Welcome Letter

Dear Sisters in Recovery,

We are excited that you will be attending the **2024 Women’s Big Book Retreat** this year at the YMCA Mill Hollow rustic camp. Whether this is your first, second, …, or 35th retreat with us, we hope and pray that this year’s experience will provide you with an increased level of understanding of the Big Book of Alcoholics Anonymous and spiritual freedom that will catapult you into the “fourth dimension of existence.” (pg. 8 of Bill’s Story). Beds are limited and are first come first serve for the best bunk selection.

First, here is some housekeeping crucial information:

* **Bring the following articles:** - Big Book; chair; coffee cup or water bottle; sleeping bag or linens and/or extra blanket; pillow; personal toiletries. Showers are available and you may want to bring shower shoes as the facilities are rustic. Bring clothing for unpredictable cold weather and maybe snow for the weekend including a heavier jacket, gloves, hat, and flashlight. We will have access to a fireplace in the main lodge if you want to bring a marshmallow stick, a bundle of wood, and some bug spray, just in case.
* **There are NO medical services for physical or mental needs at the retreat.** The nearest facility/emergency service is 60 minutes away by ambulance. If you have any physical or psychological conditions that require or may require this type of support, this retreat is probably not for you now. The facilities are rustic and we will have a first aid kit available.
* **Dietary needs:** If you have dietary restrictions, please bring what you need. Refrigerators are available for the storage of your food. Our meals will be nutritious and filling, but snacking is acceptable and an encouraged pastime. Please keep all food items in the lodge. **You are encouraged to bring food items for the trough to share with all.**
* **Please leave personal items of value in a locked car, or better yet, leave them at home.** There is no cell phone reception at the retreat. If something becomes missing, please contact Marsha S. to have it announced as a missing item. However, you must report it to local authorities if it is stolen.
* **Non-smoking establishment.** Camp Mill Hollow is a YMCA Camp, smoking and vaping are NOT allowed on site. Smoking/vaping is allowed OFF-site at a designated site. Smoking is not allowed in a vehicle, going to a vehicle, on the way to the smoking area, or trails near the camp.
* **Pets are not allowed** at this retreat, and please stay away from wild animals. Please only share the trough with people with two legs! (no birds either).

**Come early!** Registration will begin Friday, the 22nd, at 4:00 p.m. In order of importance:

1. Check in at the Registration table located in the main lodge. **Please put your items on a bunk and come to registration to check-in. If you can use a top bunk please do so, to allow for women who are not able to get on and off of a top bunk.**
2. **Unloading/loading:** cars are permitted to unload items for the cabins in the parking area next to the lodge off of the service road. After you unload, please park in the lower parking lot a short distance below the lodge. Drive back out on the service road, at the fork in the road take the Mill Hollow parking lot road. Please be respectful of all when parking and leaving handicapped parking available for those who may need those spaces.

The Big Book with cliff notes used throughout the retreat by Pamala will be auctioned off to the highest bidder after the retreat. We accept cash or checks at the end of the retreat. Please do not leave early and miss the miracle that happens during the last meeting on Sunday at 11 am. “Don’t leave before the miracle happens.”

**Hold on to your hats! We look forward to experiencing the ride of our life!**

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