

MEN'S RETREAT

June 05 – 07

Chalet Jolimont, Les Diablerets, Vaud, Switzerland



Keepin' it Simple, Keepin' it Real

WHEN?

Friday, June 05 to Sunday, June 07 - Arrival by 18:00; Departure: by 13:00

WHERE?

Chalet Jolimont, based in the village Les Diablerets, an authentic, traditional Swiss alpine village located at 1,200 m.a.s.l. in the Vaud Alps, known for its dramatic mountain scenery, 3,000-meter glacier, and family-friendly atmosphere. By car, it is about 1h40 from Geneva(130km), 1h00 from Lausanne(60km) or 2h40 from Zurich(240km) with a train station 10 minute walk from the house (trains come/go once/hour) [Chalet Jolimont \(click and watch\)](#)

WHAT?

A weekend with your AA fellows to inhale summer mountain air, enjoy homecooked meals, live music, good humour, laughter, and relaxation

HOW?

Sign-up, Payment and Questions:
WhatsApp Max @+41786580544

BRING?

Your smiling face, sleeping bag,
pillow case, slippers, bath towel



Keepin' it Simple, Keepin' it Real

Ours is a “simple program for complicated people”. Every day, in AA meeting rooms around the world, we see slogans taped on the walls. We hear them repeated in shares. Our sponsors bore us with even more trite-sounding sayings and sound bites. At first, many of us detest the slogans, sayings and sound bites as lame and silly, then we despise them as cliché, then we try to ignore them. But, at some point, we hear ourselves weaving them into our shares, and passing them on to newcomers and sponsees. Our AA slogans distill common sense and wisdom of the ages. And, if we stick around AA long enough, we find that we have actually built our lives around many of the simplest of them.

At the retreat we will walk through the Twelve Steps, sharing on where we are in our programs and reflecting on what many of these slogans and sayings mean, and how they impact us. We may even make up a few!

Meeting 1: The Essentials

(Step One : Complete Deflation)

Theme: Why we come in. Admitting that self-management has failed.

Meeting 2: Handing It Over

(Step Two: Dependence on a Higher Power)

Theme: The turn outward. Trusting something beyond self-will.

Meeting 3: Looking Inward and Owning Our Behaviour

(Steps Three through Nine: Inventory, Confession, Restitution)

Theme: Honestly owning up and making things right.

Meeting 4: Right-Sized Living

(Living in Steps Ten & Eleven — the Outer Posture)

Theme: The texture of daily sobriety. Acceptance, simplicity, not taking yourself too seriously. Dealing with Fear and Disappointment.

Meeting 5: Good Stuff Our Sponsors Told Us

Theme: Avoiding Relapse, Dealing with Anger, Lust, Grief and other Pitfalls

Meeting 6: Watching Our Minds / Keepin' It Real & Simple

(Living in Step Eleven, cont. — the Inner Work)

Theme: Self-awareness, course-correction, conscious contact. Where the program becomes interior.

Meeting 7: Carrying The Message / Working With Other Alcoholics

(Step Twelve:)

Theme: Workin' It / Doin' the Deal, Getting Outside Ourselves.. Service is what keeps us Sober.