



On the Road to Recovery

ISAA Fall Retreat

October 15, 16, 17, 2021

Recovery is not a destination, it is a journey. Addicts use the term “recovering” rather than “recovered” as an acknowledgement of this reality. During the IISAA 2021 Fall Retreat, we will focus on the experience, strength and hope we receive while *On the Road to Recovery*.

Our 27th annual retreat will be offered as a hybrid event. The retreat will be held at beautiful Camp Pyoca, for those who are comfortable with an in-person experience. However, some of the breakout sessions will also be held via Zoom. This will allow those who are uncomfortable convening at the camp to share in the experience, strength and hope that the retreat offers. It will also make it possible for us to have presenters join us from anywhere in the world.

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 by **October 1**.

If you decide to attend the retreat in person **after October 1**, it is best to register by phone. Please call **Mike P.** at **(765) 228-6865**.

If you decide to attend the retreat at the last minute, you can use your GPS, MapQuest or an app on your phone 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

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



On-line registration and payment is available for a \$3.00 service charge. On-line registrations will be open from **August 14** thru **October 8** at www.indiana-saa.org/fallretreat. After October 8, registrations must be made by telephoning Mike P. at 765 228-6865.

Welcome On Site

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 27th annual IISAA fall retreat entitled, *On the Road to Recovery*.

The vast majority of those people who have attended one of the 26 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 \$75 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 8) or select one of the many opportunities listed on the back of the registration form.

Stepping away from our normal routines and the stresses of everyday life can offer us new experiences and fresh perspectives into recovery.

Put Your Overwhelming Cares Aside and enjoy autumn’s splendor on the grounds of beautiful Camp PYOCA. Enhance your recovery program by immersing yourself in a community of recovering Hoosiers and our friends from other states.

Welcome On Line

If you do not feel comfortable attending the retreat in person, please consider joining via Zoom for some of the breakout sessions.

For only \$10, you can enjoy the “meat of the retreat” from the comfort of your home.

Details for participating online will be emailed no later than October 8.

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 P. at (765) 228-6865.

Full Retreat: On-Line

The cost to attend as many of the sessions as are available on Zoom during the retreat weekend will be a flat fee of \$10.

Full Retreat In-Person

Staying ON-SITE

Lodging, Meals & Materials

Tent	\$ 45
RV	\$ 50
Rustic Yurt	\$ 55
Cabin/Modern Yurt	
By October 1	\$ 75
After October 1	\$ 90
After October 8	\$105

Full Retreat In-Person

Staying OFF-SITE

Meals & Materials Only

By October 1	\$ 40
After October 1	\$ 55

After October 8 \$ 70

Daily Rates

Meals & Materials

Friday Only	\$25
Saturday Only	\$35
Sunday Only	\$25

Full payment is due with completed registration forms.

Refunds will be made according to the following schedule:

Cancellation by:	Refund
October 1	100%
October 8	50%

No refunds will be made after October 8.

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. 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, both on-line and in person. If, after reading this brochure, you have questions, feel free to call me at (765) 228-6865.

Mike P.

Retreat Director

On the Road to Recovery

27th Annual IISAA Retreat -- October 15, 16, 17, 2021

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:

FIRST NAME _____
As you want it to appear on your name badge.

LAST NAME _____

STREET _____

CITY _____

STATE _____ ZIP _____

PHONE (_____) _____

EMAIL _____

PERSON TWO:

FIRST NAME _____
As you want it to appear on your name badge.

LAST NAME _____

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 (free).

___ I would like to go on the farm wagon ride (free).

THE REGISTRATION FEE IS BASED ON THE ACCOMMODATIONS CHOSEN AND THE DATE PAID.

ALL ACCOMMODATIONS ARE PER PERSON.

Full In-Person Retreat

MODERN ROOM



ON-SITE

___ \$ 75
 ___ \$ 90
 ___ \$105
 ___ \$ 55
 ___ \$ 50
 ___ \$ 45

by October 1
 after October 1
 after October 8

RUSTIC YURT**RV****TENT****OFF-SITE**

___ \$ 40
 ___ \$ 55
 ___ \$ 70
 N/A
 N/A
 N/A

Daily In-Person Rates**FOOD & MATERIALS**

___ Friday Only \$25
 ___ Saturday Only \$35
 ___ Sunday Only \$25

On-Line Rate

___ All Zoom Sessions \$10

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: On the Road to Recovery
6543 E. Hampton Drive
Indianapolis, IN 46226

Volunteer Service Opportunities

The current structure of our retreat is the result of 26 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 be willing to perform. You may be asked to do one or both of the jobs for which you have volunteered.

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 12th Step service 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 Road Within*

___ 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 Modern Yurt
 ___ Sycamore Rustic Yurt
 ___ Willow Rustic 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)

Lodging

With the exception of persons who have special needs, who will be housed in Oak Cabin, 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.

Couples will be assigned rooms in Oak, Poplar (lower-level), or the Retreat Center, as long as rooms are available.

Other lodging options include:

- 🏠 Cedar Cabin
- 🏠 Poplar Cabin
- 🏠 Spruce (Modern) Yurt
- 🏠 Sycamore (Rustic) Yurt
- 🏠 Willow (Rustic) Yurt

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

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

The Spruce (wooden) Yurt has two bed-rooms with five bunk beds each and an attached bathroom.

The two rustic yurts are canvas-over-wood-frame, *newly air-conditioned* structures and share common sinks and restrooms in a separate structure. Shower facilities are in the basement of the lodge.

The Retreat Center, with six individual bedrooms, will be reserved for couples. It is an older, more rustic structure and has shared unisex bathrooms. It 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 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 (about 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.

PLEASE NOTE

- ★ **Financial aid is available.**
- ★ **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 this page. 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 when they register.**

Food Service

Friday Night:

Taco/Burrito Bar:

- Taco Shells/Flour Tortillas
- Taco Meat
- Refried Beans
- Mexican Rice
- Shredded Lettuce
- Diced Tomatoes
- Diced Onions
- Shredded Cheese
- Sliced Black Olives
- Guacamole / Salsa / Sour Cream
- Soft Drinks Lemonade, Water

Saturday Breakfast:

Breakfast Casseroles:

- Tater Tot Casserole without Meat
- Tater Tot Casserole with Bacon
- Buttermilk Biscuits
- Fruit Salad
- Cereal/Instant Oatmeal
- Granola Bars
- Coffee, Tea, Milk, Juice

Saturday Lunch:

Campfire Cookout:

- Hot Dogs / Turkey Dogs / Bratwurst
- Potato Salad
- Cole Slaw
- Potato Chips
- Make-Your-Own S'mores
- Soft Drinks, Lemonade, Water

Saturday Dinner:

Italian Night Out:

- Lasagna with Meat
- Lasagna without Meat
- Tossed Salad
- Garlic Bread
- Drinks
- Cheesecake Desert

Sunday Breakfast:

Farewell Fare:

- Scrambled Eggs
- Bacon / Sausage Links
- Buttermilk Biscuits
- Fruit Salad
- Cereal/Instant Oatmeal
- Granola Bars
- Coffee, Tea, Milk, Juice

The "*Sharing Table*" will be available all weekend. Each attendee is asked to bring an item that will feed six to ten people. Healthy, nutritious snacks are appreciated by persons who have food issues. Homemade items (individually wrapped for safety) are especially welcome.

Presenters Needed



Recovery is a journey, not a destination.

It is a marathon, not a sprint.

It is a process, not an outcome.

Adapted from a quote by John Donahoe

The road to recovery is often a long and winding one. And, the road is different for every addict.

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 **on the road to recovery** provide you with something to **give**. What you learn you can **take** back to use in your own recovery, to share with others you meet **on the road to recovery** 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 traveling **on the road to recovery**.

Each workshop session will run for approximately 75 minutes. The first 15 to 20 minutes of each 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 individuals sharing their own experience, strength, and hope; questions and answers relating to the topic, 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. Online participants are welcome to do a remote presentation from their home location.

A list of possible theme-related 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.

On the Road to Recovery Themes

At a Crossroads *On the Road to Recovery*
Believe in Your Journey
Building New Roads
Companions *on the Road to Recovery*
Detours *on the Road to Recovery*
Driver Training – The Role of the Sponsor
Fueling Your Recovery
GPS – **G**od’s **P**lan for **S**erenity
GPS – **G**rowing in **P**eace & **S**erenity
GPS – **G**uaranteed **P**rogress toward **S**obriety

Hitching a Ride *On the Road to Recovery*
I Brake for Sponsees
Journaling On the Journey
Life in the Rearview Mirror
No U Turns
On the Road Again
Potholes *on the Road to Recovery*
Stuck in Traffic
The Keys to Success
Yield to a Higher Power

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 P. at (765) 228-6865**.