

30th Annual 2025
Seabeck Men's Spiritual Retreat
www.sebeckmensretreat.org



The New Pines

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

Friday, February 21st to Sunday February 23rd, 2025

Full Cost (room & board): \$325.00 - \$460.00 per person for a single room
\$250 - \$375.00 for a shared room (depending on building)

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

We would like to make the retreat available to anyone who wants to attend, to that end we have scholarship slots available. 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 11/30/24. Deadline is 2/20/25 (payment required with online registration).



Historic Inn

REGISTRATION: ONLINE (only)

Online: Starting 11/30/2024 you may register online at: <https://seabeckmensretreat.org/index.php/registration/>
Note that mail in registration is not available this year. For the first time this year, the EventBrite fee is included in the retreat cost.

This Year we have reviewed our costs and have been able to significantly reduce the registration cost of the weekend. Full Cost (room & board): For single rooms \$300.00 - \$460 per person. (depending on building). For a shared room, full cost (Room and Board) is \$250.00 for a shared room with private bath and \$375.00 for a semi-shared room with private bath. All shared rooms have a private bathroom. The semi-shared rooms in Pines are two room suites with a private bathroom.

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

FEE SCHEDULE

Building	Type	Spaces per Building	Retreat Cost
Historic Inn	Singles	9	\$325.00
	Shared	4	\$250.00
Annex	Singles	12	\$325.00
New Pines	Singles	9	\$460.00
	Semi-Shared	16	\$375.00
Huckleberry/ Salal	Singles	14	\$375.00
	Shared	4	\$250.00
Total Spaces		68	

NOTE: RETREAT COSTS LISTED ABOVE, INCLUDE FOOD, LODGING AND EVENTBRITE FEES
 See these online housing charts for info on rooms in specific buildings: <https://www.seabeck.org/lodging>

We would like this retreat to be available to everyone and to that end, have scholarships available. You must make your request as soon as possible. Go to this page to request a scholarship: <https://seabeckmensretreat.org/index.php/scholarships/>
 Please contact **Rick Perez at 206.452.9052 or info@seabeckmensretreat.org** with any questions.

Retreat Schedule & Activity Location

Friday:	4:00 p.m.	Registration – New Pines (check-in begins at 4 pm)
	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

Check-in begins at 4 pm. Come to the New Pines building (at the top of the hill) to check in and receive your room assignment.

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.

