

## **STEP UP INTO RECOVERY** **RETREAT SCHEDULE July 2025**

### **Friday July 11**

<b>Time</b>	<b>Activity</b>	<b>Leaders</b>
3:00 pm – 4:30 pm	Check-in / Arrival	
4:45 pm – 5:30 pm	<b>Introduction:</b> 15 min - Welcome, Rules, & How It Works 25 min - Intention setting exercise 5 min - Read Intro	Eric O & Scott R
5:30pm - 6:10pm	<b>Step One:</b> 10 min - Read Green Book Step One 15 min - Read Back To Basics 15 min - Group Work: Step One Workshop	Eric O & Scott R
6:10 pm – 7:00 pm	Dinner	All are welcome
7:00 pm - 7:40pm	<b>Step Two:</b> 10 min - Read Green Book Step Two 15 min - Read Back To Basics 15 min - Group Work: Step Two Workshop	Eric O & Scott R
7:40pm - 8:05pm	<b>Step Three:</b> 10 min - Read Green Book Step Three 15 min - Read Back To Basics	Eric O & Scott R
8:05pm - 9:00pm	<b>SAA Meeting</b>	Steve L
9:00 pm - 10:00 pm	Outer circle activities: Singing, board games, etc.	All are welcome

## **Saturday July 12**

<b>Time</b>	<b>Activity</b>	<b>Leader</b>
7:30 am - 7:50 am	Optional: Morning Meditation	Eric O
8:00 am – 9:00 am	Breakfast	All are welcome
9:05 am – 10:15 am	<b>Step Four:</b> 15 min - Read Green Book Step Four 55 min - Read Back To Basics + Group Work: Step Four Workshop	Eric O & Scott R
10:15am - 11:00am	<b>Step Five:</b> 10 min - Read Green Book Step Five 10 min - Read Back To Basics 25 min - Group Work: Step Five Workshop	Eric O & Scott R
11:00 am – 12:00 pm	<b>Step Six:</b> 15 min - Read Green Book Step Six 15 min - Read Back To Basics 30 min - Group Work: Step Six Workshop	Eric O & Scott R
12:00 pm – 1:00 pm	Lunch	All are welcome
1:00 pm – 1:40 pm	<b>Step Seven:</b> 10 min - Read Green Book Step Seven 5 min - Read Back To Basics 25 min - Group Work: Step Seven Workshop	Eric O & Scott R
1:40 pm – 1:55 pm	<b>Step Eight:</b> 10 min - Read Green Book Step Eight 5 min - Read Back To Basics	Eric O & Scott R
1:55 pm – 2:20 pm	<b>Step Nine:</b> 10 min - Read Green Book Step Nine 15 min - Read Back To Basics	Eric O & Scott R
2:20 pm – 2:35 pm	<b>Step Eleven Prep:</b> 15 min - Read Back To Basics	Eric O & Scott R
2:35 pm - 3:35 pm	Break	
3:35 pm – 4:00 pm	<b>Step Ten:</b> 10 min - Read Green Book Step Ten 15 min - Read Back To Basics	Eric O & Scott R
4:00 pm - 5:00 pm	<b>SAA Meeting</b>	Eric O & Scott R
5:00 pm - 6:00 pm	Break	
6:00 pm – 7:00 pm	Dinner	All are welcome
7:00 pm – 10:00 pm	Outer circle activities: Singing, board games, etc.	All are welcome

## **Sunday July 13**

<b>Time</b>	<b>Activity</b>	<b>Leader</b>
7:00 am - 7:20 am	Meditation	Ian
7:20 am - 8:00 am	Speaker Meeting	Ian
8:00 am – 9:00 am	Breakfast	All are welcome
9:00 am – 9:45 pm	<b>Step Eleven:</b> 10 min - Read Green Book Step Eleven 15 min - Read Back To Basics 20 min - Group Work: Step Eleven Workshop	Eric O & Scott R
9:45 pm – 10:20 pm	<b>Step Twelve:</b> 10 min - Read Green Book Step Twelve 10 min - Read Back To Basics 15 min - Group Work: Step Twelve Workshop	Eric O & Scott R
10:25 am – 11:15 pm	Meeting: Returning To Reality	Eric O & Scott R
11:15 am – 11:45 pm	Meeting: Reflections	Eric O & Scott R
12:00 pm – 1:00 pm	Lunch	Non-commuters only
1:00 pm - 2:00 pm	Check-out / Departure	