



NCLAP
NORTH CAROLINA
LAWYER ASSISTANCE PROGRAM

Step Study Retreat

*Surrender to Our Good -
Surrender to Our Innocence*

March 13 - 15, 2015
The Summit Center
Haw River State Park
Browns Summit, NC
ncparks.gov

We are very pleased to bring back the annual 12-step study. 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 with interactive exercises. Our presenters know that we will have some participants who are not alcoholics and addicts and are excited to carry a message of hope and recovery for all who are interested in living in the solution. They hope to make the retreat a deep and vital experience for all.

Our Presenters

Maureen Muldoon and **Tom Bob Nedderman** bring over 20 years of recovery to the table. As Spiritual Practitioners, they draw from not only their own personal experience as recovering people, but also their professional training and extensive education in Spiritual Counseling. They work with individuals and groups both large and small throughout the country, infusing the life-changing principles of the 12 Steps. Their style and philosophy is steeped in surrender, acceptance, authenticity and a wicked sense of humor. It is Maureen and Tom Bob's honor and privilege to share their experience, strength, hope and humor with you so that we might all live in greater freedom and purpose.

Conference Schedule

Friday

5:00 PM – 7:30 PM Registration and check in

6:00 PM – 7:00 PM Dinner

7:30 PM – 9:00 PM Introduction

9:30 PM – 10:30 PM Night Owl Discussion Meeting

Saturday

8:00 AM – 8:45 AM Breakfast

9:00 AM – 12:00 PM The Outline for Being and for Interactions: Steps 1, 2, & 3

12:00 PM – 12:45 PM Lunch

1:00 PM – 4:00 PM Personal Responsibility: Steps 4, 5, & 6

4:00 PM – 6:00 PM Free time to enjoy the conference center and grounds

6:00 PM – 6:45 PM Dinner

7:00 PM – 10:00 PM Rebuilding Relationships: Steps 7, 8, & 9

Sunday

8:00 AM – 8:45 AM Breakfast

9:00 AM – 12:00 PM Maintenance & Growth: Steps 10, 11, & 12

12:00 PM – 12:45 PM Lunch

Cost is \$295 per person for a single room or \$225 per person for a double room for the weekend, which includes lodging and meals (dinner Friday night through lunch Sunday).