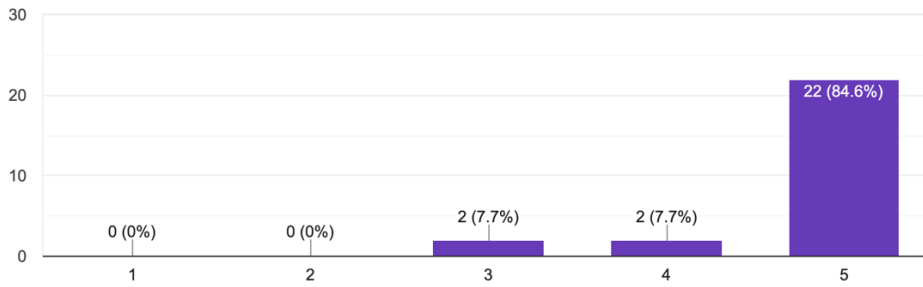


Registration and Check-in

26 responses



Registration / Check-in Comment

Easy

Easy to register and friendly help

Well handled, loved the stickers

It was lovely

Liked the stickers

Great

Attractive area, friendly volunteers, great program and map, loved decorating name tags

Loved receiving quick response

Very well organized, clear and helpful. Excellent name tag decorations.

Buying Raffles separately from checking In wouldn't allow more focus on getting maps & itinerary.

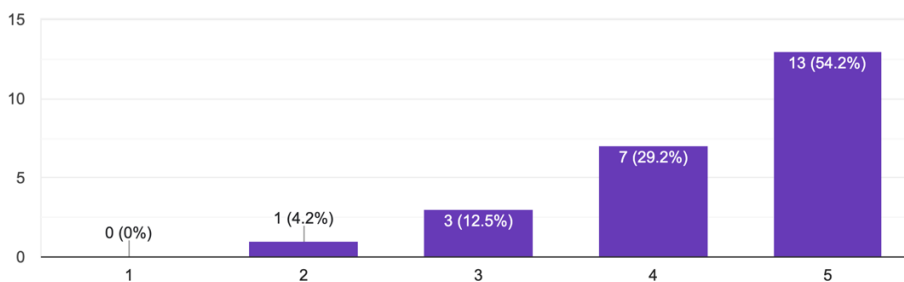
very organized and extremely efficient moving people through

Worked fine

Very organized and Renee welcomed me warmly. Fun stickers

Welcome and Ice-Breaker

24 responses



Uno cards good way to split people up..good question

Enjoyed asking and sharing

A great way to be introduced to others

sound a little louder

Did not attend, I was volunteering at check-in

I think it went well but we do need extra time for icebreaker

Missed it

Maybe encouraging people to sit with people they don't know would help feeling of inclusion, especially with the people from different areas.

I was waiting for it to happen and then it was over.

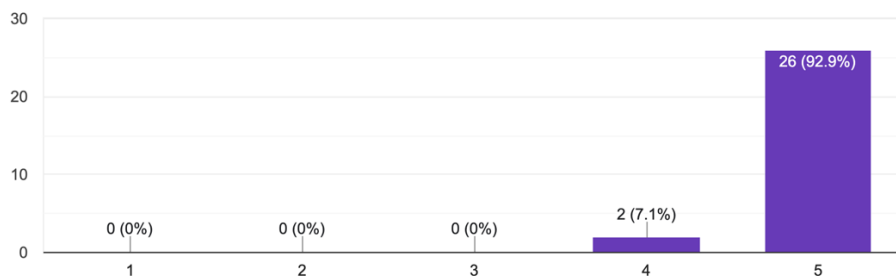
Nice that it was low pressure and comfortable.

Good. Enough time to share and meet people not rushed. Announcements helpful

I was late. Didn't attend

Workshop (Shari) - Love the Inner Critic

28 responses



This made all my tears come up

Great handout and explanation

Tough subject but vital. Thank you, Shari!

A wonderful approach

Liked naming it

It was hard to follow the music at the end, but it seemed people who were familiar with it enjoyed it!

Shari is such a professional, so at ease with excellent information

of course I loved it other than the music section didn't work even though it worked when I set it up at 8 AM

The shares!

Great workshop, named my inner critic!

The Highlight Of The Whole RETREAT!!!!!!💙 I learned more helpful techniques that I've never breasted of & used them. Her help last year was the BEST & MOST HELPFUL & HIGHLIGHT FOR ME ALSO.....I'm not the only one who says so either😘❤️ I learned more

Shari knows her stuff. Nice audience participation.

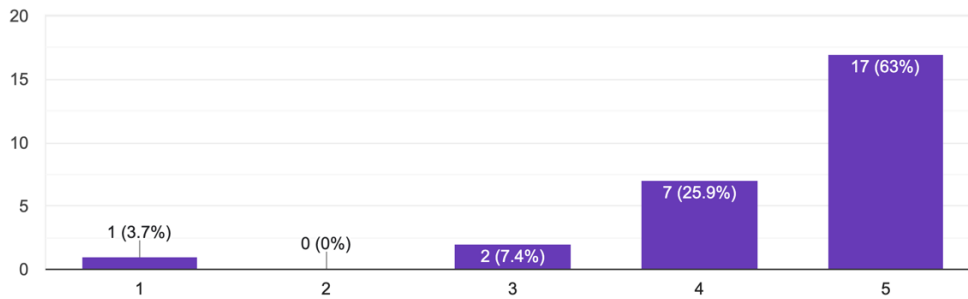
I learned a lot and I LOVED the song!

Got a lot out of it. More compassion for Inner Critic.

I would have enjoyed time sharing in small groups for more personal sharing opportunities

Workshop (Evie) - Non-Dominant Handwriting

27 responses



Intense shares

It's great

Yet to reach inner child

Hard to hear Evie's soft voice

Evie appeared less confident than I've seen her in the past.

I wasn't able to attend although I did sit for Carol's meditation. Love that one out of the LPG

The shares!

Well done both the meditation and the exercise.

Never done it before- incredible experience

I do this often; didn't learn anything new regarding technique but good to incorporate it into workshop.

I always welcome a chance to do it, and hear others talk about their experience doing it.

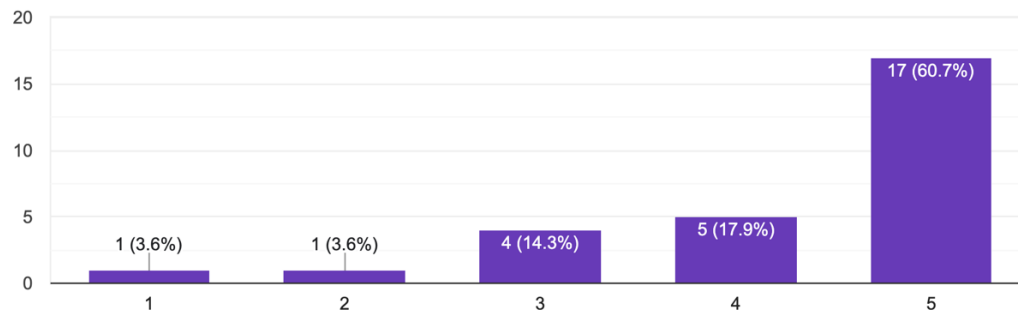
The meditation and prompts were great

The noise from upstairs was distracting and I didn't drop in deeply with inner child.

Named my inner critic

Lunch

28 responses



more vegetarian options would be good

Taco bar was simple and delicious

Very well done. Easy to get food, fresh ingredients.

Okay

Great selection with a taco bar, food was hot and fresh and delicious

Soupy beans? Churros were great though!

Great choices

Being a vegetarian, I liked the baked potato bar from last year, NOT the taco bar.

Easy, tasty, & fun for all. . Loved the hamburger; rice had NO FLAVOR, hard yellow tacos were great; soft tacos were good back up; I don't eat flour

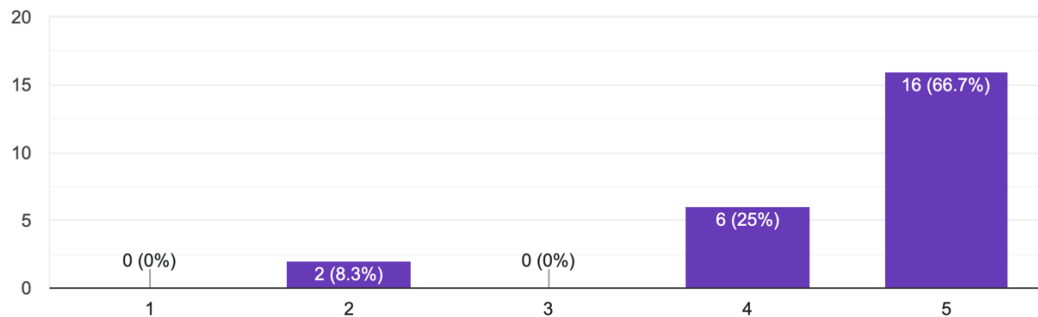
Plenty of guac!!!

Food was fine, not great but the company was.

Refried beans too runny. Everything else was great!

Free Time: Games, Walking, Crafts

24 responses



Enjoyed resting, games and a small walk

Did not attend games as I was hosting collage time in craft Roo. People seemed to enjoy the craft time.

Enjoyed doing the games and those that attend enjoyed them too

Missed it, too hot

Really liked the crafts room this year as having people overseeing it helped a lot!

I learned few new games and allowed my inner child to finally play without feeling guilty

Need more time; helpful to stagger time for all 3; explain how game playing will look; better described re: crafts. Tell places to walks.

I just pulled a chair over to a shady tree and journaled-didn't feel like i HAD to do anything

I had a very nice walk in the woods, by the Indian village and the gardens.

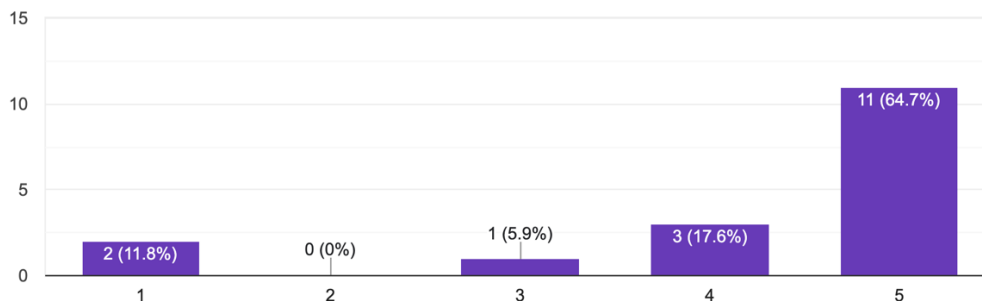
Free time was much appreciated. It's a lot to be doing social activities all day, so it was the perfect break to recharge.

Really enjoyed the games, the fellow game players.

Didn't attend

Craft Room - Collage and more!

17 responses



didn't participate

The craft room was crowded this time

Hot in the craft room but folks had a great time together

Did not attend

First time in craft room all were so engaged in creating collages and produced beautiful art!

Super fun assortment of arts to do, collage was get

Great having it staffed and the variety of media.

I had too much fun playing games

See above [↑](#)

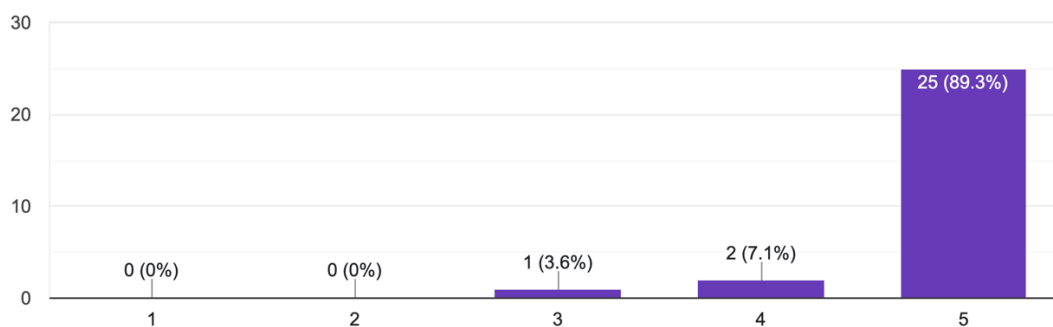
Coloring with others was awesome. Lets have an art/coloring workshop!

I didn't choose the collage, it felt overwhelming maybe because I'd just come up from the games. I LOVED the finger painting. Guess I wanted the kinesthetic rather than cerebral. Nice to have a choice. Thank you

Wonderful conversations with those near me

Speakers - Action Coming from Love - Clarissa and Sven

28 responses



A lot of recovery and work!

Wonderful

Heartwarming story

Really loved the shares and format.

Helpful insights on relationship dynamics especially how to behave lovingly with a triggered partner

Best speaker meeting we've EVER presented. The level of honesty and vulnerability was epic.

Great format that they used!

Their presentation made my retreat so honest and heartfelt genuine and unassuming ❤️

Great choice, right on point.

They were so inspiring!

An eye opening speech - learned a lot

Couldn't have been better!!! PERFECT 🙌 Give THEM MORE TIME; LET US WRITE OUT QUESTIONS BEFORE THE TALK & also ask afterwards.

possibly shorter

That was daring; couldn't imagine a better couple.

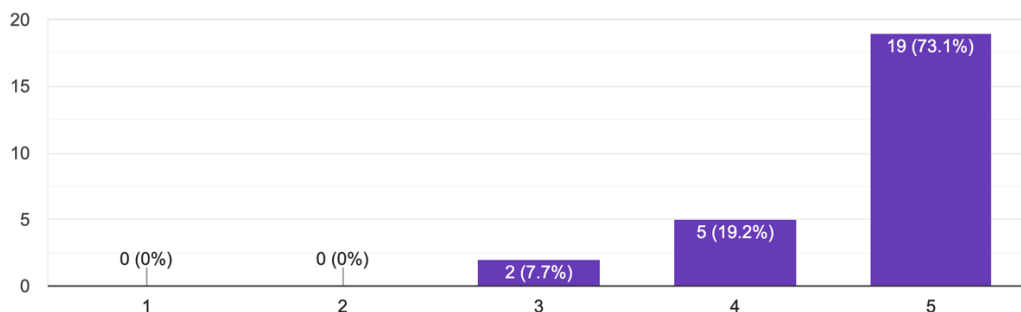
Wow! Loved the idea of a couple sharing how ACA growth looks in real life.

By then I was hot and probably tired. Difficult to follow. In the beginning I was struggling to understand their topic/message.

Dott and Craig wasn't it? Powerful messages!

Letting Go Bowl Ceremony

26 responses



Enjoyed letting go!

I loved this ritual

Meaningful and novel activity

So great I did use it as a wishing bowl 😊

Enjoyed watching everyone experience their papers disappear.

Felt relief and lightness

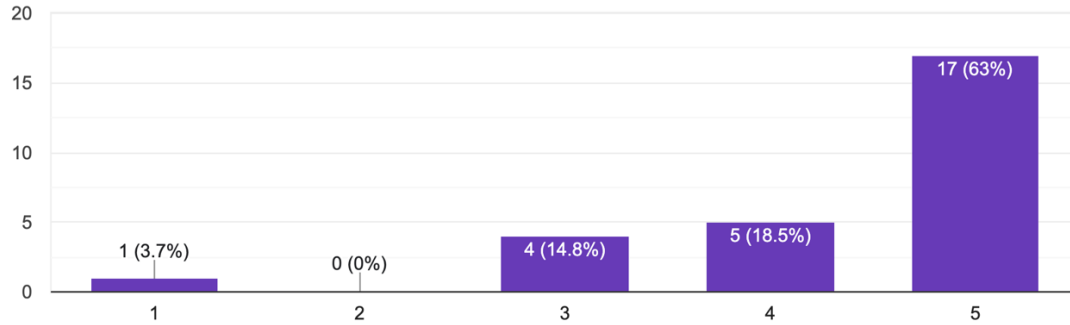
Use the microphone more often so we can hear what each other is saying throughout the whole retreat. It's almost like punishment to have people sitting in their seats, telling their story or what's important to them and then watch others straining to hear. They just kind of give up and sit there with blank stares or catch what they can. It just doesn't make sense when the cord is long enough to reach people, especially if they stand in the aisle while they speak. They can do this throughout the workshop and the speakers and the bowl ceremony.

Fun

I liked the dissolving paper. There seemed to be a lot of side conversations going on. Maybe direction to hold silent, ritual space would have helped.

Raffle Drawing

27 responses



Didn't win but great prizes

It was fun and I got a prize 🏆

I won what i really wanted

I won something 😊

Excellent prizes, often couldn't hear the numbers being called

The microphone needed to be use by both the presenter of the donation AND the reader of the ticket. With everyone excitement it was hard to hear over chatter.

Fantastic so much fun

Always fun, hope we made lots of dough!

Just wished I had won!

Didn't win however so excited to be part of it

The only problem, I didn't win. ;)

Someone should be available to check each person's raffle ticket to make sure the numbers are accurate that they're saying they won off of. And perhaps make it easier to donate raffle gifts. Easier to drop them off at specifically designated places and TIMES.

Renee's stuffies were awesome and the other prizes were very impressive!! Need to choose announcers who can project their voices

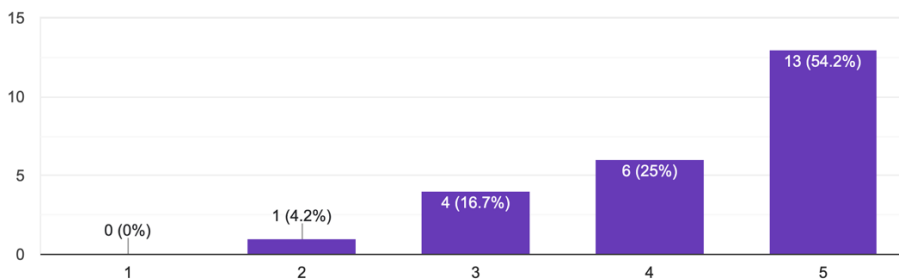
I didn't win anything :=(

Fun. Evie and Dottie kept it moving at a good pace. Many good items

Maybe people win only once next time. More people can win and go home with something that way. :)

Wrap Up

24 responses



Seemed a bit rushed but it was a long day and VERY warm.

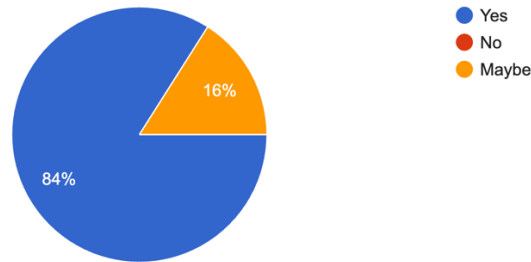
Great job Evie! Sincere and loving.

I love the wrap up. I love that we held hands. I love that. We said what we did. Maybe we could give positive thinking or blessings to each person who was there as a whole. Not quite sure how that would look. More later on that one.

I don't really remember it.

Would you come to another retreat at this location?

25 responses



Very solid facilities and good support

Anywhere easy to get to

Love the facility

Want to have a room with better acoustics

The unsupervised children upstairs were too loud and very inappropriate for our purposes. Let's sign up early and request upstairs room for next time (with air conditioning)!

Yes, lovely location

I'd go to another location if it weren't too far away and relatively easy to get to
beautiful location- loved my little nature walk (wish I had thought to bring a fan)

Location was beautiful.

I liked the facility. The noise from upstairs was not only distracting it was a little alarming. There were moments I didn't feel safe but I can explore what got triggered in me and learn.

What did you like most about this retreat?

Being in a safe space with my tribe of ACAs

Speakers and inner critic topic

People's willingness to participate volunteer and share.

The people

Speakers

Share meeting and fellowship

Environment

Evie and Shari's workshops - inner critic most helpful of all

The people

All the people and the speakers

Workshops, speakers and crafts

Excellent organization of the event, great activities

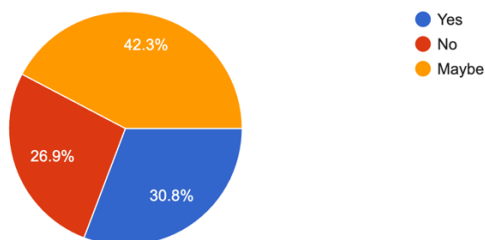
How engaged people were.
Seeing my friends and actually my ride over not doing that ride alone the sharing was awesome predicated on knowing we were extending the retreat between us
The people, the schedule, the pace, variety of activities and great workshops.
It was so well organized. Love the people.
Connecting with people and how well the retreat was organized
The most thing I liked was Sherry's tools and techniques regarding the critical Parent, Access and Healing great tools, socializing with fellow travelers,
Pacing of activities was great, content was inspirational.
Reconnecting with friends I haven't seen in a long time. Wonderful organization, great signage and explanation of flow.
The location. Loved being surrounded by huge redwood trees.

What did you like least or dislike about this retreat?

The heat which you can't control
The horses tromping above the main room 😂
Inner child work
Walking up stairs
No one checked the ticket numbers of the winners
Craft room hot and crowded, would have been nice to open the sliding doors (if they open)
Nothing
The noise emanating from above
The heat without air and the other group noise
The lunch.
Not being in air conditioned room
It was difficult to concentrate with the loud group upstairs. The noise was triggering for some.
I dislike the raffle because I didn't have money to buy the tickets and even if I did, I don't usually win.
Not the fault of the organizers but the heat was no bueno and the kids we shared the space with were a bit much
The noise from upstairs.
The heat in the room in the afternoon. The pounding from upstairs.

Would you be interested in a 2 or 3-day retreat?

26 responses



If so, do you have any suggestions about where?

re
Campground

Koinonia outside Correlitos

Tbd

The same location would be great unless it is during the summer. Too hot .

I might be willing to have a two or three day retreat. I don't know yet just preparing for it seems as though it would be arduous. Just kind of depends. Have to know how much that would cost may or may not be able to afford it. When and where would be important also. No suggestion, suggestions.

villa maria retreat center, redwood glen in loma mar,

No camping on the ground please. Cabin camping would be incredible. People could provide some of their meals, then maybe one or two dinners are provided.

Suggestions for the future -- what can Intergroup do to support our recovery community?

take credit for the good work already done 🍌

More quarterly speakers meetings

Address the plight of the Amerindian, other people of color

in-person potluck speaker meetings, in-person workshops, maybe group outings / hikes or other with fellow travelers?

I think the Intergroup is committed and doing an awesome job

More in person workshops

They are doing just great

Include societies oppression regarding people of color as was mentioned in the retreat. Both Native Americans and African-Americans. No matter how we change ourselves there's always kickback from the system. Acknowledgment of that tools and techniques to help with that and ways to not have unrealistic expectations of succeeding, where society has stacked it against us. Several people brought it up, but it was a parent that the people in charge had no idea how to address those issues. It's especially important because all of it's going on as we speak, it's not like it was back when our ancestors, handed down to us, and is all gone. It's happening as we speak. It needs to be addressed, acknowledged and dealt with one way or another.

more meetings around Santa Cruz!!

Activity committee that puts together monthly get togethers. Family can attend with the ACA member. Fun, low-pressure event. Participation levels will differ. 45 minute to hour long Speaker meetings! It's great to hear someone's journey told over 40 - 50 minutes.

Would you like to be on a retreat committee to help create a future retreat? If so, state your name and contact info:

Interested in helping ready yet to commit. Need to maybe go to a few more retreats.

No thanks

NO THANK YOU

One person gave contact info, not posting on public website

Other comments

Thank you for a beautiful day!

Thank you so much. Well done!

Thank you for all your hard work

Great

Why didn't you use the long cord so everyone could hear everyone else talk through the microphone? People were really straining to hear and missing the sharing that often bonds us.

Enjoyable day

Thank You for assisting my recovery!

I really thank and appreciate the intergroup and committee who plan these events. It was so lovely and fun. Well organized. Very loving.

it was an awesome day- thank you to all the organizers for being so attentive to details

Huge thank you from the bottom of my heart to all the volunteers on the committee who made this happen. Suggest using paper evaluations out and allowing time for people to fill them out. I didn't like the rating names 'didn't like' and 'loved it', prefer simple scale of worst to best.

This program is saving my life. I'm a bit shy to add my name just now.