



Northern California Men's Unity Retreat October 29-31

Monte Toyon Retreat Center - Aptos, CA

Step Zero: Coming Back Face-to-Face



fold here

Schedule and Program*

Friday

4-6	Check-in	Carey Lodge
6-6:45	Dinner	Dining Hall
6:45-7	Facility Welcome and Orientation	Dining Hall
7-8	Retreat Welcome and Introductions	Helgerson Hall
8-10	Fears and Gratitude Exercise/Sharing	Helgerson Hall
10-11	Night Owls-Getting Current	TBA

Saturday

6:45-7:45	Attitude Adjustment Mtg	Helgerson Hall
8-8:40	Breakfast	Dining Hall
9-12	Step Workshops	Break Out Rooms TBA
12-12:40	Lunch	Dining Hall
1-5:45	Free Fellowship Time	
6-6:45	Dinner	Dining Hall
7:30-9:30	Speaker/Discussion Mtg	Helgerson Hall
9:30-	Campfire, Fellowship	TBA

Sunday

6:45-7:45	Attitude Adjustment Mtg	Helgerson Hall
8-8:45	Breakfast	Dining Hall
9-9:30	Personal Pack and Clean	Carey Lodge
9:30-10	Community Pack and Clean	Helgerson Hall Outdoors
10-10:45	Step Workshop Wrap	Helgerson Hall
10:45-11	Closing Circle	Helgerson Hall
11-12	NCMUR Business Meeting	TBA

*Subject to change

Registration

Online: <https://ncmur.org>

Mail or in-person: See reverse

Cost

Early Bird - before October 1: \$225

On or after October 1: \$250

Late and/or on-site registration cannot be guaranteed. Please register early.

Scholarships

Scholarships may be available. Please do not hesitate to ask, starting with your home group or intergroup.

Covid-19 Notice: NCMUR 2021 will comply with Santa Cruz County restrictions. Please be adaptable. Bring clothing and gear suitable for some outdoor gatherings, as needed.



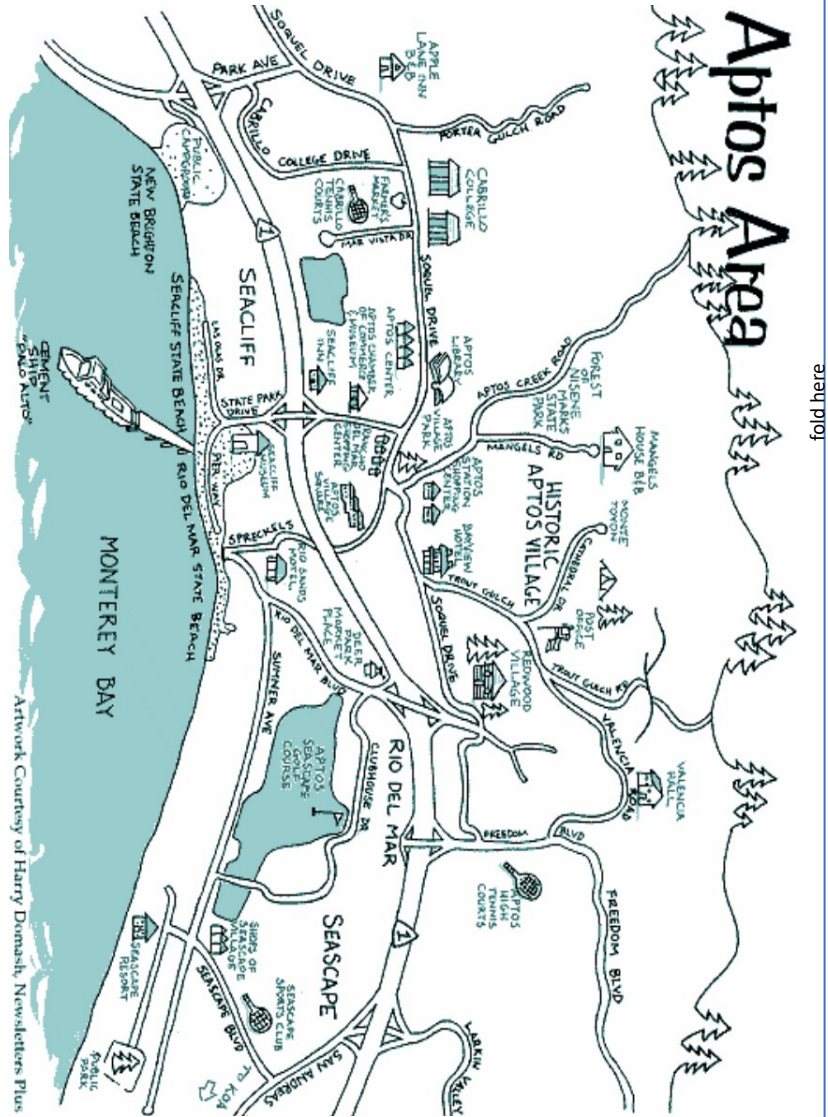
Additional Facility Information

Monte Toyon Retreat Center

220 Cloister Lane, Aptos CA, 95003

Official Retreat site: <https://www.uccr.org/montetoyon>

Official Retreat Video: <https://youtu.be/Dr0SobDPMY0>



Additional Retreat Information

Contacts:

SA Retreat Chair:

registration@ncmur.org

Erich L

SA Retreat Registrar:

registration@ncmur.org

Greg V

More Information:

registration@ncmur.org

What To Bring:

Room: Monte Toyon provides all meals, one set of towels, one set of linens. Bring what else you need. e.g. Sleeping bag, personal hygiene, pillow.

SA and AA Literature: White Book, Big Book, pens, notebooks, etc.

Activities: Hiking, biking, music, beach, ocean, recreation, Aptos coffee and dining.
Common Recreation: volleyball, basketball, frisbee, ping pong, horseshoes, softball, board games - bring your own gear.

Important:

1. All indoor facilities are closed at 11a sharp on Sunday for cleaning. Please be mindful.
2. We may not have exclusive use of the facility.

Additional Registration Information

Make check payable to:

Nor Cal Men's Unity Retreat (or "NCMUR 2021")

Mail check and registration form to:

NCMUR, P.O. Box 161454, Sacramento, CA 95816

Registration Information	
Registrant Info:	
First Name*	
Last Initial*	
Phone*	
Email*	
Emergency Contact:	
Name:	
Phone:	