

Living to Good Purpose



Michele's Situation

Michele, age 57, has been clean and sober for 14 years. Her relationship with her husband is better than ever, her grown children are happy and healthy, and she has decided to go back to school to pursue a career she put on hold for decades. She feels honored that women with years of sobriety are asking her to sponsor them, but she's looking for reassurance that she's qualified. Michele has a growing interest in strengthening her spiritual fitness.

Michele's Path

Through her arrival meeting with a staff person, Michele decides she would benefit from instruction in different meditation and prayer practices as well as time to reflect on the many gifts she has acquired in her 14 years on the spiritual path, especially now that her own emotional sobriety is attracting others who want what she has. Michele is also interested in learning "outside the box," so signs up for Reiki and Individual Restorative Yoga sessions.

Michele's Schedule

DAY	AM	PM
Monday	Happy, Joyous, and Free	Reiki session
Tuesday	Relief from the Bondage of Self	Balancing Service and Self Care
Wednesday	Step Eleven	Sponsorship
Thursday	Step Twelve	Traps on the Spiritual Path
Friday	Roots of Our Spiritual Malady	Individual Restorative Yoga; depart at 4 p.m.

Daily Schedule

Meditation and yoga classes, guest lectures, wonderful meals, and plenty of personal time are all a part of the Lodge experience.

7:15 a.m. to 7:45 a.m.	Morning Reflection
7:45 a.m. to 9:00 a.m.	Breakfast
8:30 a.m. to 9:00 a.m.	Optional Lecture
9:15 a.m. to 10:15 a.m.	Yoga
10:30 a.m. to 12:00 p.m.	Group
12:00 p.m. to 1:00 p.m.	Lunch
1:00 p.m. to 1:30 p.m.	Optional Lecture
2:00 p.m. to 4:00 p.m.	Group
4:00 p.m. to 5:00 p.m.	Personal Time
5:00 p.m. to 5:30 p.m.	Afternoon Reflection
5:30 p.m. to 6:30 p.m.	Dinner
7:00 p.m. to 7:30 p.m.	Optional Lecture
7:30 p.m. to 10:00 p.m.	Personal Time