

29th Annual 2024
Seabeck Men's Spiritual Retreat
www.sebeckmensretreat.org



The New Pines

**A Men's Retreat for AAs and Al-Anons
in Recovery**

Friday, February 23rd to Sunday February 25th, 2024

Full Cost (room & board): \$485 - \$349 per person for a single room (depending on building)

Note: This year a limited number of shared rooms are available in each building at a reduced rate.

See fee schedule below and on the online registration site for more information.

We have partial scholarship slots available this year to help out with the price increase. See below for details. First come first serve!

The Seabeck Men's Spiritual Retreat is an annual gathering limited to 70 men, held on Hood Canal each year since 1996. Attendees included members of Alcoholics Anonymous and Al-Anon.

Activities include morning and evening meditations sessions, topic meetings, speakers, panel discussions and free time in between! (See full schedule below). Registration includes two night's accommodations, Friday dinner of pizza and salad, Saturday breakfast, lunch and dinner and Sunday breakfast.

Registration begins 12/2/23. Deadline is 2/23/24 (payment required with online registration).



Historic Inn

REGISTRATION: ONLINE (only)

Online: Starting 12/2/2023 you may register online at: <https://sebeckmensretreat.org/index.php/registration/>

Note that mail in registration has been discontinued this year.

Online prices on Eventbrite will include an additional 7% processing fee.

FEE SCHEDULE

Building	Type	Spaces per Building	Retreat Cost
Historic Inn	Singles	10	\$459.00
	Shared	2	\$349.00
Annex	Singles	12	\$349.00
New Pines	Singles	15	\$485.00
	Shared	3	\$417.50
Salal	Singles	7	\$484.00
	Shared	2	\$384.00
Huckleberry	Singles	7	\$484.00
	Shared	2	\$384.00
Total Spaces		60	

See these online housing charts for info on rooms in specific buildings: <https://www.sebeck.org/lodging>

This year's fee schedule allows you to choose which building you stay in but not the specific room. If you are interested in staying in a specific room, contact Rick P. after paying for the single or shared space in a building and he will try to accommodate your request.

If you have financial need for a scholarship, limited funds are available for that purpose, and you must make your request as soon as possible. Go to this page to request a partial scholarship or donate to the scholarship fund:

<https://sebeckmensretreat.org/index.php/partial-scholarships/> Please contact **Rick Perez** at **206.452.9052** or info@sebeckmensretreat.org with any questions.

Retreat Schedule & Activity Location

Friday:	6:00 p.m.	Registration – New Pines (please don't arrive early)
	6:30 p.m.	Pizza and Salad – New Pines
	7:00 p.m.	Welcome and attendee introductions
	7:45 p.m.	Break
	8:00 p.m.	AA Speaker Meeting
	9:15 p.m.	Break
	9:30 p.m.	Evening Meditation

Saturday:	7:00 a.m.	Morning Meditation
	8:00 a.m.	Breakfast – Inn Dining Hall
	9:00 a.m.	Panel Discussion: AA Member, Al-Anon Member & Dual Member
	12:00 p.m.	Lunch – Inn Dining Hall
	1:30 p.m.	Open AA & Al-Anon Topic Meetings
	3:00 p.m.	Open AA & Al-Anon Topic Meetings
	6:00 p.m.	Dinner – Inn Dining Hall
	7:00 p.m.	Open AA & Al-Anon Topic Meetings
	8:15 p.m.	Open AA & Al-Anon Topic Meetings
	9:30 p.m.	Evening Meditation

Sunday:	7:00 a.m.	Morning Meditation
	8:00 a.m.	Breakfast – Inn Dining Hall
	9:00 a.m.	Al-Anon Speaker
	10:00 a.m.	Break
	10:15 a.m.	Dual Member Speaker
	11:15 a.m.	Business meeting, wrap and suggestions for next year
	12:00 p.m.	End of Retreat

Note: *This year Seabeck does not want us to arrive early. Please plan to arrive no earlier than 6 pm.*

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.

Location: Seabeck Conference Center is a former Coleman Company logging camp, donated initially to the YMCA early in the past century and later incorporated as a nonprofit conference center. It is located on Hood Canal, directly west of Silverdale. The facility provides sleeping accommodations (double, single & triple rooms) family style meals in the dining hall, soap, bedding and towels. More information about the facility is available at <http://www.seabeck.org>.

Check the Seabeck Men's Retreat website for updated information:

<https://sebeckmensretreat.org/>

Keep this page for your records of what's happening and directions to the retreat.

Seabeck Conference Center

Address: 15395 Seabeck Highway NW, Seabeck, WA 98380

Phone: 360-830-5010, or Toll Free Seattle: 206-842-0346

Directions

Ferry Information: Ferries are reasonably frequent on Friday afternoon and evening, assuming they are all running. Please check with the Washington State Department of Transportation for specific rates and sailing times. The ferry system can be reached by telephone at (888) 808-7977 or via the web <http://www.wsdot.wa.gov/ferries/schedule/>.

From Seattle via Bainbridge Ferry: Approximate Driving Time and Distance: 44 minutes / 30.6 miles

- Exit the ferry and continue straight on **Highway 305**.
- Continue on Highway 305 through Poulsbo to **Highway 3 South**.
- Exit at **Newberry Hill Road** and turn right.
- When Newberry Hill Road ends, turn right onto **Seabeck Highway** and drive approximately 4.7 miles

From Seattle via Bremerton Ferry: Approximate Driving Time and Distance: 30 minutes / 16 miles

- Exit the ferry tunnel and take **Burwell Street** exit.
- Stay in right lane and turn right on **Warren Avenue**.
- Turn left on **6th Street** and right on **Kitsap Way**.
- Follow **Kitsap Way** to **Highway 3 North**.
- Exit at **Newberry Hill Road**, and turn left.
- When Newberry Hill Road ends, turn right onto **Seabeck Highway** and drive approximately 4.7 miles.

From Edmonds/ Kingston Ferry: Approximate Driving Time and Distance: 41 minutes / 27.2 miles

- Depart the ferry and follow **Highway 104**.
- Continue onto **Bond Road-Highway 307 South**.
- Turn right at the stoplight at **Bond Road-Highway 305**.
- Follow signs to **Highway 3 South**.
- Exit at **Newberry Hill Road** and turn right.
- When Newberry Hill Road ends, turn right onto **Seabeck Highway** and drive approximately 4.7 miles.

Via Tacoma (driving South from Seattle – add 36 min.+ traffic): Approximate Driving Time and Distance: 1 hour / 50 miles

- From I-5 take **Highway 16 West**.
- Continue through Gig Harbor, Port Orchard and Gorst to **Highway 3 North**.
- Exit at **Newberry Hill Road**, and turn left.
- When Newberry Hill Road ends, turn right onto **Seabeck Highway** and drive approximately 4.7 miles.

