

# Matt Talbot Group 10 Men's Retreat

Some suggestions for everyone's enjoyment:

- At 10 p.m. there should be Quiet in the sleeping areas.
- Please strip bedding and clean up your room before leaving.
- Smoke only in the outside areas.
- Please help us keep the facility clean – dispose of trash and recyclables properly
- Please watch your language— swearing is not a requirement for sobriety.

Do not let the scheduled events distract you from your own personal reasons for being on retreat. There is free time in between events to be used at your own discretion for personal reflection, a walk on the grounds, rest, or just enjoying the fellowship.

## Agenda (tentative)

### Friday

2:00 – 8:00 p.m. Registration Library 5th Floor

5:00 - 6:00 p.m. Dinner Dining Room 5th Floor

8:00 – 8:45 p.m. Opening session with Retreat Master Library 5th Floor

9:15– 9:45 p.m. Agenda overview for newcomers John XXIII Parlor 5th Floor

10:00 – 11:00 p.m. AA meeting (open discussion) Library 5th Floor

### Saturday

7:00 a.m. Wake-up bell Everywhere

7:30 a.m. Morning meditation Library 5th Floor

8:00 a.m. Breakfast Dining Room 5th Floor

9:30 a.m. 2nd Session with retreat master Library 5th Floor

10:30 a.m. 4th Step workshop Library 5th Floor

12:00 Noon Lunch Dining Room 5th Floor

1:00 p.m. Meditation Workshop Library 5th Floor

3:00 p.m. 3rd Session with the retreat master Library 5th Floor

4:00 p.m. Liturgy for all Chapel

5:00 p.m. Dinner Dining Room 5th Floor

6:30 p.m. 5th Step worksheet ceremony TBD

7:00 p.m. Business meeting and medallion presentation Library 5th Floor

8:00 p.m. Annual 3-speaker AA meeting Library 5th Floor

After meeting ends Movies and Open AA Meeting Library 5th Floor

### Sunday

7:00 a.m. Wake-up bell Everywhere

7:30 a.m. Morning meditation Library 5th Floor

8:00 a.m. Breakfast Dining Room 5th Floor

9:30 a.m. Final Session with retreat master Library 5th Floor

11:00 a.m. Group departs

*See you next year!*