

## The Twelve Steps of SA

1. We admitted that we were powerless over lust - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood him.
4. Made a searching and moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to sexaholics, and to practice these principles in all our affairs.

## The Twelve Steps of S-Anon

1. We admitted we were powerless over sexaholism -that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others and to practice these principles in all our affairs.

## Tentative Schedule of Activities

### Friday - July 30th, 2021

- |           |                                                                        |
|-----------|------------------------------------------------------------------------|
| 3:30-7:00 | Registration / Check-In                                                |
| 4:00-5:00 | Early Bird Meeting                                                     |
| 5:00-7:00 | BBQ Dinner & Social Time                                               |
| 7:00-8:00 | SA / S-Anon Keynote Speakers                                           |
| 8:00-9:00 | Breakout Meetings, including a couples meeting, SA and S-Anon Meetings |

### Saturday - July 31st, 2021

- |              |                                                                         |
|--------------|-------------------------------------------------------------------------|
| 7:00-8:00    | Registration for Saturday Arrivals/ Check-In                            |
| 7:00-8:00    | Morning Breakout Meetings                                               |
| 8:00-9:00    | Breakfast & Social Time                                                 |
| 9:00-10:00   | SA and S-Anon Speakers                                                  |
| 10:00-11:00  | Breakout Meetings / Workshops / Panel Discussions                       |
| 11:00-12:00  | SA and S-Anon Speakers                                                  |
| 12:00-1:00   | Lunch & Social Time                                                     |
| 1:00 - 4:00  | Breakout Meetings / Workshops / Panel Discussions                       |
| 4:00 - 5:00  | SA / S-Anon Keynote Address                                             |
| 5:00 - 6:30  | Dinner & Social Time                                                    |
| 6:30 - 8:00  | Breakout Meetings, including a couples meeting, SA, and S-Anon Meetings |
| 8:00 - 9:00  | Fellowship/ Hike to the Cabrini Shrine                                  |
| 9:00 - 10:00 | Night Owl Meetings                                                      |

### Sunday - August 1st, 2021

- |             |                         |
|-------------|-------------------------|
| 7:00-8:00   | Early Bird Meeting      |
| 8:00-9:00   | Breakfast & Social Time |
| 9:00-10:30  | SA / S-Anon Speakers    |
| 10:30-12:00 | Cleanup & Farewells     |

Mail Registration form(s) and payment to:  
Colorado Intergroup Fellowship (CIF)  
PO Box 270054, Louisville, CO 80027  
or register online at [www.coloradosa.org](http://www.coloradosa.org)

For More Information, Contact:

SA: Andy A. PH: (303) 870-7110 <a href="mailto:andyaden@hotmail.com">andyaden@hotmail.com</a>	S-Anon: Sherrie H. PH: (303) 520-9461 <a href="mailto:sherrie@houghtonhome.net">sherrie@houghtonhome.net</a>
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Colorado SA / S-Anon  
Proudly Presents

Spiritual Fitness:  
One Day at a Time



July 30th - Aug 1st, 2021

Mother Cabrini Shrine  
20819 Cabrini Blvd.  
Golden, CO 80401

## **Registration Form - Separate form for each person**

Meals and lodging requires advanced registration post-marked or received no later than **July 14th**. Outside food **MAY be consumed on the premises.**

Mother Cabrini Shrine lodging is limited. There are area hotels in nearby Golden that can be reserved.

SCHOLARSHIPS may be requested from your home group first, then your individual Intergroup program if assistance is still required.

### *Conference Package Pricing (per person)*

- RLM - Registration: 2 nights and 5 meals \$250/\$220\*
- RM -Registration: 5 meals (no lodging) \$120/\$90\*
- RO -Registration Only (no meals or lodging) \$80/\$50\*

**\*(Early Bird Registration- \$30 off until **June 25th**)**

- SA - Saturday Only (Lunch/Dinner Included) \$55

- Cash  Check: Check# \_\_\_\_\_ Total: \_\_\_\_\_

Men and women have separate lodging (separate floors).  
There is no couples lodging. Rooms are shared with bathrooms on each floor.

Name as it will appear on nametag

Address

Phone / Email Address (optional)

I have special needs that are listed here: \_\_\_\_\_

- Please include my name, email, & phone number on retreat phone list

I am a SA Member  S-ANON Member  (Check one)

Mail Registration form(s) and payment to:

Colorado Intergroup Fellowship (CIF)

PO Box 270054, 566 Mccaslin Boulevard

Louisville, Colorado 80027



## **The 21st Annual Colorado SA / S-Anon Retreat “Spiritual Fitness - One Day at a Time”**

### **Overview and Cost**

**Dates:** July 30th - Aug. 1st, 2021

**Venue:** Mother Cabrini Shrine, Golden CO

#### **Activities include:**

- Keynote speakers sharing experience, strength, and hope
- Hear from local speakers sharing their recovery journeys
- Welcome BBQ and fellowship on Friday
- Breakout meetings for couples, SA, and S-Anon
- Hike to shrine incorporating recovery steps with stations of the cross
- Silent auction
- Meditation led session early Sunday
- Delicious meals prepared by Cabrini staff
- Face to face fellowship!!!

#### **Cost:**

Full conference, 5 meals, 2 nights lodging is \$250 per person, participants are encouraged to attend the entire conference. Early bird registration \$30 less. Options for conference only or Saturday only.

Mother Cabrini Shrine is a shrine in honor of the Sacred Heart of Jesus and St. Frances Xavier Cabrini. Originally a summer camp for the girls from the Queen of Heaven Orphanage, the property became a place of prayer, pilgrimage and devotion after the canonization of St. Cabrini in 1946. The Shrine offers retreat facilities, daily mass and is open every day for visitors and pilgrims to come and pray, explore and visit.

In 1912, Mother Cabrini established the vision of the Shrine's property to be a place of quiet refuge - at the time, it was a summer home for the girls from Queen of Heaven Orphanage. Through the years and through the generosity of our benefactors, Mother Cabrini Shrine continues to provide a place of retreat and recollection.

Mother Cabrini Shrine  
20189 Cabrini Blvd., Golden, CO 80401

From where Interstate 70 and C470 cross, proceed West to Exit 259. Turn Right off the freeway down Colfax Ave. Then first Left on US 40 / Mount Vernon Canyon Rd. Stay on this road until you reach the sign to Mother Cabrini Shrine. Turn Right and proceed up the hill.

### **GATES CLOSE AT 4:30PM!!**

A gate code will be sent to email provided through registration.

**Early Bird Registration highly encouraged as capacity for retreat is 85 and in past years has sold out quickly**