



NCLAP
NORTH CAROLINA
LAWYER ASSISTANCE PROGRAM

Step Study Retreat

April 5 - 7, 2019

Caraway Conference Center

Sophia, NC

caraway.org

We will again have two tracks this year.

Traditional Big Book based with David Pfalzgraf

David will facilitate a traditional 12-step study based on the book *Alcoholics Anonymous* and the focus will be on alcoholism and addiction. This presentation offers an excellent opportunity for those who are newly sober to get an immersive experience and the opportunity to delve deeply into the Big Book and the principles of recovery in a very focused way. It is also a great refresher weekend for old timers who feel drawn to get back to basics and hone their sponsorship knowledge and skills. All long-term recovery for any issue ultimately is based on the solid foundation and framework established by AA in the book *Alcoholics Anonymous*. Bring a notebook and a pencil as you will be doing some real work with the material.

Twelve Step Based Experiential Processes for Healing and Growth with Don Carroll and Robynn Moraites

Because of their dynamic and interpersonal nature, the 12 steps have emerged as a transformative system and solution for hundreds of issues (codependency, workaholism, Al-Anon, ACOA, depression, emotional reactivity, food issues, trauma, gambling, internet porn, etc.). Regardless of how a particular issue manifests in our individual story, the 12 steps offer a concrete course of action and a new way of seeing ourselves, our situations, and our responses. This new perspective and the insights that emerge help us grow and mature emotionally, psychologically, and spiritually. This track is BYOI (bring your own issue) that you would like to focus on (anything goes, including prior addiction to alcohol or drugs). We lawyers are mentally focused in our profession, but an intellectual understanding and a mental analysis of our issues alone often limits the scope of healing and transformation available to us. This track will be primarily experiential in nature in order to help bring us out of closed-end analysis to a new place of awareness that will rejuvenate our growth and healing. While we will not be focusing directly on the Enneagram, if the Sunday session of the November conference intrigued you, you will be able to use your understanding of your type as a way to understand your core issue and/or the dynamic of your "false self" as the "issue" to explore in a 12-step framework. Whether you are totally new or an old timer, this track promises a new experience of the transformative 12-step process.

Our Presenters

David Pfalzgraf is happily retired from a fulfilling elder and disability law practice. David has chaired both Erie County's LAP Board and the NY Bar Association Committee on Lawyer Alcoholism and Drug Abuse, and was active with ABA CoLAP. Helping struggling lawyers since 1982, he was honored by his peers with the Franklin Gavin Award in 2013. He often speaks on lawyer impairment and professionalism. David is also a member of International Lawyers in AA, a fellowship of lawyers in recovery whose purpose is to act as a bridge between reluctant lawyers and Alcoholics Anonymous.

Don Carroll served as director of the North Carolina Lawyer Assistance Program from 1994-2011. Don is a lawyer, a certified EAP professional, a professional coach, and a certified Strozzi Institute somatic coach. Don has been active in Al-Anon since the mid-1990s and has helped lawyers work the steps on multiple issues. Don has lead numerous retreats and is an author of several books including *A Lawyer's Guide to Healing* as well as *The 9 and 12 Workbook*, *Renewing your Recovery*, *Reclaiming your Life*.

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.

\$295 per person for single occupancy :: \$270 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.

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
We will hear from three speakers.

Sunday

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

Directions to Caraway Conference Center

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.