

Activity Descriptions

Recovery Bingo Night

Recovery Bingo is a fun Saturday night activity that can be reused year after year while staying rooted in recovery principles. Each letter of **BINGO** represents a concept: **Belief, Inventory, New Way of Life, Gratitude, and Others/Service**. Squares include recovery tools such as honesty, sponsorship, meetings, service, and fellowship. As squares are called, participants reflect on how these principles support sobriety while enjoying a free, inclusive activity with small prizes.

Scrabble Recovery Word Frames

Participants create Scrabble-style word frames using recovery-focused words such as honesty, willingness, humility, courage, service, and gratitude. This creative activity reflects the importance recovery places on shared language and principles, helping participants identify and reflect on the core ideas that support sobriety.

Letting Go Activity - Dissolving Paper

Participants write resentments, fears, or burdens they want to release on dissolving paper and place it in water, where the paper disappears. This symbolic exercise reflects the recovery concept of "Drop the Rock," representing the importance of letting go of resentments, often considered one of the main causes of relapse.

God Boxes

Women decorate and create God Boxes, a spiritual recovery tool used to practice surrender. Participants write down worries, fears, or situations outside their control and place them in the box as a symbolic act of turning them over to a Higher Power.

Affirmation Jars

Affirmation jars provide a positive keepsake that participants can take home and use daily. Jars are filled with recovery affirmations based on common slogans such as "One day at a time," "Progress not perfection," and "Keep coming back." These serve as daily reminders of gratitude, hope, and commitment to sobriety.

Yoga

A guided yoga session integrating gentle movement and intentional breathing to promote relaxation, body awareness, and balance. All levels are welcome, with modifications offered to ensure accessibility and comfort. Please bring your yoga mat.

Sound Bath

This restorative experience utilizes resonant tones and soothing vibrations to create a meditative atmosphere. Participants are invited to rest deeply, release tension, and cultivate a sense of inner calm and renewal. Please bring your yoga mat.

All participants must sign up to attend activities, as participation is limited for some activities