

OK Region of NA, Fall Spiritual Retreat 39 Itinerary



Friday, Nov. 7

4:00 – Registration Opens

6:00 – Dinner

7:00 –Speaker *"We find that we can be happy in our own skin if we are willing to Let go....."* Living Clean pg.91 – **Casey L.**, Yukon

8:15 – Opening Ceremony, Free to Enjoy the Simple Things – Dana C., (start at lodge and go to lake/bonfire)

9:00 – Warm & Fuzzy Kick-off – Dianna J., Moore

9:30 – Evening Mediation: Positive self-talk...
"When we fall back into disliking, or even hating ourselves, our ability to love suffers." Living Clean p.90
Danielle H., Broken Arrow

Saturday, Nov. 8

6:30 – JFT Meditation Meeting – Nicole B., Tulsa, at fire pit nearest the lodge

8:00 – Breakfast

9:00 –Self Acceptance Workshop, *"We understand that freedom from our defects of character comes through acceptance of ourselves as we are."* Living Clean P.88-89 – **Bailey T.**, Muskogee & **Sommer R.**, Bartlesville

10:30 – Our Physical Selves Workshop – Selves...
"Caring for ourselves leads to other kinds of freedom, including increased energy, freedom of movement,

self-esteem, and discipline." Living Clean P. 86, **Nicole R. & Lindy K.**, Tulsa

Noon - Lunch

1:00 – Step 11 Workshop *"We can see our spirituality making a difference in our lives when we do the right thing for the right reason."* Living Clean P.57 **Rickey D.**, Tulsa & **Toeknee K.**, Verdigris

2:30 –Ask It Basket....ask our experienced members your questions ... Keith T., Collinsville, **Julie I.**, Collinsville, & **Jeff L.**, Yukon

4:00 – Walking Meditation/Gratitude Scavenger Hunt, Sam F., Sperry OR **Yoga, Martin C.**, Tulsa

5:30 – Dinner

7:00 –Speaker *"We feel the joy of being alive..."* Living Clean p.91, **Ruben P.**, Austin, TX

8:30 – Bonfire *"Like a moth to the flame...living passion for the program"* **Ross L.**, Tulsa (near the lake)

Sunday, Nov. 9

Sunrise – SPAD Meeting, Kerah P., Wichita, KS, at the fire pit nearest the lodge

8:00 – Breakfast

10:00 –Speaker – *"When we are practicing Step twelve to the best of our ability, love becomes central to all that we do—there is no more powerful antidote to the despair and self-destruction of addiction"* Living Clean pg. 254, **Pam T.**, Collinsville

Please help clean up after the close (detailed cleaning instructions in each cabin), and we welcome you to stay for our wrap-up meeting and discussions for the 2026 Retreat!