

# Fall 2022 AA Men's Retreat

7-8-9 Oct 2022

*“AA’s 12 Steps are a group of principles, spiritual in nature”  
which, if practiced as a way of life, can expel the obsession to drink and enable the  
sufferer to become happily and usefully whole.”*

## Meetings Meditation Fellowship

**When:** 18h00 Friday October 7th until 13h00 Sunday October 9th

**Where:** [“Refuge Le Bauloz,”](#) an old lumberjack cabin and bunkhouse above Nyon. 1100 meters altitude (get's cold at night). Carpool rides from Nyon possible.

**Cost:** Approx. 50-70 CHF per person all inclusive: food, beverages, lodging, firewood

**Sign-up:** James R (Alcoholic James) @ Mens Retreat “What’s App Group” - +41 79 875 61 83

Send AJ WhatsApp (WA) message and specify which days/nights you are attending and any other needs you have, i.e., allergic to snoring, gluten, etc. If not already in it, you will be added to the WA group chat for current info re carpools, last minute updates, etc.

**Questions:** Chris S. +41 79 217 58 60 Chris has been helping organize the Bauloz location men's retreat since 1996. He might answer but just as easily he might not. Ask w/ WA text.

### Service Opportunities:

- Meeting speakers and Meeting Chairpersons
- Food Shoppers/kitchen setup transport
- Chefs, Cooks & Cleanup

**Recommended kit:** Sleeping bag, hiking shoes, phone/flashlight (extra battery), rain/warm gear for inclement weather, toothbrush, and TP (bog roll) and BB for readings.

**Overnight:** Bunkhouse reservations: Edward A Tree +41 79 864 62 85. If you prefer a private room, bring your own tent, camper, or van (no hookups). Ample tent plots/parking available.

**Obligatory:** Personal eating & drinking utensils (canton forbids plastic single-use utensils), CHF 50-70 cash (total cost divided by number of attendees) and an open mind.

**Mobile-free zone:** there is little or no cell phone coverage on the mountain or at the cabin.

**Meeting point:** \* CAUTION \* Verify someone is meeting you if you choose this option!

McDonald's, Nyon - 18h00 Friday, October 7th – exit the motorway A1 (between Geneva and Lausanne) at Nyon (junction 11), turn right, or left if coming from Lausanne, in the direction of the lake. At the first roundabout, take a right and enter the McDonald's parking lot.

## Directions directly to “Refuge Le Bauloz” cabin

Leave the **A1** motorway, between Geneva and Lausanne, at junction 11, (the **Nyon** exit), and turn immediately left (or right if coming from Lausanne), in the direction of France. Then go left at the second roundabout and head for **Gingins**. When the road to **Gingins** ends (junction at which you can go left or right), turn right.

Very quickly there is another left/right option, one way to 'St Cergue', the other [to the left] to 'La Dôle' - head towards 'La Dôle'. You follow this road as it winds its way up the side of the mountain and you come to several turn options which say '**La Dôle**' one way and '**autres directions**' the other way, always follow the signs to 'La Dôle'.



In time you will pass by one, then another red road blocking gate on the side of the road. I speak of these long, iron poles with a weight on one end that they lower across the road to stop people from going up when there is too much snow or ice - much like the gates you see at military guard posts in movies. Keep on driving and heading for '**La Dôle**'.

About 3.5km after the second snow gate you will see yet another set of signs that say '**La Dôle**' one way and 'autres directions' the other way. At the beginning of this road there is a wooden sign saying '**CHATILLONS**'.

At that point turn left, following the '**autres directions**' sign, not the 'La Dôle' sign. Now, in a very short distance 50-100 meters I think, there will be a wide gravel road to the right. Take that road - I believe there is a sign that indicates the road ends in 450m.

This road will go along for a short distance 100-200 meters and then the larger part of the road will turn to the right, follow the road to the right. It is possible to go straight on down an even more rustic road but this will only lead you back down the mountain. So, follow the road to the right and keep your eyes looking left.

About 50-100 meters after the road turns to the right you will see a very rough road to the left. There is more than one sign as you turn left on to this road, one says, in French, that you are not authorized to go down this road, another will say 'LE BAULOZ'. Follow this road, slowly because it is rough, and you will come to the cabin. It's a dead-end so you can't miss it.

**GPS Coordinates:** 46.416164N, 6.127680E

**Google maps link:** <https://bit.ly/39SwaeC-MENS-RETREAT-MAP>

# 2022 AA MEN'S RETREAT PROGRAMME



Suggestions and newcomer/new to retreat suggestions:

Arrive when you can after 15:00. Park your car smart as we might have +-10 cars bringing +-25 people and gear. Help set up camp (water, firewood, chairs, etc.).

**\*\*BRING OWN eating/drinking utensils\*\*** (cup, plate, bowl, spoon, etc.) as none will be provided in compliance with cantonal prohibition of single use plastics. FYI, cost pp likely +- CHF50. Bring as cash.

Our main theme for this Retreat is **Pick and Share on a Principle**. The 12 meeting themes are suggestions only, but we will also follow the first 164 pages of the Big Book, exploring what The Principles mean in AA's program of recovery. Meeting leads to be determined (TBD). Speak to James R if you wish to take.

2022 AA MEN'S RETREAT PROGRAMME			
SUBJECT TO CHANGE			
TIME	FRIDAY October 7th	SATURDAY October 8 <sup>th</sup>	SUNDAY October 9th
07:30 – 08:00		Upon Awakening	Upon Awakening
08:00 – 09:30		Breakfast	Breakfast
10:00 – 11:00		Principle Meeting	Principle Meeting
11:30 – 12: 30		Principle Meeting	Principle Meeting
12:30 – 13:30		Lunch	Lunch
14:00 – 17:00	ARRIVE	DOLE – HIKE / Fire Circle	Homeward Bound
18:00 – 19:30	Dinner	Dinner	
20:00 – 21:30	Principle Meeting	Principle Meeting	
22:00 – 22:30	When We Retire At Night	When We Retire At Night	