

OA Retreat Day

Sat. April 25th, 2015

The Upper Room
3455 West Bangs Ave. Neptune, NJ 07753

9:30 - 4:00pm
Brown Bag Your Lunch

5 minutes from Exit 100 on the Garden State Parkway

Cost: \$30.00

"Many of us also like the experience of an occasional retreat from the outside world where we can quiet down for an undisturbed day or so of self-overhaul and meditation." AA 12 & 12 p. 89

MEDITATION

The Many Ways to Focus the Mind

We offer you a day for prayer, silence, rest, simplicity and contemplation. It can be both a "time out" from life's daily stresses as well as an opportunity to deepen one's experience of self and experience the recovery energy that surrounds and supports us in the OA fellowship.

There is an outdoor labyrinth that offers an inviting and contemplative atmosphere for those who walk its path.

Presented by the 12th Step Within Comm. of the Sun. Eve. Edison OA Meeting

Contacts for questions/information/service/scholarships:

Sarita 732-233-5465 SaritaFajitaBanana@yahoo.com

Natalie 732-535-0928 naloyets@yahoo.com

Registration limited to 40 people. No refunds after April 1st, 2015

HURRY! This year is sure to sell out by mid-March!

Send \$30.00 check or money order to:

Sarita Ford
497 Freehold Road
Jackson, N.J. 08527-4634

Name _____ Telephone No. _____

Address _____ Town and State _____ Zip _____

E-mail address _____