

## The Way Out of Isolation: A Community of Recovery

Whether we have been in recovery for years or are new to it, most of us have suffered with isolation and lack of community. The Spiritual nature of 12-step Recovery calls us out of our self-imposed loneliness. *The individual recovery of each addict depends on building a Spiritual Community of Recovery.*

### Schedule\*

#### Friday, October 26

4:00 – 6:00 pm: Arrival and Registration  
6:00 – 7:00 pm: Welcome Dinner  
7:15 – 8:30 pm: Program Speaker: Bill L.  
9:00 pm: Candlelight Meeting

#### Saturday, October 27

7:00 – 7:45 am: Morning Meditation  
8:00 – 8:45 am: Breakfast  
9:00 – 10:00 am: Workshop: David S., “Yoga,”  
10:15 am – 11:15: Workshop: Jimmy J., “Meditation”  
Noon – 1:00 pm: Lunch  
1:00 – 2:15 pm: Free Time  
2:15 – 3:15 pm: Workshop: Rich Y., “Cross-Addiction”  
3:30 – 5:00 pm: *Panel on self-care and S-Recovery*  
5:00 – 6:00 pm: Free Time  
6:00 – 6:45 pm: Dinner  
7:00 – 8:00 pm: Program Speaker: Trevor T.  
8:00 – 9:30 pm: Social, “Rejoicing in Fellowship”  
9:30 – 10:30 pm: Firepit/Candlelight Meeting

#### Sunday, October 28

7:00 – 7:45 am: Morning Meditation  
8:00 – 8:45 am: Breakfast  
9:00 – 10:00 am: Program Speaker: Chelsay H.  
10:00 – 10:30 am: Free time  
10:30 – 11:30 am: Closing circle  
Noon: Lunch, followed by Departure

## Workshops & Facilitators

### ***Meditation for Recovery***-Jimmy J.

Jimmy, who is active in the Refuge Recovery movement in St. Louis, will lead this workshop. Refuge Recovery, an addiction recovery program based on the Four Noble Truths & the Noble Eightfold Path of Buddhist philosophy, strongly emphasizes mindfulness and meditation.

### ***Yoga, Spirituality, and Recovery***-David S.

David, a certified Baptiste yoga instructor, has been in S-Recovery for several years. He has an authentic & vulnerable approach to his practice and classes. He aims to help yoga practitioners build strong communities that provide fun, interactive gatherings for practicing together. He will discuss and demonstrate how yoga enriches his recovery and his life.

### ***Cross-Addiction & S-Recovery***-Richard Young

Rich, who got his CSAT training from Dr. Patrick Carnes, practices in St. Louis. He works with individuals and couples addressing problematic and compulsive sexual behaviors. He also helps people address anxiety, depression, trauma, substance abuse, grief, and loss. Rich loves music, and is a lifelong seeker and student on the spiritual journey.

### ***Self-Care in S-Recovery: Panel Discussion***

Bill L., Jeff K., Terry E., Rich Y., & Sharon S., will discuss self-care in its many aspects: physical, mental, spiritual, et al.

## Program Speakers

### **Bill L.**

Bill, who lives in New York, was one of a small group of people who organized and founded SCA in New York 36 years ago in 1982. As a founding member, he was instrumental in translating AA’s 12 Steps into our SCA version as well as creating *The 14 Characteristics*. Bill will share his experience, strength, and hope and what it was like to be of service during the origins of SCA.

### **Chelsay H.**

Chelsay’s therapist referred her to SAA in November 2015, but she went intending to prove she didn’t need recovery. She hit bottom a year later and became willing to do what it takes to get and stay sober. Sobriety in S shed light on her cross-addictions, yet she knows the answer is the 12 steps. Chelsay still attends the Tuesday night meeting and serves as its treasurer. She is grateful this disease has a name, a community, and a solution.

### **Trevor T.**

Trevor began recovery in SCA more than 4 years ago in St. Louis. Since moving to Huntsville in 2016, Trevor has become an active member in SAA. Trevor uses meetings, fellowship, journaling, treatment, sponsorship, and therapy to build a solid foundation for his sobriety. He has also made service work key to his recovery, chairing meetings, sponsoring others, and serving on service committees in both cities.

## Registration Form

Please Mail to:  
St Louis S-Retreat Committee  
P.O. Box 601  
Edwardsville, IL 62025-0601

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Telephone No.: \_\_\_\_\_

E-Mail: \_\_\_\_\_

*Registration Options (please check one):*

All 3 days, w/6 meals, bedding and linens:  
\$210.00 per person

Saturday only, w/ 2 meals:  
\$85.00 per person

Send form with tuition by October 12. Please make checks (*no cash*) payable to: Retreat Committee. You'll receive confirmation, including all necessary details. Registration will be Friday 10/26, 4-6 pm. Late registrations will be accepted.

*Although the Retreat Committee is unable this year to offer tuition assistance, several area meetings do. Please discuss in your Home Groups.*

For more information, please contact:  
Woody S.  
618-301-7994  
stlsretreat@gmail.com

## Saturday Night Fun & Fellowship

As socializing is a tool of Recovery, Saturday night there will be Fellowship programming available, including a bonfire, sing-along, board games, etc.

## Our Mission

For 10 years, the St. Louis S-Recovery community has offered a safe space for sex and love addicts to gather, learn, and support each other in deepening recovery through workshops, speakers, fellowship, and creative expression.

## The Marianist Center

The Marianist Center is located on 120 acres of beautiful woodlands just outside the town of Eureka, MO. The property includes three miles of hiking trails (one along the Meramec River), private gardens for reflection, and a lovely chapel. Accommodations are private rooms with bath; linens, towels, and a desk are also provided.

Marianist Retreat and Conference Center  
4000 Highway 109 / PO Box 718  
Eureka, MO 63025-0718  
[www.mretreat.org](http://www.mretreat.org)

## A FELLOWSHIP OF THE SPIRIT: RECOVERY & COMMUNITY



**October 26-28, 2018**

**10<sup>th</sup> Anniversary St. Louis  
S-Recovery Retreat**

“We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.”

[stlsretreat2018.wordpress.com](http://stlsretreat2018.wordpress.com)