

Urban Retreat Schedule 2024

Date	Time	Activity
Friday 7pm-9pm		
7:00—9:00	7:00—7:30	Welcome, Candle Ceremony & 3 rd Step Prayer
	7:30—8:05	Session 1—From Drive Thru Ave. to the Road of Happy Destiny
	8:05—8:25	Interactive, Workshop
	8:25—9:00	Session 2—Rozanne’s Story, ACT AS IF, & the Power of Affirmations
Saturday 9am-5pm		
9:00—10:30	9:00—9:15	Welcome Introductions, Announcements
	9:15—9:45	Session 3: Affirmations: Why & How
	9:45—10:00	Interactive Workshop
	10:00—10:30	Session 4—ACT AS IF
	10:30—10:45	Break
10:45—12:00		
	10:45—11:15	Session 5—Choice, Pause & the Pictures on my Walls
	11:15—11:30	Interactive Workshop
	11:30—12:00	Session 6—Crafting Affirmations: Intro & Suggested Recipe
	12:00—1:00	Lunch Break
1:00 to 3:00	1:00—1:30	Tokens & In Memoriam
	1:30—2:15	Session 7--Crafting Affirmations/Workshop
	2:15—3:00	Session 8: How to Beat Hercules? Repeat!
	3:00 to 3:15	Break
3:15 to 5:00		
	3:15—4:00	Session 9—“Well, She Can Metabolize That.”
	4:00—4:15	Interactive Workshop
	4:15—4:45	Session 10—Lethal Resentment—We Can Be Free!

	4:45—5:00	Thank you, Re-Entry Reminder , Share an Affirmation ,Closing Circle
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