San Francisco Area of Narcotics Anonymous

11th Step Spiritual Retreat

FALL 2019  FRIDAY, SEPT 6 THRU SUNDAY 8TH
Westminster Woods 6510 Bohemian Highway, Occidental, CA 95465

WORKSHOPS MEETINGS MEDITATION FELLOWSHIP SUPPORT RECOVERY

The 11th 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 11th Step Spiritual Retreat Guidelines

$ 150.00 Registration includes: 4 prepared meals, 2 nights cabin accommodations, workshops, events, crafts, hiking, talent show, activities, etc. FRIDAY NIGHT IS POT LUCK, bring something to BBQ, sides and beverages will be furnished

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 $100.00 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 are intended for those addicts that would not be able to afford going without help. Scholarships are not available on site. Please submit your scholarship request by mail before August 1st, 2019

Saturday Only Daytime Visitor Registration: If you would like to visit Saturday ONLY, you may register for Saturday only, which includes meals, meetings and activities. You must pay a non-refundable day registration fee of $60 by mail before Aug 25, 2019. 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 $170 cash upon arrival

Service Animals: Westminster Animal Policy is as follows; ONLY animals trained to perform a specific task are allowed, 'comfort' or 'companion' animals are not.

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 reserved for special needs individuals. Please do not occupy any cabin/room bearing a "reserved for special needs" sign.

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
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 Robson Park/Sebastopol exit that says "101 West". At the light, turn left, and you're on 101 West. 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 Meecker" — ignore it and keep going). Westminster Woods is on the left, about 1/2 mile past Alliance Redwoods Conference Grounds. Look for our sign!

If you have speaker requests, workshop ideas or suggestions or if you have questions or need help, Contact Blair M 904 662-4894 or Greg L 415 527-9645 email 11thstep@sfna.org

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; BATHING SUIT 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 August 25th**

| Yes / No | Do you need a scholarship? | Regular | $150.00 x ____ = $ ____ |
| Yes / No | Vegetarian | With Scholarship* | $100.00 x ____ = $ ____ |
| Yes / No | Other dietary restrictions | Scholarship Fund Donation | = $ ____ |

TOTAL Amount Enclosed = $ ____

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

**On-Line Registration at Eventbrite:**

SF NA 11th Step Spiritual Retreat 2019

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) ____________________________

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

MAKE CHECKS PAYABLE TO:
SFNA Events Subcommittee

On-site registration is $170.00 (cash only)
Availability is subject to space limitations.