

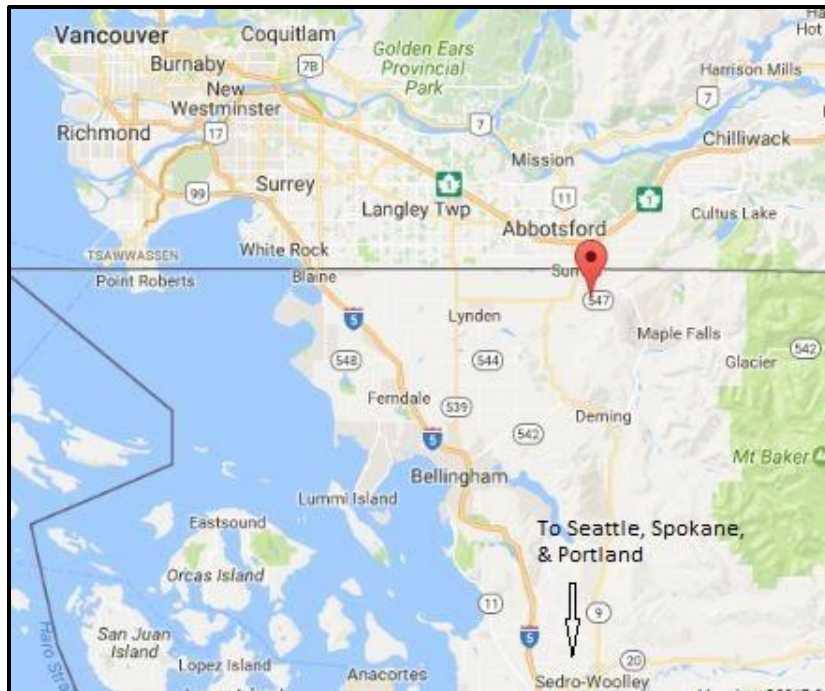
## Directions

### From Seattle, Spokane, and Portland:

- ↑ Take I-5 northbound
- ↗ Take exit 256 (WA 539) to WA 546 just beyond Lynden (12.6 miles)
- Turn right onto WA 546 toward Sumas through two roundabouts to E. Badger Rd. turnoff (9.5 miles)
- Turn right onto E Badger Rd. to Telegraph Rd. (0.3 miles)
- ← Turn left onto Telegraph Rd. to North Pass Rd. (0.4 miles)
- Turn right onto North Pass Rd. to Minaker Rd. (0.5 miles)
- ← Turn left onto Minaker Rd – Cedar Springs is straight ahead (0.8 miles)

### From Vancouver, BC and the north:

- ↓ Take I-5 south to exit 270 – Birch Bay-Lynden Rd. (5.7 miles)
- ↗ Take Birch Bay-Lynden Rd. to WA 539 / Guide Meridian Rd. (8.1 miles)
- ← Turn left onto Guide Meridian to WA 546 / Badger Rd. (2.0 miles)
- Turn right onto E Badger Rd. to Telegraph Rd. (9.5 miles)
- ← Turn left onto Telegraph Rd. to North Pass Rd. (0.4 miles)
- Turn right onto North Pass Rd. to Minaker Rd. (0.5 miles)
- ← Turn left onto Minaker Rd. – Cedar Springs is straight ahead (0.8 miles)



## On Awakening

Northwest Regional SA & S-Anon Spring Retreat  
April 20-22, 2018 Sumas, WA



## Cedar Springs Retreat Center

4700 Minaker Road Sumas, WA 98295

[www.cedarspringsrc.org](http://www.cedarspringsrc.org) 360-988-6674

## Registration

(All registration information is confidential. One form per person.)

Name  SA  S-Anon  Male  Female

Address City

Prov/State/Country PC/Zip

Email Phone

**Willing to do service work:**

- Setup     Lead a meeting     General     Registration Desk  
 Clean-up     Literature Table     Other:

Willing to participate in a variety show?  Yes  No

Willing to serve as temporary sponsor during retreat?  Yes  No

**Dietary restrictions: (6 meals provided.)**

- Vegan     Vegetarian     Gluten-free     Food allergies

On Awakening Retreat cost:  Early Bird \$ 180.00 USD  
 After January 20, 2018 \$ 195.00 USD

Private room  \$ 50.00 USD

Donation to Retreat Scholarship Fund:  SA  S-Anon \$ \_\_\_\_\_ USD

**Total:** \$ \_\_\_\_\_ USD

**Payment Options** (No refund deadline. Please register as early as possible.)

**Online:** [www.sa.org/store/](http://www.sa.org/store/) On Awakening Northwest Regional Retreat

**Check:** Payable to PSRI

**Mail Check to:** PSRI, PO Box 75075, Seattle, WA 98175

**Contacts:** SA - Ish W (206) 403-0466  
 S-Anon - Jeanette O (425) 922-2902

## General Arrival/Departure Information

### Friday, April 20

4:00 - 6:00 pm Registration/Meet & Greet/Early Bird  
 6:30 - 11:00 pm Dinner/Speakers Meeting

### Sunday, April 22

7:00 AM 11th Step Meditation Meeting  
 12:00 PM Lunch/Departure

The weekend program details will be provided at registration



## Important Information

### Contacts

- ✓ SA - Ish W (206) 403-0466
- ✓ S-Anon - Jeanette O (425) 922-2902

### Accommodations

- ✓ Each room sleeps 2 - 4 people and a private bathroom
- ✓ Earplugs will be provided
- ✓ Private rooms are available

### Considerations

- ✓ If you are interested in carpooling, call the contact above for options
- ✓ The cafeteria will be shared by both the SA and S-ANON fellowships.
- ✓ Modest dress is requested. Please avoid:
  - ✗ inappropriate attire (shorts, tank-tops, tight-fitting clothing),
  - ✗ strong fragrances and excessive make-up.
- ✓ Temporary Sponsors will be available for consultation and private discussions.
- ✓ No minors, please.