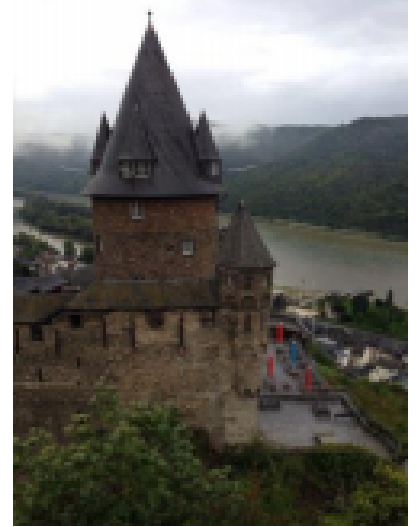


Welcome to the OA 2021 Bachrach **virtual** Fall Retreat.

Friday 17th - Sunday 19th September

We normally hold the retreat at Castle Stahlberg located in the scenic village of Bacharach in Germany. We have done our best to recreate the feeling of the retreat. We are excited to welcome participants who normally wouldn't be able to travel to Germany.



The theme of the retreat is:

Photo courtesy of a very special fellow

Freedom from obsession

This pack should contain everything you need to make the most of the retreat:

1. The Agenda
2. How to join meetings and activities
3. Tradition Seven
4. Our 'Get Together' space
5. Problem or question?
6. Retreat Feedback
7. Zoom guidance

1. The Agenda

Please see the timetable at the end of this document which gives details of each of the activities and meetings and the links so you can join them.

! Note: all times are Central European Summer Time (CEST) which is **GMT +02:00**

2. How to join meetings and activities

You do not have to register for the retreat or any of the meetings or activities; simply join the correct Zoom link at the start time and join in.

You won't be asked for your contact details, but if you want to exchange contact details with anyone, you can do this via **private chat** in any of the meetings or in the 'Get together' space.

Fellows will be invited to read during meetings. These will be shared on the screen and the chair will ask for volunteers to read during the meeting.

3. Tradition Seven:

There are no dues or fees for OA membership; we are self-supporting through our own contributions.

In order to contribute to tradition 7, please make a payment to the PayPal account for our retreat.

PayPal link: [PayPal.me/BacharachRetreat](https://www.paypal.com/payto/BacharachRetreat)

If you would prefer not to use PayPal, you can pay directly into our bank account.

Bank account (IBAN): **NL80 RABO 0351 4706 46**
Account name: **I.J. VAN HAASTER**

If you have any questions, please email the treasurer:
bacharachtreasurer@gmail.com

4. Our 'Get together' space

A Zoom link is included in the agenda for the 'Get Together' space. This is a place to connect with fellows, chat, share news, renew old friendships and meet new people. Breaks are scheduled and we encourage you to join your fellows in the Get Together space during breaks and perhaps eat your meal if you feel comfortable doing this.

Please note that there are no hosts in this Zoom space.

5. Problem or question?

Please email the committee on: bacharachretreat@gmail.com.

6. Retreat Feedback


We would love to hear from you about how it went and if there are any improvements we can make for next time. Please let us know by emailing the committee on bacharachretreat@gmail.com.

7. Zoom guidance

To keep yourself and your fellows safe, please:

- Keep your video on if you feel comfortable doing this
- Set your profile picture so that this shows if your video is off
- Set your display name to be your first name only
- Keep your microphone muted when you are not sharing

At least one person will 'host' at every meeting or activity to help the meeting run smoothly (except for the Get Together space). Please contact the host using the 'private chat' feature if you have any problems during the meeting/activity. They may mute participants who forget to mute themselves, or eject participants who are disruptive, etc.

		Meeting ID: 874 1724 4041 Passcode: 123456
11:30 – 12:30 CEST	Meeting 4 (Speaker) How did the Program free me?	Retreat Room 1 https://us02web.zoom.us/j/87417244041?pwd=QWpCTjhrUEZxSXlnRDhOYTZ3Y0xiUT09 Meeting ID: 874 1724 4041 Passcode: 123456
11:30 – 12:30 CEST	Workshop Abstinence	Retreat Room 2 https://us02web.zoom.us/j/81338240201?pwd=SOZTa1pXbGxnSWpTOVZ2VW42QUR2UT09 Meeting ID: 813 3824 0201 Passcode: 123456
(LUNCH)		
14:30 – 15:45 CEST	Meeting 5a Woman’s focus: Freedom from Guilt and Shame	Retreat Room 1 https://us02web.zoom.us/j/87417244041?pwd=QWpCTjhrUEZxSXlnRDhOYTZ3Y0xiUT09 Meeting ID: 874 1724 4041 Passcode: 123456
14:30 – 15:45 CEST	Meeting 5b Man’s focus: Freedom from Guilt and Shame	Retreat Room 2 https://us02web.zoom.us/j/81338240201?pwd=SOZTa1pXbGxnSWpTOVZ2VW42QUR2UT09 Meeting ID: 813 3824 0201 Passcode: 123456
14:30 – 15:45 CEST	Meeting 5c LGBTQI+ Focus: Freedom from Guilt and Shame	Retreat Room 3 https://us02web.zoom.us/j/84270287120?pwd=ampQK2NacndUNFJPczBPbmxybWlzUT09 Meeting ID: 842 7028 7120 Passcode: 123456
16:30 – 17:45 CEST	Meeting 6 Freedom from the Wish to Control Others	Retreat Room 1 https://us02web.zoom.us/j/87417244041?pwd=QWpCTjhrUEZxSXlnRDhOYTZ3Y0xiUT09 Meeting ID: 874 1724 4041 Passcode: 123456
16:30 – 17:45 CEST	Meeting 7 Freedom through Fellowship (Step 12)	Retreat Room 2 https://us02web.zoom.us/j/81338240201?pwd=SOZTa1pXbGxnSWpTOVZ2VW42QUR2UT09 Meeting ID: 813 3824 0201 Passcode: 123456
(DINNER TIME)		
20:30–22:0 0 CEST		Retreat Room 1 https://us02web.zoom.us/j/87417244041?pwd=QWpCTjhrUEZxSXlnRDhOYTZ3Y0xiUT09

<https://us02web.zoom.us/j/84270287120?pwd=ampQK2NacndUNFJPczBPbmxybWlzUT09>

Meeting ID: 842 7028 7120
Passcode: 123456

Join anytime for a chat,
eat your meals
together, meet your
fellows

Retreat room 3
<https://us02web.zoom.us/j/84270287120?pwd=ampQK2NacndUNFJPczBPbmxybWlzUT09>

Meeting ID: 842 7028 7120
Passcode: 123456

		DANCE PARTY! Dance alone or with local fellows, enjoying music from our DJ	Meeting ID: 874 1724 4041 Passcode: 123456
SLEEP WELL			
S U N D A Y	Time	Event	Zoom link
	8:00 – 8:45 CEST	Guided Morning Meditation	Retreat Room 1 https://us02web.zoom.us/j/87417244041?pwd=QWpCTjhrUEZxSXlnRDhOYTZ3Y0xiUT09 Meeting ID: 874 1724 4041 Passcode: 123456
	(BREAKFAST)		
	10:00 – 11:30 CEST	Meeting 8 Freedom through Stepwork	Retreat Room 1 https://us02web.zoom.us/j/87417244041?pwd=QWpCTjhrUEZxSXlnRDhOYTZ3Y0xiUT09 Meeting ID: 874 1724 4041 Passcode: 123456
	11:45 – 12:15 CEST	Prayer, reflections and goodbyes	Retreat Room 1 https://us02web.zoom.us/j/87417244041?pwd=QWpCTjhrUEZxSXlnRDhOYTZ3Y0xiUT09 Meeting ID: 874 1724 4041 Passcode: 123456

Join anytime for a chat, eat your meals together, meet your fellows

Retreat room 3
<https://us02web.zoom.us/j/84270287120?pwd=ampQK2NacndUNFjPczBPbmxybWlzUT09>

Meeting ID: 842 7028 7120
Passcode: 123456