



Retreat Day

Sat. May 1st, 2010

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

9:30 - 4:00pm

Brown Bag Your Lunch

Cost: \$45.00

5 minutes from Exit 100 on the Garden State Parkway

A day of sharing experience, program solutions and hope. We will focus on Steps 1-3 and emphasis is on improving our conscious contact with God and turning one's will and life over to the care of God.

A retreat creates a special period of time 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 the universal energy that surrounds and supports us.

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

For more information on labyrinth meditation walking see our website:

www.aa-centraljersey.org events page

Presented by

the Sun. Eve. Edison Overeaters Anonymous Meeting



"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, pg. 89



Contacts for questions/information/service/scholarships:

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Send \$45.00 check or money order to: Sarah Ann Ford

S. A. Ford

17 Colorado Drive

Jackson, N.J. 08527-2107

Name: _____ Telephone No. _____

Address _____ Town and State _____

E-mail address _____

Registration limited to 40 people. No refunds issued after April 15th, 2010.

