

Western Doctors in Recovery 5th Annual Meeting  
February 21 – 24, 2019 / Paradise Point Resort, San Diego

Men's Retreat

Is My Higher Power Greater Than Myself?

**Thursday, February 21, 1:30 pm – 4:00 pm Session 1**

- a) Serenity Prayer
- b) Leader Introduction – Participant Introductions (50 min)
- c) Theme of the Retreat – Letting our Higher Power be Higher (15 minutes)
- d) "Admitted" Abandoning the gods of drugs and alcohol (15 minutes)
- e) Writing exercise (20+ min)
- f) Small group sharing (20+ min)
- g) Large group comments (20+ min)

Join retreat leader  
Kim N.

**Thursday 4:30 pm - 6:30 pm Session 2**

- a) Serenity Prayer
- b) "Coming To Believe" or "Coming to Believe that" (30 min)
- c) Writing Exercise (20+ min)
- d) Small Group Sharing (20+ min)
- e) Large Group Comments (30+ min)

**Thursday 7:00 pm - 8:00 pm** Dinner Break

**Thursday 8:30 pm - 9:30 pm Session 3**

- a) Serenity Prayer
- b) Centering Meditation
- c) Group Sharing

**Friday, February 22, 7:00 am-8:00 am**

Continental breakfast

Optional: 12 step meditation/sharing meeting (all are welcome)

**Friday 8:30 am - 12:00 noon Session 4**

- a) Serenity Prayer
- b) "Turning Our Will .... As we understood Him" (30 minutes)
- c) Group sharing (30+ minutes)
- d) "Turning Our Will ... when we don't understand Him" (30 minutes)
- e) Group sharing (30+ minutes)
- f) Break (10+ minutes)
- g) Writing Exercise: Re-imagining our Higher Power (30+ minutes)
- h) Closing Group Discussion (30+ minutes)
- i) Serenity Prayer

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Group:\*Retreats:\*2019:Men's Retreat 2019 program outline.docx