

Just for Today

Sunday

Choosing life

August 27th

“Change from self-destructive patterns of life became necessary - Basic Text, page 15

Sunday Goings On

6:30 a.m. Spiritual Splash Crash Course Lesson 4 Jump in California’s cleanest river, the Smith (Skinny dippers highly likely)

6:45 am Moving Meditation Tai Chi in the redwoods with Erin R. (Portland, OR)

7:30 am Traditional Peach Pancake Brekky pulled together by Will B (TX)

8 am Just for Today Fawn (Chico)

9 am Speaker Love Jill P (always the wanderer)

9:05 am NA Speaker Jacky T. (Quincy)

10 am Closing thought David Bliss

10:10 am Together We Can closing meditation Will B with group singing bowls

10:15 am Say goodbye until next year. Grab phone numbers, contact info, and stay in touch. Love on each other and bring it all back to your home groups. See you somewhere in 2024

11 am Checkout time for those traveling home. Take the scenic route. Be present. Enjoy the journey. Here Comes the Moment.

2 pm Spiritual Splash Crash Course Lesson 5 Paddle California’s cleanest and only free-flowing river, the Smith (Redwood Rides)

7pm Hangers On Musical Jam for the Leftover Salmon

8 pm Closing committee meeting for those that linger

Thank you so much for being a part of this event.



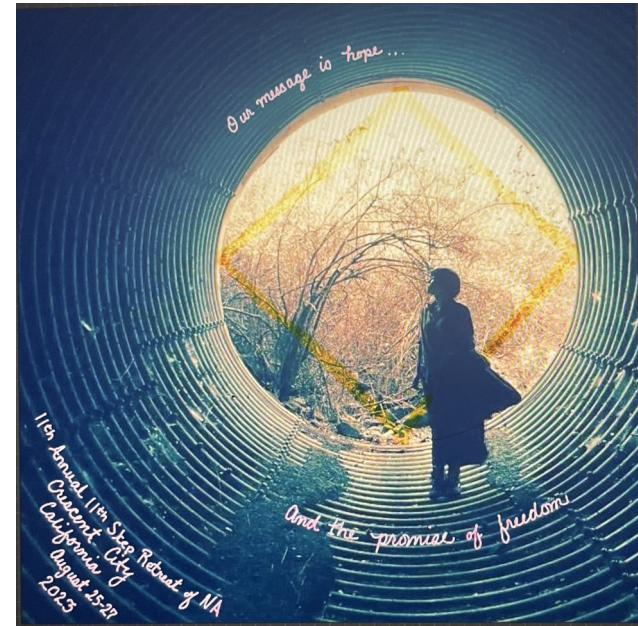
Event presented as a collaborative effort between California, Oregon, Nevada, Texas, Arizona and Utah NA members in long coordination with Greater Butte (GBANA) and BLAW (Reno) and now local Del Norte/Humboldt Areas of Narcotics Anonymous



THE 11TH ANNUAL 11TH STEP RETREAT OF NA

IN CRESCENT CITY, CALIFORNIA

AUGUST 25 - 27, 2023



“We sought through prayer and meditation to improve our conscious contact ... seeking knowledge ... and the power to carry that out.”

Many thanks to our dedicated worker bee NA members who pull this event together: Paul B, Staci B, David B, Will B, Shawn S, Tom S, Joe E, Toni Jo, Michael C, the Utah Crew, Nicole Mc, Rhonda F, Alexia L, Michael M, Eugene Bare Naked Ladies, Susanville Serenity Sister (what a trouper), Jacky T, Jimmy Mac, Billy E, Preston K-S, Elizabeth E, Debra R, Delaine D, Ranger P, Bill P, Terryl F, Cherish S, Fawn D, Jill P, and all those that have served unnamed. “It’s the **people** that make this retreat so special,” one participant said, and ain’t that the truth.

Thank you for being one of the peoples.

Just for Today

Friday Ninth Step- Reclaiming life August 25th

“We are achieving freedom from the wreckage of our past.

-Basic Text, page 42

Friday Goings On

6:33 am Sunrise (It may be tie dye:)

7:30 am Spiritual Splash “Here Comes the Moment” Crash Course Lesson 1: South Beach (skinny dippers may have to jog or streak further south down the beach)

8 am Just for Today “Life’s a Beach” Alexia L. (Bay Area) towel, thermos South Beach

9 am Puddle Jump Run, walk, paddle, swim or drive to Crescent Beach Paul B (“B” happy)

9:30 am Committee Thoughtful Meeting after JFT on the beach at Crescent Beach

10:30 am Spiritual Splash Crash Course “Here Comes the Moment” Lesson 2: Meet at (Ender’s Beach Road to) Crescent Beach (skinny dippers may be able to get away with it)

11 am Solid as a Rock Follow Billy E on a search for “Da Kind” rock(s)

11:30 am “Let it Go” bonfire at Pebble Beach

12:02 pm Low tide 3.7’ Lots o’ rocks at Pebble Beach, good photography vs. (not) swimming

1 pm Meet the Elders Wander Simpson Reed Grove with Bill P (Eugene) off Walker Road

3 pm KOA check-in (Julie), **NA event registration** (Erin), **and hospitality** (Paul) **open**

4 pm Be of Service training: Narcan Jermaine B (Crescent City) David B (Bend, OR)

5 pm Unorganized Potluck Paul and Staci B (Utah) Hospitality Zone RV

6 pm. So excited! Program outline from Erin R. (Crescent City)

6:15 pm Jimmy’s welcome Jimmy Mac (AZ)

6:55 pm Opening thought Paul B (Utah) **Speaker love** Nicole Mc (Eugene)

7 pm NA Speakers Toni Jo W (Las Vegas) 4/1/01

7:30 pm Closing Meditation Debra R (Pacific City, OR)

8:03 pm Sunset (half moon is visible)

7:45 pm Singing Bowl and Moonlight Meditation Bowl Master Paul B (St. George, UT) with guided meditation by our own Sky Pilot Will B (Dallas, TX)

8:15 pm Starlight participation meeting Delaine D. (UT)

9 pm Wild and Free Musical not-a-Campfire Michael C (Napa), Thomas S (Red Bluff), Jim R (Redding). Musicians and Singing Bowls welcome

Just for Today

Saturday 10th Step Inventory August 26th

“We continued to take personal inventory and when we were wrong promptly admitted it.”
- Step Ten

Saturday Goings On

6:30 am Spiritual Splash Crash Course Lesson 3: Point St. George (skinny dippers highly likely)

6:34 am Sunrise

6:45 am Moving Meditation Tai Chi on the beach with Erin R (Portland, OR)

7:30 am Banana Pancake Brekky & Snausages prepared by Susanville Serenity Sisters

8 am Just for Today participation campfire Ranger P (Utah)

9 am Together We Can Tie Dye Meditation Practice David B, Alexia L, Shawn, and Jim

9:15 am Patience Yoga Will B (Dallas, TX)

10 am Music to Dye For Michael, Tom, Jim, and friends

10:45 am Native Drum Meditation and stories Shawn and Tom S, and friends (Red Bluff)

11:30 am Introduction to Qi’ Gong Jacky T (Quincy)

12:30 pm NA Heartbeat 11th Step Panel grab some lunch & settle in Suzie Lew (?), Preston K-S (Huntington Beach), Terrilyn F. (Benicia), Jimmy Mac, (AZ), Marni T (Quincy), Will B (TX)

1:29 pm Low tide 3.8’ Lots o’ rocks at Kellogg Beach, quiet meditation vs. (not) swimming

2:15 pm Open Eye, Open Heart Yoga with Hot Toni Jo W. **Closing Meditation** Cherish S

2:45 pm Self-Awareness Meditation Debra R (Pacific City, OR)

3:33 p.m. Sound River gong, bowls and flute. presented by Sounds of Truth indoor meeting room

4:45 pm NA Memorabilia Drawing Bare Naked Ladies (Eugene, OR) NA items donated by addicts

6:30 pm NA cleantime countdown & celebration of Kyla Mc (6 years today!) Lucy F (Grants Pass)

6:50 p.m. Opening melody Elizabeth E. (guitar) **Speaker Love** Erin R (Crescent City)

7:13 pm NA Speaker Joe E (Benicia) **Closing Drum Meditation** Shawn S (Red Bluff)

8:15 pm Moonlight Meditation with Singing Bowl Sky Pilot Will B, Master of the Bowl Paul B

8:30 pm Make a Beautiful Noise singing bowl convergence (All people and bowls invited)

8:45 pm Starshine participation meeting Fawn D. (Chico)

9:15 pm Without Limits Musical Campfire Thomas, Michael, Jim, and friends