



22nd Annual  
Northern California Members'  
Unity Retreat  
November 4-6, 2022

Monte Toyon Retreat Center - Aptos, CA

*Stepping into Life*



fold here

**Tentative Schedule\***

**Friday**

4:00-6:00 PM	Check-in	Carey Lodge
6:00-6:45 PM	Dinner	Dining Hall
6:45-7:00 PM	Facility Welcome and Orientation	Dining Hall
7:00-8:00 PM	Welcome and Introductions	Helgerson Hall
8:00-10:00 PM	Personal Inventory Exercise/Sharing	Helgerson Hall
10:00-11:00 PM	Night Owls, Getting Current	TBA

**Saturday**

6:45-7:45 AM	Attitude Adjustment Mtg	Helgerson Hall
8:00-8:40 AM	Breakfast	Dining Hall
9:00-12:00 PM	Step Workshops	Break Out Rooms TBA
12:00-12:40 PM	Lunch	Dining Hall
1:00-2:30	Step Workshops	Break Out Rooms TBA
2:30-5:45 PM	Fellowship/Recreation Time	
6:00-6:45 PM	Dinner	Dining Hall
7:30-9:30 PM	Speaker/Discussion Mtg	Helgerson Hall
9:30-?	Campfire, Fellowship	TBA

**Sunday**

6:45-7:45 AM	Attitude Adjustment Mtg	Helgerson Hall
8:00-8:45 AM	Breakfast	Dining Hall
9:00-9:30 AM	Personal Pack and Clean	Carey Lodge
9:30-10:00 AM	Community Pack and Clean	
10:00-10:45 AM	Step Workshop Wrap	Helgerson Hall
10:45-11:15 AM	Business Mtg [Everyone]	TBA
11:00 AM	Vacate from all buildings	
11:15-11:45 AM	Closing Circle	Under the Redwoods

\*Subject to change

**Registration**

Online: <https://ncmur.org>

Mail or in-person: See reverse

Registration is open to male and female members of SA.

**Cost**

Early Bird - before October 1: \$240

On or after October 1: \$275

*Late and/or on-site registration cannot be guaranteed. Please register early.*

**Scholarships**

Scholarships may be available. Please do not hesitate to ask, starting with your home group or intergroup.

*COVID-19: Santa Cruz County lifted mask mandates in February 2022. At publication time, members are not required to wear a mask. Members may wear a mask if desired. Site and local COVID policies are subject to change.*

*Life*

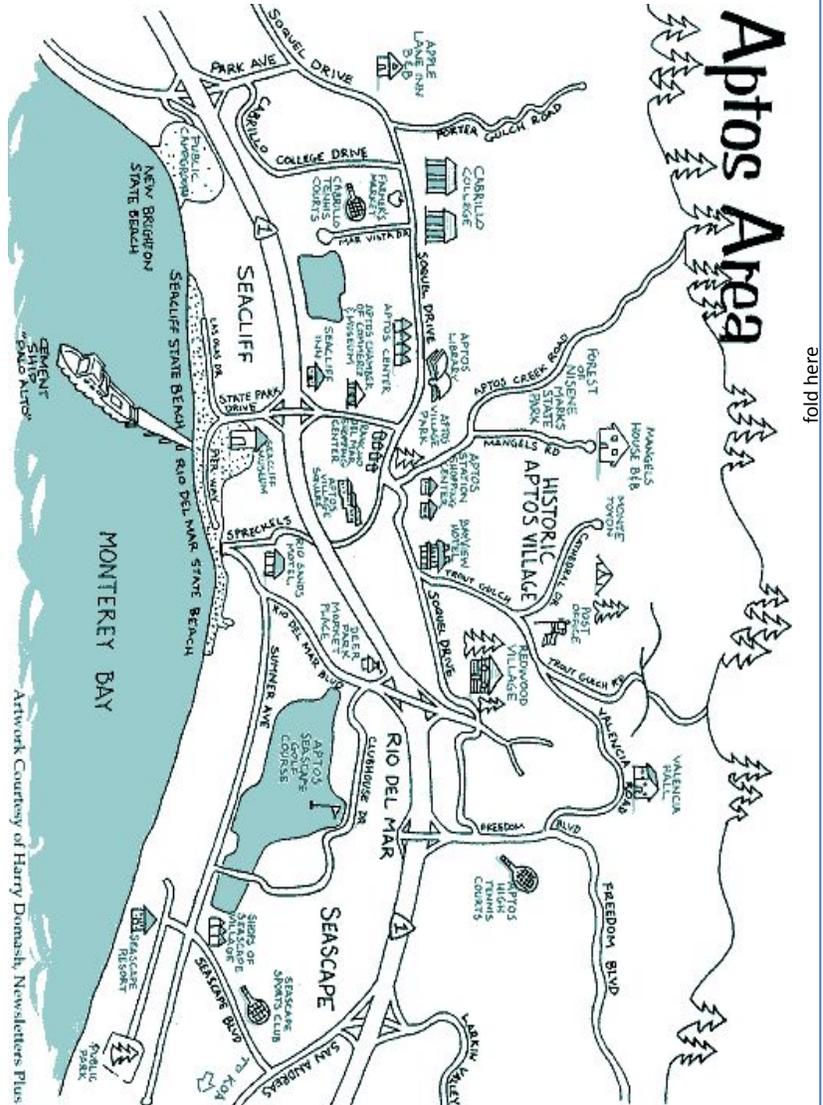
## Additional Facility Information

Monte Toyon Retreat Center

220 Cloister Lane, Aptos CA, 95003

Official Retreat site: <https://www.uccr.org/montetoyon>

Official Retreat Video: <https://youtu.be/Dr0SobDPMY0>



## Additional Retreat Information

### Contacts:

SA Retreat Chairs:

[registration@ncmur.org](mailto:registration@ncmur.org)

Kevin D and Randy A (Co-Chairs)

SA Retreat Registrar:

[registration@ncmur.org](mailto:registration@ncmur.org)

Greg V

More Information:

[registration@ncmur.org](mailto:registration@ncmur.org)

### What To Bring:

**Room:** Monte Toyon provides all meals.

Bring what is NOT provided by Monte Toyon; e.g. *Sleeping bag or linens, towels, personal hygiene, pillow.*

**Helpful SA and AA Literature:** White Book, Big Book, 12 & 12, Step Into Action, Recovery Continues, pens, notebooks, etc.

**Activities:** Hiking, biking, music, beach, ocean, recreation, Aptos coffee and dining.  
*Common Recreation:* volleyball, frisbee, ping pong, horseshoes, softball, board games - bring your own gear.

### Important:

1. All indoor facilities are closed promptly at 11:00 AM on Sunday for cleaning. Please be mindful.
2. We may not have exclusive use of the facility.

## Additional Registration Information

Make check payable to:

Nor Cal Members' Unity Retreat (or "NCMUR 2022")

Mail check and registration form to:

NCMUR, P.O. Box 60663, Sacramento, CA 95860

### Registration Form

First Name, Last Init.

e.g., John D

Phone Number

e.g., 555-555-1212

Email Address

e.g., JohnD@xyz.com

Emergency Contact

e.g., Mary D

Emergency Contact  
Phone Number

Home Group

e.g., Richmond 6:30

What Step(s) would you like to work on?

What would you be willing to help with at the retreat?