

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

to become happily and usefully whole. (Foreword - 12x12) Join us as we delve into the principles for a weekend of fellowship, fun, and principles!

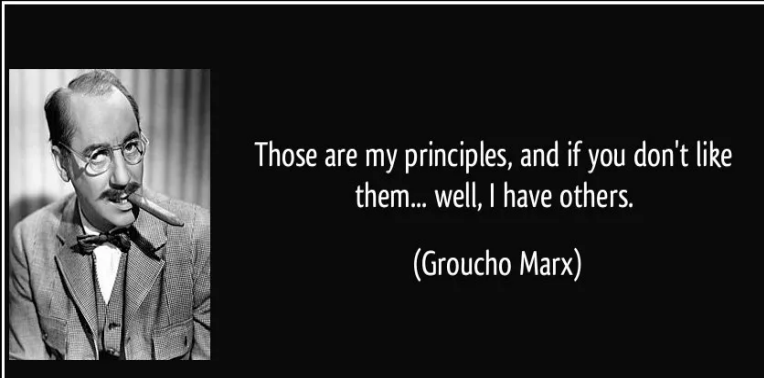
We are not a glum lot!

Third Annual AA Men's Retreat

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

How do YOU practice these principles?

Date: September 25 – 27, 2026



(Groucho was definitely not part of the glum lot)

\$375 – Double Occupancy **

Time: Friday 4 PM – Sunday 11 AM

Location: Seabeck Conference Center on the Hood Canal

Hosts: John F. - Dante T. - Barry M. - Doug H. –

Randy N. - Pat H. - Greg S. / Paul Br. / Mike W.

Contact the registrar John Fahey: faheyjohn@me.com or [\(425\) 681-3496](tel:(425)681-3496) for more info and to register!

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

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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 April 15, 2026.
Deadline is August 16, 2026. (Payment requested with registration.)**

Please contact the registrar John Fahey: faheyjohn@me.com or (425) 681-3496 for information and to register.

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" activities such as Cornhole Tournament!

