

## What Have Attendee's Said About This Workshop?

### AH HA!

I found this look at the Steps the most extraordinary experience of my 14 years in the Program. I had a profound breakthrough—an AH HA! To see us all working together for each other was an amazing experience. I can finally feel the “medicine” (of the Steps) working. — N.S.

### I HAVE ATTENDED THREE...

I have attended three of these particular retreats; each time I have left with many more of my questions answered and my ongoing AA programme is enhanced by the experience. — John W.

### IT BROUGHT THE PROGRAMME ALIVE...

The retreat always breathes new life into my programme. The result is I feel like I have “awakened”. I would NOT have thought you could compete the 12 Steps in such a short time, but we did, and it was powerful and profound and enormously insightful each time, (I've done it 4 times). In my view it touched us all and as a result we still feel a connection. Most of us keep in touch with each other since the retreat and have been able to maintain the real feeling of fellowship that was created during those few days. The retreat brought the programme alive for me in a way that I had not experienced before. It offered me such guidance and inspiration, and a real belief that we can change *my* life “beyond my wildest dreams.” I really got a glimpse of what the statement, “true love of God and man” meant. It gave me a big, but gentle, spiritual push. — R.H.

### *You are Invited*

To a weekend retreat/workshop designed to renew your programme and/or build a foundation for a solid Spiritual life with the 12 Steps

## The Promises Can be Maintained—Long Weekend

### 7 1/2 YEARS SOBER & STILL BLOCKED BY MY BELIEFS

Up until last October, I had never been on any kind of retreat before let alone one which concentrated on the full 12 step programme. I was greeted on arrival with open arms... at a beautiful turn-of-the-century Carmelite convent virtually overlooking Brighton's seafront. My sun-filled room opened up onto a terrace that overlooked the convent's walled gardens. And before I even had time to take in any more scenery let alone unpack, I was ushered into the main conference room and introduced to everyone on the retreat. We were 20 in total. Although when I first arrived I only knew two people, by the end of the weekend, it was as if we had all known each other many lifetimes.

From the outset, we were each handed a goody bag containing two large books compiled on the 12 Steps of Alcoholics Anonymous, a notebook in which to compile our thoughts and decisions, a meditation tape and a Hi-lighter and pen.

By the... final day, we had covered all 12 in a whirlwind tour that took the form of individual seminars, larger discussion groups, and AA meetings... But it was during a discussion on Step 4, that I came to my most profound and shocking realisation. Seven and half years sober at the time (with sponsor and sponsees at the time I might add) and I was still blocked by belligerently held beliefs that I had clung to... I realised to my complete horror that my reaction to things I don't understand is to give up and then to blame others... I had thought in my arrogance that I had done all the step work I needed to do on myself. This retreat was a much needed wake-up call from my smog and deluded lack of self awareness. Since the retreat, I have gone over the steps again, changed my meetings, and renewed my enthusiasm for the programme of following the workshop just how much the power of love, acceptance, tolerance and honesty can make me live a more comfortable and enjoyable life... — E.S.



*H.P.* Retreats

Annual or Semi-Annual “House Cleaning” & Step Work

The Presenter is coming home again after 12 years in London, England studying AA's experience with the Twelve Steps

The Presenter in London, UK Email: jamie.lmoon@yahoo.com

## WORKSHOP SCHEDULE



Annual or Semi-Annual “House Cleaning” & Step Work



IS IT TIME TO RENEW  
YOUR PROGRAMME  
AND REGAIN THE PROMISES?

Time: 12:NOON Thursday till 5:PM Sun

Dates: 05/08 to 05/11/08 for WOMEN—All 12 Steps

05/15 to 05/18/08 for MEN—All 12 Steps

Location:

2008—12 STEP RETREAT



Remember, "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition."  
-Alcoholics Anonymous Page 85

This workshop is designed as a long weekend of work, so we gain a more powerful understanding of the Steps: *"Then there is the occasion when alone, or in the company of our sponsor or spiritual adviser, we make a careful review of our progress since the last time. Many AA's go on an annual or semi-annual house-cleaning. Many of us also like the experience of an occasional retreat from the outside world where we can quieten down for an undisturbed day or so of self-overhaul and meditation."*

Twelve Steps & Twelve Traditions — Page 91

### Programme Renewal!

The goal of the workshop has always been to review the Steps and renew our commitment to The Programme.

### THE STORY OF AA's BEGINNINGS

The film "My Name is Bill W" will be seen Wednesday evening. It was made by sober members of the fellowship, true to the big book accounts of Bill W. and Dr. Bob. To watch the portrayal of Bill and his wife Lois (founder of Al-Anon), it begs the question—If you scratch an alcoholic do you find a co-dependent, figuratively and/or literally underneath? If you have seen this film and can't bear to see it again there will be another relevant film showing at the same time.

### REVIEW & RENEWAL OF THE 12 STEPS

If like me you only review the Steps when working with others or at the strong suggestion of someone you trust, this is an opportunity for a Renewal of your programme—voluntarily. Dare I say *surrender* to the concept? This is a great time to clear up those pesky resentments that have come up since your last inventory.

### GUIDED MEDITATION

We will introduce several forms of meditation. In prayer we talk with HP, in Meditation we listen to HP. Each day we will spend time in early morning meditation. We will practice the art of contemplation and prayer. LIFE IS MUCH BETTER WITH "CONSCIOUS CONTACT" AND DOING THE STEPS IT'S *GUARANTEED*.

*Bringing your Diary or Calendar for the past year can/will help as a tool for jogging your Memory of all that has happened.*

This is a *Working Workshop, Not a Holiday*. We will each have a greater understanding of the **Twelve Steps**. It is also our intention for you to be able to "Inventory" (time permitting) the past 6 months or year using your diary.

### Return Reservation for Workshop

*Choose Workshop Below*

4 Day Workshop

*Materials included*

**Women's Workshop** \_\_\_\_\_ **150.00** Pp \_\_\_\_\_

(Attendees)

(Total)

**05/08/08 to 05/11/08**

**Men's Workshop** \_\_\_\_\_ **150.00** Per Pers \_\_\_\_\_

(Attendees)

(Total)

**05/15/08 to 05/18/08**

**Total amount enclosed** \_\_\_\_\_

For Master Card, Visa or Bank transfer

website: [www.hpretreats.com](http://www.hpretreats.com)

Comments:

Please give details for future events:

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

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

### PLEASE CALL:

**CONNIE D.** at: (1)904 273 1947 or,

**Pamela D.** at: (1)904 607 1211 or,

Joan C. at: (1)904 859 5772

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