

**37th Annual
Men's Spring Retreat**

April 22-24, 2022

"Design for Living"



There is a solution

It's an inside job

Being of service

Absolutely insist on enjoying life

SATURDAY NIGHT

MYSTERY GUEST SPEAKER

Sobriety Countdown

Pie & Ice Cream

Welcome to the 37th Annual Men's Spring Retreat

We are fortunate to be at Tahquitz Pines in Idyllwild. This is a private facility owned and operated by Mariners Church. Please be respectful of our gracious hosts and staff.

Things you need to know and remember:

- Check-in will be at the Frost Hall
- Our primary facility is the Frost Hall
- all meetings will be held here
- Meals will be served at Frost Dining Hall
- Coffee, water, and snacks will be available
at Frost Hall
- Fire Ring every night at the Amphitheater
- We will have the camp to ourselves this year

To avoid distraction, please only use your cell phones in your car or your cabin.

Please do not text or check messages or e-mails during the sessions.

Designated Smoking/Vaping areas will be posted - please do not smoke or vape outside these areas.

Please respect our morning meditation participants and **keep quiet** both in the early mornings and on Saturday afternoon.

PLEASE HELP CLEAN UP

KEEP COMING BACK!

Saturday (continued)

12 p.m. – **Lunch** **Frost Hall**

1 p.m. – **Afternoon Meeting**

Leader: Steve J. / Retreat Update

Topic: **Being of Service**

10 minute speakers: Earl T / Joe F

Discussion Groups

3 p.m. – **Quiet Time**

Please respect others by taking any loud conversations away from the rooms. Paper and envelopes will be available for Letters to Self.

6 p.m. – **Dinner** **Frost Hall**

7:30 p.m. – ***Mystery Guest Speaker Meeting***

Leader: Mike R. / Retreat Update

Sobriety Countdown / Group Closing Prayer

Coffee, Julian Pie, and Ice Cream

Sunday, April 26th

6 a.m. – **Coffee** **Frost Hall**

7 a.m. – **Meditation** **Chapel**

8 a.m. – **Breakfast** **Frost Hall**

9 a.m. – **Morning Meeting** **Frost Hall**

Leader: Craig O. / Retreat Update

Topic: **We Absolutely Insist on Enjoying Life**

10 minute speakers: Joshua H/Gerry S

Discussion Groups

10:30 a.m. – **Closing Meeting** **Frost Hall**

Leader: Mike R.

Retreat Update / Round Robin

Elect New Committee Members

Clean up