

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)

General Arrival/Departure Information

Friday, April 17

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

Sunday, April 19

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

The weekend program details will be provided at registration



Recovering The Feeling Of Joy

Northwest Regional SA & S-Anon Spring Retreat

April 17 - 19, 2026

Sumas, WA



Cedar Springs Retreat Center

4700 Minaker Road Sumas, WA 98295

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

Recovering The Feeling Of Joy Retreat: ☐ \$ 305.00 USD

Married Couple Double Occupancy Private Room: ☐ \$50/room \$ USD

(Only 20 couples rooms are available)

Name of Spouse (only 1 spouse pays):

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

Total: \$ USD

Payment Options (Registration and refund deadline is April 10, 2026. Please register early.)

Online: www.sa.org/store/ Northwest Regional Retreat

Check: Payable to PSRI

Mail Check to: PSRI, 1420 NW Gilman Blvd. #2357, Issaquah, WA 98027

Contacts: SA - Ned O 206-465-1331

S-Anon - Jeannette O 425-922-2902



Important Information

Contacts

- ✓ SA - Ned O 206-465-1331
- ✓ S-Anon - Jeanette O 425-922-2902

Accommodations

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

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.
- ✓ Out of consideration for those with sensitive airways please refrain from strong fragrances and perfumes.
- ✓ Temporary Sponsors will be available for consultation and private discussions.
- ✓ No minors, please.

