



“Twelve Stepping Through the Pandemic”

October 17, 2020

A virtual retreat day sponsored by
Central New Mexico Intergroup

Come for PART or ALL of the Day!

Here is an overview of the event:

The SATURDAY MORNING SESSION will be from 9:00 AM TO 12:00 NOON (MT): We'll have a meet and greet session followed by a guided meditation to help us get in the spirit of our retreat day together; then a speaker meeting on the topic of grief and dealing with isolation during the pandemic with ample time for sharing.

During the LUNCH BREAK there will be a paper craft opportunity. We'll hear the story of and learn how to fold an origami peace crane. All the instructions and templates will be provided. All you need provide is the paper!

The SATURDAY AFTERNOON SESSION will be from 1:30 TO 4:30 PM (MT): The afternoon will start with “gentle chair yoga” and then we will have another speaker meeting on the topic of how OA recovery helps us survive the pandemic, again with ample time to share. Finally, we'll wrap up our retreat day with a sharing session. To help us process the day, consider two questions: “What will I take away from this day? What will I leave behind?”

The SUNDAY MORNING HIKE IN ALBUQUERQUE, NM (8:00 to 9:00 AM MT) will be an hour-long hike along the Rio Grande River Walk led by a committee member with an invitation to meet for coffee afterwards. (masks and social distancing will be observed)

Normally our annual Fall Retreat is conducted in silence; however, these are unusual times, so we have modified our agenda to accommodate the virtual format. We encourage all participants to treat this event as a retreat day by preparing a space in your home where you will be uninterrupted and able to be fully present to and mindful of the event.

Registration for this event will close on October 12th. Registrants will receive retreat materials and details as well as the zoom link via email on October 15th. There is no registration fee, but we are asking for a 7th Tradition contribution to help support the annual retreat and our intergroup. Details on how to contribute will be in your registration materials.

If you are interested in registering, send your name, phone number, and email address to:

Ahava B. at charbroock@gmail.com

Our website address is: www.aa-cnmi.org