved for special needs individuals. **Please do not occupy any cabin/ room bearing with a " reserved for special needs " sign.** There will be an additional Friday night potluck meal, so please remember to bring something to grill.

**Check out the retreat location website at <http://www.westminsterwoods.org>**

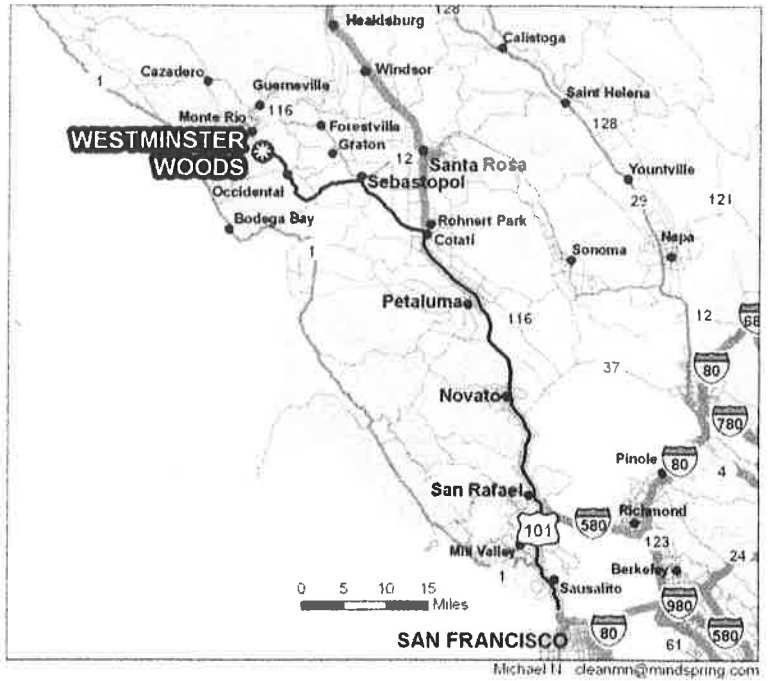
\*A request for a scholarship does not guarantee a scholarship will be granted.

\*\* Any scholarship donations not used for this retreat will go to support NA services locally and worldwide

\*\*\* We have limited control over the food that the camp provides for us, but where we can, we will accommodate dietary restrictions

**From the south**

On weekday afternoons, especially Fridays, northbound traffic on 101 through Marin and Sonoma Counties can be extremely slow. Plan ahead -- leave early or wait until evening. Driving north on US-101, take the Rohnert Park/Sebastopol exit that says "116 West". At the light, turn left, and you're on 116 West. After about 7 miles, you'll enter the town of Sebastopol -- the road will soon split, so that it becomes a one-way street. Get in the left lane, and turn left at the first light you reach. You may notice a sign pointing to Bodega Bay, or a street sign that says "Sebastopol Ave". As you make your left turn, get immediately into the right lane, and then proceed straight through the next light. You're now on Bodega Ave, which soon becomes Bodega Hwy. Follow Bodega Hwy for about 5 miles. Watch for a green sign pointing to Freestone/Occidental, and turn right onto Bohemian Hwy (if you see Freestone/Valley Ford Rd, you went too far). You'll travel about 4 miles on Bohemian Hwy, pass through the small town of Occidental, then travel about 3 more miles to Westminster Woods (at one point, you will pass under a large wooden sign that says "Camp Meeker" -- ignore it and keep going). Westminster Woods is on the left, about 1/2 mile past Alliance Redwoods Conference Grounds. Look for our sign:



**Have speaker requests, workshop ideas, or suggestions?** Call Laurie L 415 867-1978  
**Have general questions or need more info?** Call Ric W 415 652-7151 or email 11thstep@sfna.org  
**Have registration questions?** Call LAURIE L. AT 415-867-1978

All are welcome and encouraged to bring a spiritual item reflecting your spirit to join those of others on the prayer wall. Express yourself. Bring your favorite art supplies and/or materials.

**REMEMBER TO BRING** PILLOW; BEDDING OR SLEEPING BAG; TOWELS; PERSONAL TOILETRIES; CLOTHING FOR WARM, COLD, AND WET WEATHER; FLASHLIGHT; SUN BLOCK; INSECT REPELLENT; EAR PLUGS; TRAVEL MUG; AND SOMETHING TO EAT FOR FRIDAY NIGHT'S BARBEQUE.

**Don't forget your favorite snacks to munch on between meals!**

✂ Please detach your completed registration form here and return this portion with your payment. ✂

**PRE-REGISTRATION MUST BE RECEIVED BY 9/5/15**

<b>Yes / No</b> Do you need a scholarship?	Regular	\$135.00 x _____	= \$ _____
<b>Yes / No</b> Vegetarian	With Scholarship*	\$85.00 x _____	= \$ _____
<b>Yes / No</b> Other dietary restrictions	Scholarship Fund Donation	_____	= \$ _____
_____	<b>TOTAL Amount Enclosed</b>	_____	= \$ _____

Please make sure that you have read and understand the scholarship guidelines detailed on flyer front.

Name (s) \_\_\_\_\_  
 Address \_\_\_\_\_  
 City, State, Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 E-Mail \_\_\_\_\_  
 Special Needs (please explain) \_\_\_\_\_

**MAKE CHECKS PAYABLE TO:**  
**SFNA Events Subcommittee**  
 On-site registration is \$150.00 (cash only)  
 Availability is subject to space limitations.

**Mail registration with your check/money order to:**  
 11<sup>th</sup> Step Spiritual Retreat, c/o Area Service Office, 1290 Fillmore St, Gallery B San Francisco, CA 94115