

*16<sup>th</sup> Annual 2011  
Seabeck Men's Spiritual Retreat*



*THE PINES MEETING HALL*

**A Retreat for AAs,  
Al-Anons and other  
men in Recovery**

**Friday, March 4 to  
Sunday  
March 6, 2011**



*THE INN*

**Full Cost:**        \$180 for a single room  
                             \$140 per person for a shared double room

The Seabeck Men's Spiritual Retreat is an annual gathering limited to seventy-five men, held on Hood Canal each year since 1996. Attendees included members of Alcoholics Anonymous and Al-Anon.

Activities include morning and evening meditations sessions, topic meetings, speakers, panel discussions and free time in between! (See full schedule on reverse). Registration includes accommodations Friday dinner of pizza and salad, Saturday breakfast, lunch and dinner and Sunday breakfast and lunch.

Deadline to Register (Payment required with registration) is Feb 1, 2011

**Questions?** Contact Mike Mullen at 206-790-4836 or  
email to: [mikebphf@hotmail.com](mailto:mikebphf@hotmail.com)

**Details of Payment:** Registration must be accompanied by check or money order. Please note that accommodations are limited so get your registration in early.

To register, send a check or money order in the amount required payable to the  
**“Seabeck Men’s Group”**  
with a completed copy of the registration form below to:

Mike Mullen  
741 N 81<sup>st</sup> Street  
Seattle, WA 98103

**Registration confirmation will be e-mailed to those registering prior to the deadline.**

If you are registering for a double room to share it with a specific individual, identify your roommate on the registration form and mail along with your registration fee.

-----Registration Form-----

Detach and Mail with your check or money order.

Name	_____	Phone	_____
Mailing Address:	_____		
City/State/Zip:	_____		
Email:	_____		
Affiliation	AA ? Years of Sobriety _____	Alanon ? Years in Program	
Badge Name:	_____		
Roommate Options –Single, Double or Triple Room – Names of other Attendees			
_____			
Please check a block if you have a preference in room location:			
<input type="checkbox"/> Inn/Inn Annex(single) <input type="checkbox"/> Pines <input type="checkbox"/> Firs <input type="checkbox"/> Maples			
(Note – this is for planning purposes, not a guarantee of availability)			
Please indicate any personal dietary preference or needs (vegetarian, vegan etc.):			
_____			
(Note – this is for planning purposes, not a guarantee of availability)			

If you have financial need of a scholarship, limited funds may be available for that purpose. Please contact Mike Mullen at 206-790-4836 or email to [mikebphf@hotmail.com](mailto:mikebphf@hotmail.com) with any questions.

If you wish to donate funds anonymously to be used for providing scholarships please include that amount in the check with your registration fee, and note the amount for scholarships here \_\_\_\_\_.

## Retreat Schedule & Activity Location

Friday:	10:00 a.m.	<b>Pre-retreat Golf</b> Pre-register by February 11, 2011 by contacting Dave D email <a href="mailto:daviddavis@finsvcs.com">daviddavis@finsvcs.com</a> or 206-346-3265
Friday:	4:45 p.m.	Registration – Pines (Uphill to the right from the Inn)
	6:00 p.m.	Pizza and Salad – Pines
	7:00 p.m.	Welcome and Introductions– Don I, Seattle, WA
	7:45 p.m.	Break
	8:00 p.m.	AA Speaker Meeting: John P, Snohomish, WA
	9:15 p.m.	Break
	9:30 p.m.	Evening Meditation

Saturday:	7:00 a.m.	Morning Meditation
	8:00 a.m.	Breakfast – Inn Dining Hall
	9:00 a.m.	Panel Discussion (AA Member); (Al-Anon Member) & (Dual Member)
	12:00 p.m.	Lunch – Inn Dining Hall
	1:30 p.m.	Open AA & Al-Anon Topic Meetings
	3:00 p.m.	Open AA Al-Anon Topic Meetings
	6:00 p.m.	Dinner – Inn Dining Hall
	7:00 p.m.	Open AA & Al-Anon Topic Meetings
	10:00 p.m.	Evening Meditation

Sunday:	7:00 a.m.	Morning Meditation
	8:00 a.m.	Breakfast – Inn Dining Hall
	9:00 a.m.	Al-Anon Speaker: Phil F, Boise, ID
	10:00 a.m.	Break
	10:15 a.m.	AA Speaker: Joe K, Everett, WA
	11:15 a.m.	Sharing and Caring
	11:45 a.m.	Suggestions for Next Year
	11:55 a.m.	Sobriety Countdown
	12:00 p.m.	Lunch – Inn Dining Hall

**What to bring:** The usual toiletries, and an extra pillow, if desired. Bedding and towels are provided. Meals provided from Friday dinner through Sunday lunch. Stuff to do Saturday: There are short hiking trails and basketball courts. You may want to bring balls (volleyballs basketballs) or other recreational gear. Seabeck has a large sloping lawn that can be used for croquet, Frisbees, etc. weather permitting.

**Location:** Seabeck Conference Center is a former Coleman Company logging camp, donated initially to the YMCA early in the past century and later incorporated as a nonprofit conference center. It is located on Hood Canal, directly west of Silverdale. The facility provides sleeping accommodations (double, single & triple rooms) family style meals in the dining hall, soap, bedding and towels. More information about the facility is available at <http://www.seabeck.org>.

**Keep this page for your records of what's happening and directions to the retreat.**

### Seabeck Conference Center

Address: 15395 Seabeck Highway NW, Seabeck, WA 98380

Phone: 360-830-5010, or Toll Free Seattle: 206-842-0346

#### Directions

**Ferry Information:** Ferries are reasonably frequent on Friday afternoon and evening. Please check with the Washington State Department of Transportation for specific rates and sailing times. The ferry system can be reached by telephone at 511, or (888) 808-7977 or via the web <http://www.wsdot.wa.gov/ferries/schedule/>.

**From Seattle via Bainbridge:** From the ferry dock in Winslow, follow Highway 305 through Poulsbo to the junction with Highway 3. Take Highway 3 South to Newberry Road. Turn right (West) on Newberry Road and follow it to the "T" intersection with Seabeck-Holly Highway. Turn right (North) and stay on Seabeck-Holly Highway until you come to the cove with the retreat center on the left (upland) side.

**From Seattle via Bremerton:** From the Bremerton Ferry dock turn right onto 1<sup>st</sup> Street, which after one block bends left onto Washington Avenue. Go two blocks to Burwell Street. Turn left on Burwell and go 3 blocks to Warren Avenue. Turn right onto Warren and go three blocks to 6<sup>th</sup> Street. Turn left onto 6<sup>th</sup> and go approx. 1 mile where it bends onto Kitsap Way. Continue on Kitsap Way for 1.5 miles across Shorewood Drive and taken the on-ramp to Washington Highway 3 North. Head North on Highway 3 for 5 miles to junction with Newberry Road. At the Newberry Road Exit, turn left, up the hill and follow it to the "T" intersection with the Seabeck-Holly Highway. Turn right (North) and stay on the Seabeck-Holly Highway until you come to the cove with the retreat center on the left (upland) side.

**From Edmonds/Kingston:** From the ferry in Kingston follow Hwy 104 for approximately 3.6 miles to where it runs into Hwy 307 (Bond Road). Note: Hwy 104 continues north to Port Gamble.) Continue on Hwy 307 for approximately 5.4 miles to the junction in Poulsbo with Hwy 305. Turn right on Hwy 305 and proceed to the junction with Hwy 3. Take Highway 3 South to Newberry Road. Turn right (West) on Newberry Road and follow it until it runs into the Seabeck-Holly Highway. Turn right (North) and stay on the Seabeck-Holly Highway until you come to the cove with the retreat center on the left (upland) side.

**Via Tacoma:** Take Interstate 5 to Exit 132, merging onto Washington Hwy 16 west. Follow Hwy 16 west over the Tacoma Narrows Bridge approximately 27 miles, merging onto WA 16/WA 3 North. Continue on WA Hwy 3 north for approximately 8 miles to Newberry Road. After exiting from Hwy 3, turn left on Newberry Road, (uphill, westbound) and follow it to the "T" intersection with the Seabeck-Holly Highway. Turn right (North) and stay on the Seabeck Highway until you come to the cove with the retreat center on the left (upland) side.

