

OREGON COASTAL RECOVERY RETREAT



View from front porch

SAVE THE DATE!

Recharging Your Recovery

September 15 - 17, 2023, SeaKrest Lodge, Newport, Oregon

Join us for a weekend of recharge, fun, fellowship, and growth as we explore and reinvigorate the areas of our recovery. Workshops, sunset bonfire meetings on the beach, optional morning meditation, amazing food from on-site caterers!

Lead Presenters – Lisa Knudson and Anne Church



Lisa Knudsen LPC CADCI is a therapist who is part of a private practice in Newberg Oregon. She specializes in and is passionate about working with clients who struggle with addiction. She worked at Hazelden for 11 years in a variety of positions including family and spiritual counseling. She enjoys being part of the healing, joy, and hard work that accompanies recovery.



Anne Church MA, LPC is a therapist in private practice in Beaverton, Oregon, who works with clients in a healing process which includes recovery from trauma and addictive disease. She was a primary counselor on the Women's Team at Hazelden Betty Ford – Newberg for 17 years and participated in developing the Seeking Safety program.

Other Staff - Silent Meditation – Phil Oliver, Storyteller and Bon Fire Guru – Jerry Higgins, Terri Weber-Harris, Steve Harris and Lori Anderson.

Guests are welcome to stay on-site in the dormitories. Dormitory accommodations are rustic twin bunk beds with mattresses. Bring a sleeping bag, pillow, linens, and towels if you plan to stay in the dorm \$160.00 total. There are separate dorms for men and women. Or you can make your own lodging arrangements at a nearby Newport area hotel or condominium and come in as a day participant which includes all of the retreat except lodging for \$130.00. **TO BE PUT ON A “REGISTRATION IS LIVE NOTIFICATION LIST” email Lori Anderson at LMaAnderson@HazeldenBettyFord.org . This retreat fills fast!**

Schedule of Activities 2023

Friday, September 15

- 5:00 pm Check-In begins, lite dinner available
- 6:30 pm **Informal Welcome, Introductions and Housekeeping – Lori Anderson**
- 7:15 pm Sunset 12 Step Bonfire Meeting on the Beach or Meeting in the Lodge
- 8:30 pm **Story by Jerry Higgins**
- Evening Activities: Fellowship, board games, drumming, music, (your instruments welcome!)

Saturday, September 17

- 7:15 am **Silent Meditation – Phil Oliver**
- 8:00 am Breakfast
- 9:00 am **Welcome, introductions - Lori**
- 9:10 am – 10: 25 **Acceptance, Commitment and Your Emotional Sobriety – Anne Church**
- 10:40 am – 11:45 **Spiritual Check In – Lisa Knudson**
- Noon Lunch and free time
- 2:15 pm – 3:15 **Intersections and Opportunities - Anne**
- 3:30 pm – 4:30 **Finding Joy - Lisa**
- 5:00 pm Dinner
- 6:15 pm **Recovery Countdown - Lori**
- 7:15 pm Sunset 12 Step Bonfire Meeting on the Beach or Meeting in the Lodge
- Evening Activities: Fellowship, board games, drumming, music, (your instruments welcome!)

Sunday, September 18

- 7:15 am **Silent Meditation - Phil**
- 8:00 am Breakfast
- 9:00 am **Conclusion and Sharing – Staff**
- 11:00 am Time to pack up
- Noon Going forth