

NOT GLUM LOT

RETREAT

An exploration of the AA principles

“Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, To have a host of friends --- this is an experience you must not miss! P. 89 Big Book



Seabeck Front Porch

Most people go to an AA meeting to figure out their problem with alcohol – not to develop a way of living. Over time, a “way of living” does develop, based upon a certain set of principles

hidden in the 12 steps. Join us as we delve into the principles for a weekend of fellowship, fun, and principles!

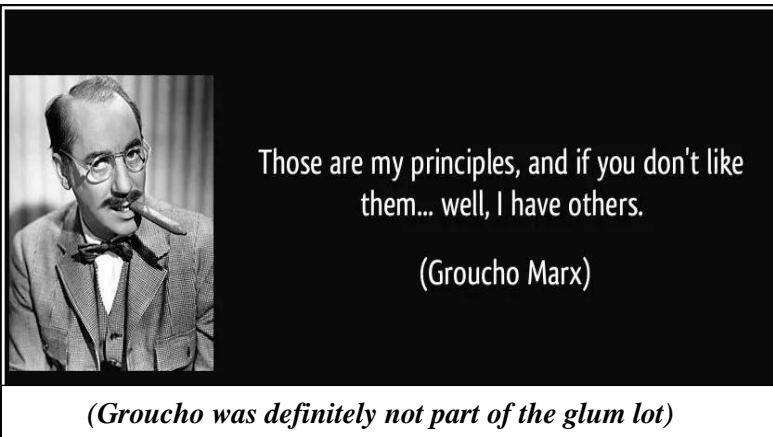
We are not a glum lot!

Second Annual AA Men’s Retreat

“Not A Glum Lot”: An Exploration of the AA Principles

How do YOU practice these principles?

Date: September 19 – 21, 2025



\$375 – Double Occupancy **

Time: Friday 4 PM – Sunday 11 AM

Location: Seabeck Conference Center on the Hood Canal

Hosts: John F. / Bill B. / Dante T. / Barry M. / Doug H. / Randy N. / Pat H.

Contact info@notaglumlotretrat.com or (425) 681-3496 for more info

** Limited single occupancy available for a higher rate upon request. \$475

NOT A GLUM LOT RETREAT

An exploration of the AA principles



The *Not A Glum Lot* Men's Spiritual Retreat is an AA Men's gathering. The retreat will be held again on Hood Canal at [Seabeck Conference Center](http://www.seabeck.org).



More information about the facility is available at <http://www.seabeck.org>.

Registration includes two night's accommodations, Friday dinner of pizza and salad, Saturday breakfast, lunch and dinner, and Sunday breakfast.

**Registration begins May 1, 2025.
Deadline is August 15, 2025 (payment required with registration.).** Please contact info@notaglumlotretrat.com or

(425) 681-3496 for more information.

What to bring: The usual toiletries, and an extra pillow, if desired. Bedding and towels are provided. Meals provided from Friday dinner through Sunday breakfast.

Stuff to do Saturday: There are short hiking trails and basketball courts. You may want to bring balls (volleyballs, basketballs) or other recreational gear. Seabeck has a large sloping lawn that can be used for croquet, Frisbees, etc. weather permitting. We will also have "Glum Lot" Olympics!

