



***Emotionally Sober ... for Life!***  
A Progressive Recovery Weekend Retreat  
For Finding and Sustaining Balance in Recovery

Friday, July 14 through Sunday, July 16, 2017  
\$190 which includes lodging and beverages  
(Meals will be coordinated and supplied by participants)

Gulls Retreat House  
Kill Devil Hills, NC

*Contact Amy at [acsmithers@aol.com](mailto:acsmithers@aol.com)*

The idea of emotional sobriety is often misunderstood. Rather than trying to manage our emotions and well being, we are encouraged through the twelve steps to look deeply within ourselves to uncover and release the old ideas that produce expectations and dependencies which inevitably lead to emotional excesses.

This weekend uses inventory, journaling, dialogue, meditation and breath work as expressions of the twelve steps to discover the inner challenges that disrupt our lives in recovery then to create strategies for maintenance and sustainability.

Join Ron Chapman, a long-time teacher with the twelve steps, founder of ProgressiveRecovery.org, and a steady friend to the Gulls as he leads us in an experiential weekend designed to catapult our lives forward.

Friday, 6:30 to 9:00 pm - Welcome and Laying the Foundation  
Saturday, 9:00 am to 12:00 pm - Exploring  
Saturday, 2:00 to 5:00 pm - Releasing  
Sunday, 9:00 am to 12:00 pm - Sustaining

*Please bring your journal for writing. All other materials will be provided.*

*For those interested in pre-work that can deepen the experience, consider a written inventory focused specifically on the needs, expectations and desires that seem to be causing disappointment, frustration and discouragement.*

*"Clarity is an aspect of love, it is seeing clearly. Ron Chapman sees with those eyes. He pays attention as few do to the miracles around us. He tells the One Story in all its permutations as a way of drawing us to the warmth of our heart.*

Stephen Levine, Author & Practitioner

Wonder Road celebrates the 2016 release of two novels, *My Name is Wonder* and *A Killer's Grace*, and an audio set, *Seeing True - The Way of Spirit*. Find these at Amazon.com. Learn more about Ron and his work at [www.SeeingTrue.com](http://www.SeeingTrue.com) and recovery practices at [www.ProgressiveRecovery.org](http://www.ProgressiveRecovery.org).

