

# PROGRESS NOT PERFECTION

*IISAA Fall Retreat - October 20, 21, 22, 2017*

Recovery is a journey without a destination; the road to recovery is constantly under construction; and, knowing when we have arrived is nearly impossible. This is true, because our journey is one of Progress NOT Perfection. Progress is an allusive target that constantly advances just beyond our grasp. Progress requires the continuous resetting of our goals. And, the biggest obstacle to progress is the desire for perfection. Each of us is only perfect in our imperfection. That is what makes us unique and individual. And, that is what complicates achieving recovery from sexual addiction. The 23rd annual IISAA fall retreat will explore this topic.



This retreat is for sex addicts and codependents of sex addicts who are members of SA, SAA, SCA, SLAA and COSA.

You can preview the weekend's schedule in the box at the right. Note that extensive "down time" has been built into the schedule to allow time for personal reading, journaling, visiting with friends, meeting with a sponsor or sponsee, playing games, exploring the camp, napping, etc.

Providing a worthwhile retreat at an affordable price requires a great deal of pre-planning. To keep our retreat expenses low, we only provide the detailed information pertaining to the retreat (time schedule, emergency contact information, map & directions, checklist of what to bring, etc.) to those who have pre-registered. Those packets will be mailed to registrants by **October 6**.

If you decide to attend the retreat **after October 6**, it is best to register by phone. Please call **Mike C.** at **(317) 784-2180**.

If you decide to attend the retreat at the last minute, you can use your GPS, MapQuest or a similar program to get directions to Camp PYOCA.

The camp address, phone number, and website are listed below. The website includes a map and driving directions.

Camp PYOCA  
886 East County Road 100 South  
Brownstown, IN 47220  
1 (812) 358-3413, Ext 2  
[www.pyoca.org](http://www.pyoca.org)

## Weekend Overview

### Friday

- 5:00 p.m. Register/Settle In
- 6:30 p.m. COSA & SAA Meetings
- 7:30 p.m. Dinner
- 8:15 p.m. Retreat Overview
- 9:00 p.m. Session 1

### Saturday

- 7:30 a.m. Activity 1: Spiritual Time
- 8:00 a.m. Breakfast
- 9:00 a.m. Session 2
- 10:30 a.m. COSA & SAA Meetings
- Noon Campfire Cookout
- 1:15 p.m. Session 3
- 2:30 p.m. Activity 2: Waterfront
- 3:00 p.m. Activity 3: Silent Hour
- 4:30 p.m. Activity 4: Wagon Ride
- 6:00 p.m. Dinner
- 7:00 p.m. Session 4
- 8:30 p.m. Activity 5: Memorial Service
- 9:00 p.m. Activity 6: Games & Movies

### Sunday

- 7:30 a.m. Activity 7: Spiritual Time
- 8:00 a.m. Breakfast
- 9:00 a.m. Session 5
- 10:30 a.m. COSA & SAA Meetings
- 11:45 a.m. Closing
- Noon Departure



**On-line registration** and payment is available for a \$3.00 service charge. On-line registrations will be open from **August 13** thru **October 13** at [www.indiana-saa.org/fallretreat](http://www.indiana-saa.org/fallretreat). After October 13, registrations must be made by telephoning Mike C. at 317 784-2180.

## MAJOR POLICY CHANGE

In order to contain the cost of producing our retreat and to insure the anonymity and confidentiality of our guests, we provide our own food service.

Throughout the history of the retreat, it has been our policy to try to accommodate the dietary needs of all those who attend.

Due to the proliferation and variety of specialized diets, and their costs, we can no longer make provisions in our menus for special dietary needs or choices.

Please review the menus on page 5. If you cannot find choices that meet your dietary needs, please plan to bring your own food.

Storage space will be available and kitchen privileges will be extended to anyone who requests them at the time of registration.

## Hello & Welcome

Whether you are new to recovery or an "old-timer" in the program, I hope this registration brochure finds you excited by the opportunity to enhance your recovery at our 23rd annual IISAA fall retreat entitled, **PROGRESS NOT PERFECTION.**

The vast majority of those people who have attended one of the 22 previous IISAA fall retreats have had a rewarding experience.

To increase the likelihood that you will have a fantastic weekend, it helps to approach the weekend with realistic expectations. For \$70 you are receiving two nights lodging, five meals, and an extensive retreat program in a beautiful setting.

The retreat is held at a church camp facility---not a four-star resort. The facilities are modern and comfortable, but not plush. Camp beds are camp beds.

Bunk beds with plywood bases and standard mattresses are no

match for your pillow-top mattress or your sleep-number bed. You are free to bring an inflatable mattress to increase your comfort.

In recent years, we have had the pleasure of including more women in our numbers. We have also enjoyed having participants from throughout the country. While we do everything in our power to help everyone feel safe and secure, each person needs to work a strong personal recovery program and be sensitive to regional differences in the way that male and female sex addicts interact. Handshakes and hugs are always optional.

No one will ever get everything they need from attending one retreat; however, when approached with the right frame of mind and a positive attitude, the retreat weekend can be a highlight of your year and a huge help in your recovery program.

As a member of our fellowship, YOU can enhance the experience of those with whom you will share this retreat. Only YOU are capable of giving the world your unique gifts. Please consider volunteering to be a presenter (see page 6) or select one of the many opportunities listed on the back of the registration form.

Experience a weekend away from the normal routines and stresses of everyday life. Enjoy autumn's splendor on the grounds of beautiful Camp PYOCA. Enhance your recovery program by immersing yourself in a community of recovering Hoosiers, along with people from several other states.

I am eager to re-connect with those of you who have attended the retreat in the past and I really look forward to meeting additional members of the fellowship. If, after reading this brochure, you have questions, feel free to call me at (317) 784-2180.

*Mike C.*, Retreat Director

## Fees

All registrations and financial aid requests will be accepted on a first-received, first-served basis with preference given to full-retreat registrants over partial-retreat registrants. Special needs will be accommodated wherever possible.

Limited financial aid is available. Arrangements must be made **prior to registration** by calling Mike C. at (317) 784-2180.

### Full Retreat: ON-SITE

#### Lodging, Meals & Materials

Tent	\$ 40
RV	\$ 45
Rustic Yurt	\$ 50
Cabin/Modern Yurt	
by October 1	\$ 70
after October 1	\$ 85
after October 13	\$100

### Full Retreat: OFF-SITE

#### Meals & Materials

by October 1	\$ 35
by October 13	\$ 50
after October 13	\$ 65

### Daily Rates

#### Meals & Materials

Friday Only	\$20
Saturday Only	\$30
Sunday Only	\$20

Full payment is due with completed registration forms.

Refunds will be made according to the following schedule:

Cancellation by:	Refund
October 1	100%
October 13	50%

**No refunds will be made after October 13.**

Anyone with a Service Animal must include that information in a note on their registration form and must provide appropriate paperwork upon arrival at the camp. By camp rule (due to wildlife), no pets are allowed.

# PROGRESS T PERFECTION

October 20, 21, 22

## Registration Form

The information requested on this form is for contact purposes only and will be kept confidential.  
The only required personal information is a first name and last initial for each person.

**PERSON ONE:**

NAME \_\_\_\_\_  
           **As you want it to appear on your name badge.**

STREET \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (\_\_\_\_\_) \_\_\_\_\_

EMAIL \_\_\_\_\_

**PERSON TWO:**

NAME \_\_\_\_\_  
           **As you want it to appear on your name badge.**

STREET \_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (\_\_\_\_\_) \_\_\_\_\_

EMAIL \_\_\_\_\_

**CHECK (✓) ALL THAT APPLY:**

PERSON ONE	PERSON TWO	
___	___	We are registering as a couple and would like a couple's room.
___	___	I have read the Volunteer Service Opportunities list on the back of this form. I would like to volunteer my services as indicated on the form.
___	___	I have special dietary needs and would like storage space and kitchen privileges.
___	___	I would like to canoe, rowboat, or paddleboat.
___	___	I would like to go on the farm wagon ride.

**THE REGISTRATION FEE IS BASED ON THE ACCOMMODATIONS CHOSEN AND THE DATE PAID.  
ALL ACCOMMODATIONS ARE PER PERSON.**

<b>Full Retreat</b>			<b>Daily Rates</b>	
<b>MODERN ROOM</b>			<b>FOOD &amp; MATERIALS</b>	
ON-SITE		OFF-SITE		
___ \$ 70	by October 1	___ \$ 35	___ Friday Only	\$20
___ \$ 85	after October 1	___ \$ 50	___ Saturday Only	\$30
___ \$100	after October 13	___ \$ 65	___ Sunday Only	\$20
___ \$ 50	<b>RUSTIC YURT</b>	N/A		
___ \$ 45	<b>RV</b>	N/A		
___ \$ 40	<b>TENT</b>	N/A		

A \$ \_\_\_\_\_ contribution to the Financial Aid fund is included to help another addict attend the retreat.

A check in the amount of \$ \_\_\_\_\_, made payable to **IISAA** is enclosed.

**Mail to: Progress  
 4238 S. Randolph St.  
 Indianapolis, IN 46227**

# Volunteer Service Opportunities

The current structure of our retreat is the result of twenty-two years of fine-tuning. Based on the responses to past evaluation forms and suggestions offered, our retreat has changed to better serve the needs of the retreatants. Often times, suggestions for improvement begin with the phrase, "**Why doesn't somebody . . . ?**" Well, here is your chance to be that "somebody". Listed below are a variety of opportunities for you to help make this our best retreat ever.

As you can see, this is a "hands on" retreat. And, while there are many wholesome benefits to service work, no volunteer will be expected to spend the majority of the time working. "Over achieving" will be discouraged. The intent of this

retreat is to relax, share, and enjoy the experience.

Please read through the list of service opportunities and select **two** kinds of service that you would like to volunteer to perform.

Place the number **1** beside your first preference and the number **2** beside your second preference. (Couples, please initial your choices.)

Assignments will be filled on a first-received-first-assigned basis. In the case of multiple volunteers for one service opportunity, your second choice will be considered.

Thank you for your interest in making the retreat function more smoothly by your willingness to engage in this valuable 12<sup>th</sup> Step work.

\_\_\_ I would like to be in charge of the "Prayer Trail" (place signs early on Friday, clear debris from trail as needed, remove signs on Sunday).

\_\_\_ I would like to present a breakout session. Please list your topic and a time preference, if you have one (see Weekend Overview on page 1).

Topic: \_\_\_\_\_

Preferred Session No. \_\_\_

\_\_\_ I would like to work the registration desk.

\_\_\_ I would like to chair a meeting:

Friday: \_\_\_ COSA  
 \_\_\_ General SAA  
 \_\_\_ Men's SAA  
 \_\_\_ Women's SAA

Saturday: \_\_\_ COSA  
 \_\_\_ General SAA  
 \_\_\_ Men's SAA  
 \_\_\_ Women's SAA

Sunday: \_\_\_ COSA  
 \_\_\_ General SAA  
 \_\_\_ Men's  
 \_\_\_ Women's SAA

\_\_\_ I would like to help in the kitchen:

Friday Dinner:

\_\_\_ Preparation  
 \_\_\_ Cleanup

Saturday Breakfast:

\_\_\_ Preparation  
 \_\_\_ Cleanup

Saturday Campfire Cookout:

\_\_\_ Preparation  
 \_\_\_ Cleanup

Saturday Dinner:

\_\_\_ Preparation  
 \_\_\_ Serving  
 \_\_\_ Cleanup

Sunday Breakfast:

\_\_\_ Preparation  
 \_\_\_ Cleanup

\_\_\_ I would like to lead "A Half Hour with a Higher Power" session:

Saturday Morning:

\_\_\_ Walking Meditation  
 \_\_\_ Other (please describe)  
 \_\_\_\_\_

Sunday Morning:

\_\_\_ Christian Based  
 \_\_\_ Other (please describe)  
 \_\_\_\_\_

\_\_\_ I would like to lead the Memorial Service, (place candles along path, start fire, invite people to share, put out fire, cleanup).

\_\_\_ I would like to host one of the movies (micro-wave popcorn, play DVD, and cleanup)

\_\_\_ *Stuart Saves His Family*  
 \_\_\_ *The Shack*

\_\_\_ I would like to do the final check of one of the facilities at the end of the retreat (empty trash, check for left items, turn mattresses up, close curtains, etc.).

\_\_\_ Cedar Cabin  
 \_\_\_ Oak Cabin  
 \_\_\_ Poplar Cabin  
 \_\_\_ Spruce Cabin (Yurt)  
 \_\_\_ Retreat Center  
 \_\_\_ Lodge  
 \_\_\_ Grounds

\_\_\_ I would like to serve as an on-site sponsor.

\_\_\_ I would like to do an activity that is not on the current schedule. (Please describe the activity.)

# Lodging

With the exception of persons who have special needs, all lodging assignments will be made on a first-registered, first-assigned basis. The cabins are designed for dormitory-style sleeping. There are no private, individual rooms. Couples may request private rooms.

We try to accommodate persons with special needs and couples by setting aside two buildings for them. This year, they will be the Oak Cabin and the Retreat Center.

Oak Cabin is a modern structure that has four bedrooms, each with its own private bathroom. It is set aside first for persons with special physical limitations. Any remaining rooms in the cabin are assigned to couples on a first-registered-first-served basis.

Other lodging options include:

- ⊗ Cedar Cabin
- ⊗ Poplar Cabin
- ⊗ Retreat Center
- ⊗ Spruce (Modern) Yurt
- ⊗ Two Rustic Yurts

All of the former rustic cabins have been demolished.

Individual registrants will be housed in the Cedar, Oak, or Poplar Cabins; or, one of the yurts.

Each couple requesting a separate room will be assigned one in Oak, Poplar (lower-level), or the Retreat Center, as long as rooms are available.

Cedar and Oak cabins have four unisex bedrooms with three bunk beds each and attached bathrooms. The four unisex bedrooms in Poplar Cabin each have three bunk beds and one single bed. Each bedroom has an attached bathroom. These cabins have kitchenettes.

The Spruce Yurt has two bedrooms with five bunk beds each and an attached bathroom.



There are two new, rustic yurts available this year (see picture above). These canvas-over-wood-frame structures are unheated and share common restrooms in a separate structure. Shower facilities are in the basement of the lodge.

The Retreat Center will be reserved for couples. It contains six individual bedrooms. However, the Retreat Center is older, more rustic, has shared, unisex bathrooms and is also further from the lodge than are the other cabins. There is a tradeoff: couples get a private room for the same price as two beds in the dormitory-style cabins, but they give up some of the niceties offered in the more modern cabins.

Normally, there are more couples applying for rooms than there are couple's rooms available. Couples will be assigned to any available rooms in Oak Cabin first; Poplar Cabin lower-level next; and, then, to the rooms in the Retreat Center. Once all of the available couple's rooms are filled, couples will be assigned as individuals to the men's and women's cabins.

To see pictures of any of the lodging facilities, you can go to [www.pyoca.org](http://www.pyoca.org) and click on the "facilities" button. Click on the name of each building to see its floor plan. Additional camp info is also listed on the site.

In the past, some attendees have chosen to stay in a hotel in Seymour and commute to the camp (approximately 12 miles); some have brought an RV; some have slept in tents or in common areas to avoid snorers. See the Fee Schedule on page 2, for the pricing of each option.

## Food Service

### Friday Night:

Pulled Pork Sandwich, Fried Apples, Cole Slaw, Corn Chips and Drink

### Saturday Breakfast:

Ham, Scrambled Eggs, Biscuits, Hash Browns, Cereal,

Oatmeal, Fruit, Granola Bars, Juice, Coffee, Tea, Milk

### Saturday Lunch:

Campfire Cookout: Ball Park Franks, Brats, Potato Salad, Baked Beans, Chips, Drinks, S'mores

### Saturday Dinner:

Plated Meal: Crescent Rolls, Tossed Salad, Baked Chicken Breast, Asparagus w/sauce, Baked Sweet Potato, Drink

### Sunday Breakfast:

Sausage & Egg Breakfast Sandwich, Tater Tots, Fresh Fruit, Cereal, Oatmeal, Granola Bars, Juice, Coffee, Tea, Milk

The "**Sharing Table**" will be available at all meals. Each attendee is asked to bring an item for the sharing table (enough for 6-10 people). Healthy, nutritious snacks (i.e. fruits, veggies, and low-fat items) are appreciated by persons who have food issues. Homemade items are especially welcome.



# Sharing is Caring



## Presenters Needed

Alone we are powerless to defeat addiction in our lives; but, when individuals let go of the “I” and reach out to others, through sharing, we have hope.

Every individual brings his or her own set of unique and valuable life experiences to the recovery process. That is why *you* are qualified to be a retreat presenter.

Our retreats are “give and take” events. The experience, strength and hope that you have known provide you with something to *give*. What you learn you can *take* back to use in your own recovery, to share with your meeting group and to enhance the recovery efforts of the entire SAA fellowship.

Ours is a “we” program; and, *we* need *you* to share your personal experience strength and hope as it relates to the concept of:

**PROGRESS NOT  
PERFECTION.**

Each workshop session will run for approximately 75 minutes. The first 15 to 20 minutes of the session are set aside for the presenter to introduce the session topic. The remaining time is intended to provide opportunities for group interaction.

The style of interaction can range from giving a lead; sharing the wisdom gained from your own experience, strength, and hope; to writing assignments, creative

endeavors, small group breakouts, or whatever method best enables the presenter to impact his/her audience.

Two or more people are welcome to develop a joint presentation.

A list of possible presentation topics follows. You are free to pick a topic from this list or to use these themes as a starting point for developing a topic of your own.

- ⊗ Always encourage others.
- ⊗ Be gentle with yourself.
- ⊗ Before the fall was the creation.
- ⊗ Certain defects are necessary for the existence of individuality.
- ⊗ Change takes time.
- ⊗ Don't let your desire for perfection become procrastination.
- ⊗ Done is better than perfect.
- ⊗ Easy does it.
- ⊗ Every slip holds a lesson, if I am open to it.
- ⊗ Everyone struggles.
- ⊗ Failing Forward
- ⊗ Failure is the path of least persistence.
- ⊗ Focus on the objective, not on the obstacle.
- ⊗ Healing begins with accepting me for who I am.
- ⊗ I am not yet the person I want to be; but, thank God, I am not the person I used to be.
- ⊗ I am resilient.
- ⊗ If I only do what I have done; I can only be who I have been.
- ⊗ Keep coming back.
- ⊗ Lapse . . . Relapse . . . Collapse
- ⊗ Life is not “all or nothing”.
- ⊗ One day at a time.
- ⊗ One Step at a time.
- ⊗ Recovery ⊗ Relapse

- ⊗ Perfect recovery doesn't exist.
- ⊗ Perfection is not part of the human condition; progress is.
- ⊗ Perfection is the enemy of excellence.
- ⊗ Perfectionism is a form of fear.
- ⊗ Persistence pays off.
- ⊗ Practice makes progress not perfection.
- ⊗ Progress is progress, no matter how small.
- ⊗ Regrets and recriminations only hurt your soul.
- ⊗ Relapse is a normal part of recovery.
- ⊗ Slow or halting progress is still progress.
- ⊗ Starting over is better than not starting at all.
- ⊗ Step by Step life is a cinch.
- ⊗ Take pride in your progress.
- ⊗ The man with insight enough to admit his limitations comes nearest to perfection.  
Johann Wolfgang von Goethe
- ⊗ The road to recovery is serpentine.
- ⊗ Too many people overvalue what they are not and undervalue what they are.  
Malcolm S. Forbes
- ⊗ We are what we repeatedly do.  
Aristotle
- ⊗ You are a work in progress

If you are interested in volunteering to speak to the entire group, be part of a panel, offer a specific breakout session, or help plan the program, please contact **Mike C. at (317) 784-2180.**



*“I am careful not to confuse excellence with perfection. Excellence, I can reach for; perfection is God's business.”*

Michael J. Fox