## 31st Annual CC + H20

Conscious Contact and Water

### Men's Spiritual Retreat

Food - Fun - Fellowship - Meetings - Recovery Workshop - Meditation Hot Pools - Tubing - Poker - Disc Golf - Connection - Spiritual Growth

The Spiritual Life is Not a Theory, We Have to Live It

Workshop by Scott S. from Philadelphia, PA

September 13th-15th 2024

The Lava Hotel - 196 E Main St, Lava Hot Springs, Idaho 83246



\$30 Early Bird - \$40 Day of Please pre-register!

Venmo: @Charles-Cecil-Acme-Installers

Include name and phone number in transaction!

If planning to stay at conference center, please call/text Rich F (860) 538-5602 Limited beds available – First Come, First Served

- Queen: \$200
- Twin: \$75
- Bring your own sleeping bag + pad: \$25
- Reserve lodging at The Lava Hotel (208) 776 5800

Please bring a Big Book, a newcomer, and a swimming suit.

#### Questions?

-- Call or text--

Rich F (860) 538-5602

Anson M (509) 994-7217



MORE INFO

### The Spiritual Life is Not a Theory, We Have to Live It

Lava Men's Retreat 2024 - 196 E Main St, Lava Hot Springs, Idaho 83246 Itinerary: September 13 – 15th

#### A NOTE ON LOCATION:

All meetings are held at the Conference Center, which is at the very North end of 2<sup>nd</sup> East

## **FRIDAY**

**4:00 PM** Registration

8:00 PM Open Meeting

# **SATURDAY**

8:00 – 9:00 AM Guided Meditation – inside Conference Center

9:00 – 10:00 AM Registration, breakfast

**10:00 – 11:30 AM** Workshop – *inside tent* 

**11:30 – 2:00 PM** Lunch break, tubing

2:00 PM - 4:00 PM Workshop continued (with break) - inside tent

5:00 PM Potluck dinner

7:00 PM Speaker meeting, sobriety countdown

## **SUNDAY**

**8:00 AM** Guided Meditation – *inside Conference Center* 

8:45 AM Breakfast

**9:30 AM** Hot springs meeting – *in Aura Soma Pool*