

Flow of January 2027 Retreat at the Springs

Prayer and Meditation - Step 3

Tuesday, January 26th, 2027

- 3:00pm-6:00pm - Registration; Room Check-In - (Get your 50/50 Raffles for Drawing Wednesday night)
- **6:00pm-6:45pm - Dinner**
- 7:00pm - 7:20pm - Retreat Welcome!, Housekeeping, Smoke Free Campus - (Smoke in your cars only!!) - **Betty G.**
- 7:20pm - 8:00pm - Retreat Leader Shares and Introduces Theme - **Cindy S.**
- 8:00pm - Announcements of one-on-one meetings with Retreat Leader
- 8:25pm - 9:25pm - Ice Breaker - Who Am I? - **Andromeda F.**

Wednesday, January 27th, 2027

- 7:00am - Morning Prayer & Meditation
- 7:30am - Morning Stretch and Movement
- **8:00am -8:45am - Breakfast**
- 9:00am - 9:45am Retreat Leader Presents Topic for Discussion
- 10:00am - 11:00am - Group Assigned Breakout Sessions
- 11:00am - 11:50am - Optional - Relax and Journal
- **12:00pm - 12:45pm - Lunch**
- 1:00pm - 1:45pm - Retreat Leader Presents Topic for Discussion
- 2:00pm - 3:00pm - Group Assigned Breakout Sessions
- 3:30pm - 4:15pm — Optional - Stretch, Movement, and Music
- **4:30pm - 5:15pm - Optional - Prayers, Listening, and Journaling**
- 5:20 - 6pm - July 2027 Retreat Committee Meeting - **All are invited**
- **6:00pm - 6:45pm - Dinner**
- 7:00pm - Medallion Presentations
- 7:15pm - **Speaker Meeting - Picked from the Group after Lunchtime**
- **Wednesday**
- **8:20pm - Sobriety Countdown & 50/50 Raffle**
- 8:45pm - Quiet Fellowshiping

Thursday, January 28th, 2027

- 7:00am - Morning Prayer and Meditation
- 7:30am - Morning Stretch and Movement
- **8:00am - 8:45am - Breakfast**
- **9:30am - 10:00am - Checkout of Rooms**
- 10:00am - 10:45am - Cindy's Closing Remarks
- 10:45am - 11:45 - Closing Remarks from Retreatants
- 11:45am - Close Retreat with Responsibility Statement and Lord's Prayer.
- **12:00pm - 12:45pm - Lunch (PLEASE ADVISE IF NOT HAVING LUNCH)**