



RECOVERY RETREAT 2022

RENEWAL OF BODY, MIND, & SPIRIT

Need to make time for rest and play or a deeper dive into your 11th Step spiritual practices? Well then, join us for this year's Recovery Retreat! Enjoy some time away in the beautiful East Texas Pines where there will be activities for renewal, space for fellowship, and insightful teachings. Open to members of all 12 Step Fellowships and their Family and Friends of Recovery.

MEET OUR GUEST: BUDDY C

Businessman, father, podcaster, and spiritual seeker, Buddy has been sober for over 12 years through 12 step recovery and open-mindedness to spiritual ideas.

His book, "Powerless But Not Helpless: A Meditation Book of 81 verses from the Tao Te Ching" will be available for purchase at the retreat.

Buddy chairs a weekly podcast titled "The Tao of Our understanding Alcohol Recovery Podcast." <https://taorecovery.libsyn.com/>

AUGUST 26-28

Camp Allen Retreat Center
18800 FM 362 Navasota, TX 77868
All inclusive Hotel and Conference Center

Awaken your Spirit in the Piney Woods

Single Room \$275 per person
Double Room \$185 per person
Includes: All meals Friday dinner through Sunday lunch, hotel lodging, retreat activities, and workshops

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THE GIFT OF SOBRIETY DOES NOT APPEAR TO BE A GIFT AT ALL - UNTIL WE SURRENDER. THEN, THERE IS A STRENGTH BEYOND COMPREHENSION.

- Buddy C

REGISTER ONLINE CAMPALLEN.ORG

SCHEDULE AND PROGRAM HIGHLIGHTS

FRIDAY, AUGUST 26

- 4:00-6:00 Registration - checking in at Camp Allen
- 6:00-7:00 Dinner
- 7:00-8:00 Open Twelve Step Meeting
- 8:00-9:30 Social Hour with Refreshments
- 9:30-10:00 Prayer / Meditation

SATURDAY, AUGUST 27

- 8:00-8:45 Breakfast
- 9:00-9:50 Session 1 with Buddy C (Body)
- 10:00-10:50 TAI CHI
- 11:00-11:50 Session 2 with Buddy C (Mind)
- 12:00-12:50 Lunch
- 1:00-3:00 Optional Activities (hiking, meditation, etc.)
- 3:00-3:50 Session 3 with Buddy C (Spirit)
- 4:00-4:50 “As the Spirit Moves” - downtime and art/story activity
- 5:00-5:50 Alanon Meeting
- 6:00-6:50 Dinner
- 7:00-8:00 Open Twelve Step Meeting
- 8:00-9:30 Social Hour with Refreshments & Entertainment

SUNDAY, AUGUST 28

- 8:00-8:45 Breakfast
- 9:00-10:00 “Recovering the Body” - Movement & The Stories of Our Bodies
- 10:00-11:00 Twelve-Step Recovery Eucharist
- 11:30-12:30 Lunch and Departure

CANCELLATION FEES

Canellation more than 48 hours before the conference may be charged a 25% cancellation fee. Cancellation within 48 hours of the conference will incur the full conference charge. In both cases, if there is a waiting list, we will do our best fo fill the reservation from the waiting list to avoid fees.