



**NCLAP**  
NORTH CAROLINA  
LAWYER ASSISTANCE PROGRAM

## Step Study Retreat

April 21 - 23, 2017

Caraway Conference Center

Sophia, NC

[caraway.org](http://caraway.org)

We had great participation last year from both the PALS and FRIENDS sides of the aisle. It was a transformative weekend for all. Because our Step Study has grown, and based on the increased interest expressed last year, we have decided to add a separate stand-alone track to focus on relationships, codependency, depression, and other mental health issues. Each year the weekend is facilitated by presenters who have a rich depth of experience in not only working the 12 Steps themselves, but who also have a deep passion for sharing this work with others through workshops and presentations.

This program is not just for recovering alcoholics and addicts. Many of our volunteers and clients who do not have any kind of substance abuse problem have found tremendous help in working the steps on issues like depression, anxiety, codependency, workaholism, ADD, and other issues. And their lives have been transformed. Why? Because the steps offer a framework for living that shifts our typical perspective shaped by the human condition.

This weekend is a solution-based step weekend studying the steps in depth. We hope to make the retreat a deep and vital experience for all.

## Our Presenters

**Chuck Beinhauer** is a practicing lawyer in Buffalo, NY. He focuses his practice on trusts, estates, and elder law. Chuck has practiced law since 1974. He practiced administrative and corporate law in Washington, DC, and NYC until he hit his first bottom. Chuck has been sober since August 9, 1989. He is a member of and has served as chair of the BAEC LHL, NY State LAC committees, is a trustee of ILAA, and is a member of the ABA CoLAP advisory commission. He is currently serving as the Area 50 chair and alternate delegate. Chuck has led 12 Step Study weekends for lawyers in recovery in the US and Canada, and 12 Step Study days for nonlawyers for several years. He currently co-chairs the Step Action meeting in Buffalo.

**Pat Jenkins** has been practicing law in Charlotte since 1984, concentrating primarily in business/corporate law, estate planning, and probate. Pat has been a very active and dedicated member of Al Anon since 2002. He practices the 12 Steps as the core of his Al Anon program, offering experience, strength, and hope to family members and friends of alcoholics, and experiencing the transforming power of the steps in his own life. Pat is an active LAP volunteer and has led

numerous Al Anon workshops and group studies. He also has extensive experience in facilitating small group studies in other spiritual settings.

**Robynn Moraites** has been sober since January 1, 1988, and has been an active member of Al Anon and ACOA since 1998. In her own work over the years as well as in her work with individuals and small groups, she has practiced the 12 Steps and lead workshops using the steps in a variety of contexts, including codependency, relationships, food addiction, the long-term effects of childhood trauma, and mental health issues.

## Conference Schedule

### Friday

5:00 PM – 7:30 PM	Registration and check in
5:30 PM – 7:00 PM	Dinner
7:30 PM – 9:00 PM	Facilitator Introduction
9:00 PM – 10:00 PM	Night Owl Discussion Meeting

### Saturday

7:30 AM – 8:15 AM	Breakfast
9:00 AM – 12:00 PM	Step Study Session
12:00 PM – 12:45 PM	Lunch
1:00 PM – 2:00 PM	Step Study Continued
2:00 PM – 5:30 PM	Free time to enjoy the conference center and grounds
5:30 PM – 6:30 PM	Dinner
7:00 PM – 8:30 PM	Speaker <i>We will hear from three speakers.</i>

### Sunday

8:00 AM – 8:45 AM	Breakfast
9:00 AM – 12:00 PM	Step Study Continued

\$275 per person for single occupancy :: \$250 per person for double occupancy (roommate, spouse, etc)

*All registration costs cover lodging, coffee, and meals from dinner on Friday night to breakfast on Sunday morning.*

## Directions to Caraway Conference Center

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4756 Caraway Mountain Road, Sophia, NC

### FROM ASHEBORO

Take Old Lexington Road West for 5 miles. Turn Right onto Caraway Mountain Road. Caraway Conference Center and Camp is approximately 3 miles on the Right.

### FROM CHARLOTTE

Take 1-85 N towards Lexington. Exit on Highway 64 East and follow the directions from Lexington.

### FROM LEXINGTON

Take Highway 64 East for 19 miles. Turn Left onto Old Lexington Road (This may also be listed as Jarvis Miller Road on your GPS). Take Old Lexington Road for 2 miles. Turn Left onto Green Farm Road. Take Green Farm Road for 1 mile. Turn Left onto Caraway Mountain Road. Caraway Conference Center and Camp is approximately 2 miles on the Right.

### FROM GREENSBORO

Take US 220 South approximately 20 miles to Pineview Road Exit (Exit 79). Turn Right and take Pineview Road 1.5 miles to Spero Road. Turn Right and take Spero Road for .5 miles to Plainfield Road. Turn Left and take Plainfield Road for .5 miles to Old County Farm Road. Turn Right and take Old County Farm Road for approximately 3 miles to Caraway Mountain Road. Turn Right onto Caraway Mountain Road. Caraway Conference Center and Camp is approximately 2 miles on the Right.

### FROM HIGH POINT

Take I-74/US-311 East for approximately 15 miles to Exit 84. Turn Right off of the exit ramp onto US Highway 311. Take US Highway 311 West for approximately .5 miles to Beeson Farm Road (3rd Left). Take Beeson Farm Road for approximately 4 miles to Flint Hill Road. Turn Left onto Flint Hill Road, which becomes Caraway Mountain Road in 1 mile. Caraway Conference Center and Camp is approximately 1 mile on the Left.