

2023 SCHEDULE OF EVENTS

FRIDAY, OCTOBER 20, 2023

3-6:30pm	Registration/check-in/ Dinner (on your own)
6:00pm	Zoom Room opens for virtual connections.
6:30pm	MC Shannon B.-Introduction to the theme, Keynote speaker, 50/50 (Cash/PayPal), directions for Zoom and In-Person
6:45 - 7:45pm	Libah G. delivers a 45-minute pitch encompassing the theme with 15-minute sharing portion
7:45pm	MC Shannon B. Housekeeping/Schedule
8:00pm	Zoom Room closes for the night
8:00-10:00pm	In-person practice for Big Book the musical

SATURDAY, OCTOBER 21, 2023

MORNING	Breakfast (on your own), fellowship opportunity
7:00am	Zoom Room opens
7:15-8:00am	Morning Chair Yoga with Debbie V. (in-person & zoom)
8:15-8:45am	Morning Meditation (in-person & zoom)
8:45-9:15am	Transition from meditation to service setup
9:15-9:30am	MC Shannon B. Open housekeeping, what to expect, and announcements. 50/50 (Cash/PayPal) available for Zoom and In-Person.
9:30-10:20am	Speaker: Rhonda -Riding the waves of recovery.
10:30-11:45am	Workshop: Stay afloat with Kelly H.
Description:	Using 12-step living as our goal in recovery and our tools is the way in which we stay afloat. Our tools are what makes CEA HOW unique, they offer structure and support as we navigate the 12 Steps.
11:45-11:55am	50/50 (Cash/PayPal) available for Zoom and In-Person.
Noon-1:30pm	LUNCH (on your own) / Fellowship Opportunities/ Zoom parking lot
1:30-2:30pm	Workshop: Fitness as one recovers with Lauren C.
Description:	Clarity of mind through the meal plan. Introducing clarity of the physical body. How to have movement and strength enhanced the program.
2:30-3:15pm	BREAK TIME: toes in the pool, fellowship, siesta etc, or creative writing prompts
2:30-3:15pm	Zoom Meeting in parking lot
3:15-3:30pm	Welcome Back-reminder of the schedule ahead. 50/50 (Cash/PayPal) available for Zoom and In-Person.
3:30-4:00pm	Speaker
4:00-5:00pm	Workshop: Making Abstinence Easier ... A Simple Meditation with Tori A.
Description:	A simple meditation to release troubling human emotions instead of 'eating over them'.
5:00-6:45pm	Dinner break (on your own) / Fellowship opportunity/ /Zoom parking lot
6:45-7:00pm	Welcome back- 50-50 Drawing!!! Announcement for the 2025 East retreat
7:00-8:30pm	Big Book the musical! Come watch, listen, and participate
8:30-9:30pm	Barnacles and Bubbles (Reflection/Share)
9:30pm	Zoom Room closes for the night
9:30-midnight	Quiet in-person fellowship

SUNDAY, OCTOBER 22, 2023

MORNING	Breakfast (on your own) / Fellowship/checkout
7:00am	Zoom Room opens for virtual connections.
7:15-8:00am	Morning Yoga with Debbie V. (in-person & zoom)
8:15-8:45am	Morning Meditation (in-person & zoom)
9:00am	Welcome Back, reminder of the schedule, and announcement for the 2025 East Retreat
9:30-10:30am	Workshop: Diving Deeper with Nancy O. & Debbie V
Description:	Riding on steps 10, 11, &12 to ground and anchor in recovery
10:45-11:15am	Speaker
11:15-12 noon	Closing gratitude and takeaways