

August 2, 2011

We can't wait for our first *NJ Together We Can OA Retreat* weekend, August 26-28th at the St. Francis Retreat House in Easton, PA (3918 Chipman Ave. 18045) Our committee is comprised of North Jersey and Central Jersey members, and have been hard at work this past year to create a weekend of recovery and fellowship opportunities.



Past retreats at Aldersgate and Long Beach Island have touched and changed the lives of many in a unique way and it is our pleasure to offer you the opportunity to journey to Easton in the Lehigh Valley. The program will focus on all 3 aspects of recovery; it's a time in your life to *pause*, to *reflect*, and to *spiritually align yourself*.

The Hospitality Committee has made coffee available from 4:00pm on Friday when registration opens and throughout the weekend. When you arrive, enter the front lobby **without your luggage**, register, and return to your car to park it in one of the lots. There are other entries closer to many of the bedrooms.

Registration 4:00 – 9:00pm We strongly recommend that first timers arrive before dark and assure you that the driving directions on page 4 will, if followed, get you to the retreat. After you receive your room assignment and settle in, you are on your own or can make plans with others for dinner out. Information on local restaurants on last page of this letter. The weekend begins with an ice breaker at 7:30pm Friday evening. Meals are provided starting with Fri. evenings' MA (9pm) and concludes with lunch on Sunday. We provide coffee, tea, soda, and water throughout the weekend.

There is no appropriate telephone at the retreat house for you to call. **Please do not call the retreat house.** You can reach us, starting 10am Friday morning until 7pm, via cell phone (Sarita 732-233-5465). After 7pm on Fri. you can call Nick (908-337-6582) or Carl (239-395-1770). Registration closes Fri. evening at 9:00pm. We will be waiting for you, so please call and leave a message if you are delayed. The doors are locked by 10:00pm and we will have to make arrangements to let you in if you are late. On Sat., either call Margaret (732-277-6762) or Bonnie (201-657-3916).

In order to provide a relaxed environment for all, we will be observing a phone and PDA free atmosphere from Fri. upon arrival until the retreat ends on Sun. at 1pm. We are asking all to agree to refrain from using any communication devices – **voice or text**- in the presence of others. We suggest if you must use your cell phone, that it be done either in your room or outdoors, away from others.

The items you will need to bring for the weekend are:

Extra pillows if needed (one is provided)

Bathrobe (this is a coed facility)

Towels (if you need more than one), soap, wash cloth, shampoo

Optional: outdoor chair/towel/blanket/bug spray (can be stored in closet in front lobby): depending upon the weather, some workshops may be held outside. The retreat house is situated on 22 acres.

Optional: small fan for bedroom (rooms are air conditioned)

Optional: cushion for chair in meeting room, yoga mat

Optional: sweater: the weather is sometimes cool at night

Optional: food items If it's not listed on the menu, it won't be there (i.e. salad dressings)

There is no refrigeration available for storage, if you bring a cooler there is ice available. No alcoholic beverages are permitted on the premises. We request that you refrain from using fragrances this weekend.

After July 26th, there will be no refunds. Assigned rooms cannot be changed or exchanged. We try to honor all requests in the order in which they are received and paid for; however, we have yet to make everyone happy. On behalf of our committee, we would like to thank you for registering and look forward to meeting you at the retreat.

Margaret 732-326-1934 M39Avenel@comcast.net

Lee Ann 908-337-0656 Smileleeann@gmail.com

Bonnie 201-794-3814 B40ai82@aol.com

Co-Chairs TWC Retreat Comm.

Dignity of Choice Sample Plans of Eating by OA, Inc. WSO

“OA is not a diet club, and we recommend no plan of eating in particular. We do, however, believe as a Fellowship that freedom from the obsession and compulsion to eat is at the heart of our recovery, and a plan of eating that helps us achieve a healthy body weight is an essential part of our recovery.”

The retreat committee takes no stand on nutrition. In formulating a menu for the NJ TWC Retreat, Basic Plan #1 has been used, along with the serving size suggestions to encourage food abstinence. The following menu items and amounts will be prepared for all those attending. Should your food plan include larger quantities, snacks or small meals in between meals, additional or specific items we are not offering, salad dressings other than oil and vinegar, etc., please bring what you need along.

Suggested Serving Size & Basic Plan #1

Dignity of Choice OA Pamphlet

Breakfast

- 2 oz. protein (1 egg, 1 Tbsp. peanut butter, 2oz. cottage cheese= 2oz. protein)
- 2 starch/grain servings (2 slices bread, 1 c. cooked cereal, 1 oz. dry cereal= 2 servings)
- 1 fruit serving (1 moderate fruit or 6 oz. cut up fruit= 1 serving)
- 2 c. milk

Lunch

- 4 oz. protein
- 2 starch/grain serving (1 c. cooked rice, barley= 2 servings)
- 2 vegetable servings (1c. raw or ½ c. cooked = 1 serving)
- 2 fat servings (10-12 grams) (1tsp. butter = 5 grams)
- 1 fruit serving (eliminated)

Dinner

- 4 oz. protein
 - 2 starch/grain servings (8oz. cooked sweet potato, 6oz. cooked grain= 2 servings)
 - 1 fruit serving
 - 3 vegetable servings
 - 2 fat servings
- Metabolic Adjustment (snack) added to this plan



Menu

If the item is not on the menu, it will not be there.

SATURDAY Breakfast 8 a.m.

- Cooked Oatmeal
- Fresh fruit
- Puffed Rice cereal
- Shredded Wheat cereal
- Whole grain bread (we will have a toaster available)
- Scrambled eggs (nothing added)
- Bacon: Pork and Turkey
- Plain non fat yogurt
- 1% low fat cottage cheese
- Butter
- Coffee ,Tea, 2% Milk
- Sweet & low, Equal, Splenda

SATURDAY Lunch 12 Noon

- Vegetable soup (no cream, broth based)
- Mixed Green Salad
- Oven Roasted Turkey Breast
- Black Forest Ham
- Swiss Cheese, American Cheese
- Hard Boiled Eggs
- Barley Salad
- Whole grain Bread, Multi grain Deli Flats
- Oil and Vinegar
- Mustard, Mayo, Butter
- Iced Tea, plain, 2% Milk

SATURDAY Dinner 6 p.m.

Chicken Broth
Mixed Green Salad
Herb Roasted Boneless Skinless Chicken
Breast & Roasted Leg Thigh
Brown Rice
Seasoned Green Beans
Another seasonal vegetable
Oil and vinegar
Butter
Iced tea, plain, 2 % milk

SUNDAY Breakfast 8 a.m.

Cooked Oatmeal
Fresh fruit
Puffed Rice cereal
Shredded Wheat cereal
Whole grain bread (we will have a toaster available)
Scrambled eggs (nothing added)
Sausage: Pork and Turkey
1% low fat cottage cheese
Butter
Coffee, Tea, 2% milk
Sweet & low, Equal, Splenda

FRIDAY & SATURDAY 9pm
in East Conference Room Lower Level

Fruit
Plain non fat yogurt
Plain rice cakes
Cold cereal
2% milk
Oatmeal (uncooked)

SUNDAY Lunch 12 Noon

Vegetable soup
Mixed Green Salad
Oven Roasted Turkey Breast
Black Forest Ham
Swiss Cheese, American Cheese
Eggplant Casserole
Hard Boiled eggs
Whole grain bread, Multi grain Deli Flats
Oil and vinegar
Mustard, Mayo, Butter
Iced tea, plain, 2% milk

If something you need is not listed above, **please bring your own food items**. The committee has worked closely with the Kitchen Dietician, so that the menu, modeled closely after the suggested Basic Food Plan #1 in our Dignity of Choice pamphlet, offers appropriate choices for most members. Food items have been chosen with care. We are all responsible for our own abstinence regarding quantity. Scales and measuring devices will be available.

Any questions you might have regarding food preparation or contents are to be directed to our comm. members. Please take a few minutes and review the menu. Feel free to contact me before the retreat or Fri. eve. at the retreat. In order to serve warm food and over 100 people in a timely fashion, we ask that **no questions be directed to the staff. Please ask your food questions Fri. eve.**

Any food or menu complaints can be communicated by putting a note in the suggestion box in the front lobby before you go home. Please share with us a solution/suggestion that would meet the needs of most members.

When bringing your own food, please provide a cooler for storage. Ice is available to use in your cooler. The ice machine is located on the lower level in the dishwashing room, a sign is posted. **Refrigerator space is not available for personal food storage** during the Retreat. A microwave is available for our use, it is located in the lower level East Conference Room.

Beverages & Snacks:

Located on the lower level, East Conference Room, hot drinks are available as well as assorted soda/water in roll around coolers. **Please do not use the refrigerator.** Food for MA's (9pm snack) will be available in this same room. The room will also be used for workshops during the weekend. Please enter and exit quietly when it is in use.

Driving Directions

From the East: Central & South NJ: take Interstate 287 North to exit 21B/Easton PA; exit 21B on the left onto I-78 W (drive 35.6 miles); take exit 71 Stroudsburg (US-22) to merge onto PA-33 North (drive 2.2 miles); take Wm. Penn Hwy exit and turn **Right** toward Easton on the Wm. Penn Hwy (drive 0.4 miles); turn **Left** onto Chipman Rd. and continue past the stop sign to the end of the road which turns right onto the retreat house property. Entrance straight ahead.

From the East via Route 80: take Route 80 West into PA to Route 33 South exit, then follow directions below ****

******From Route 33 South:** first exit (Wm. Penn Hwy), turn left, go ¼ mile, turn left onto Chipman Rd and continue through the stop sign to the end of the road which turns right onto the retreat house property.

From Philadelphia Area or PA Turnpike: Take NE Extension of the PA Turnpike at the Lehigh Valley Exit (Allentown/Bethlehem/Easton). Turn right after the toll booth onto Route 22 East towards NJ. Continue East to Route 33 South. Get off at Route 33 South, exit at first exit, then follow above directions ****

From the West via Route 78: take Rt. 33 North to William Penn Highway and follow directions ****

From the West via Route 22: take Rt. 33 South, get off at first exit (William Penn Highway), turn left and follow directions ****

Dining out in Easton, Pa.

Leave the retreat house and drive back to William Penn. Highway, turn LEFT.

0.7 miles on your left will be the Marblehead Chowder House (menu available on line). Menu available on registration table.

0.8 miles from the retreat house, turn right onto Stone Crossing Rd., turn LEFT at next corner and drive into the strip mall to the Century Buffet for Chinese. Dinner buffet \$10.55 per person or a regular menu is available. Menu available on registration table.

Total driving distance 1 mile, Williams Family Restaurant will be on your right. It's a diner, menu can be seen on their web site.