



Welcome to the 36th Annual Palm Coast Area Spiritual Retreat

We're so happy you're here. Whether this is your first retreat or one of many, you're part of our retreat family. This weekend offers a chance to recharge, grow spiritually, connect with others, and find joy in recovery.

Tips & Tricks for the Weekend

- **Stay Open-Minded:** New experiences bring new growth. Try an activity you've never done before.
- **Pace Yourself:** Retreats can be full of excitement. Take breaks to rest and reflect.
- **Pack Light, Live Deep:** Bring only what you need physically; let go of mental baggage when you can.
- **Hydrate & Nourish:** Eat well, drink water, and honor your body's needs.
- **Be Present:** Put away distractions and give yourself the gift of now.

- High Power's *"will for us is the ability to live with dignity, to love ourselves and others, to laugh, and to find great joy and beauty in our surroundings."*-It Works, Step Eleven
- *"Just for today, I will have faith in someone in NA who believes in me and wants to help me in my recovery."*

If you're sick, please refrain from attending the retreat, as it features intimate lodging and events that can spread illness to others. Please understand that we are unable to provide refunds for your registration; however, you can transfer your registration or donate it to a newcomer. If you are transferring your registration to another person, please notify the registration chair. If you need someone to transfer your registration to, please notify the registration chair, and they can assist you in finding someone from our waiting list.

Facility Regulations & Retreat Guidelines:

- All drugs are prohibited. There is no smoking or vaping in the buildings. Please use cigarette butt cans provided on the campgrounds.
- No littering. Grounds and buildings should be clean before departure.
- Breakage and damage beyond normal wear will be charged to the group.
- No furniture or beds shall be moved unless authorized by camp management.
- No open flames, candles, or space heaters in either cabins or meeting rooms.
- Please do not add anything into the campfire pit aside from designated wood & pinecones for burning.
- Raising a hand for silence is a Spiritual Retreat Tradition. When you see a hand raised, this is calling for silence from the group. In turn, if you want to get the group's attention, please do not yell but raise your hand and the group will follow.
- On Saturday night please remember to bring money for raffle and silent auction. Venmo and PayPal will be available, if need be, but cash is preferred.
- When coming and going from the camp, please do not exceed 10MPH. This is a NO DUST facility.
- Please check your program for times of events and for the food hall, so you don't miss out on anything.
- Try to be on time for events.
- We have added an asterisk for those events that require a yoga mat or blanket.

- We have also noted on the list that all meetings are in the main hall, unless otherwise noted or listed as an alternative meeting.
- **Check-in is at 1pm, no earlier.** Arriving earlier risks our agreement with the camp and affects insurance coverage, so please do not line up before this time.
- **Please respect these rules to maintain our positive relationship with the camp.**

Changes this year

- Meals will be served in the food hall at scheduled times; please arrive promptly.
- Water coolers are in the food hall—bring a water bottle.
- A golf cart shuttle for limited mobility attendees will stop at marked locations per the map and schedule.
- New workshops and activities are available this year.

We have attached a map of the grounds for your convenience.

We have attached a list of suggested packing items to make your stay comfortable.

