

Central Jersey Intergroup of Overeaters Anonymous presents

Winter Dreams OA Retreat

A New Beginning

***“Each day is a new beginning in which to do our best,
If we take the first step forward God will help us with the rest”***

January 18-20, 2012

Dear Retreatant,

We are looking forward to a recovery weekend of spirituality and fellowship. In order to help you plan for an enjoyable weekend, we've enclosed directions, a menu, and other useful information. **Please bring these with you to the retreat.**

Registration is from 4-8pm.

Please arrive on time. DO NOT arrive early as we will not be available to receive you.

The evening program starts at 8pm. In case of a personal crisis or emergency and you need to speak to us on Friday evening, please do not attempt to call the retreat house. Instead, leave a message for our retreat leader Lisa at (908) 996-4898 starting at 2 pm.

No food is provided Friday evening (**bring your dinner and/or snack if necessary**). There is a refrigerator and a microwave available for our use in the kitchen located on the ground floor. Coffee, tea, soda and water are available in the kitchen. There are a number of restaurants nearby in the Morristown area, only a few minutes away if you want to go out.

The retreat house supplies sheets, pillows, blankets and towels. Please be prepared for the weather outside as all meals will be served in a separate building. For those of you who have joined us before and are concerned about the inside temperature, we have been assured that the temperature will be comfortably warm, day and night, but if you are worried always feel free to bring your own blanket!

A REQUEST: The Saturday Social is REDUCE, REUSE, REGIFT! We request that each person who wishes to participate donate a wrapped item. Regifting is wrapping up a present you have been given and then giving it to someone else. **Find an item in your house that can be regifted; wrap it up and bring it to the retreat.** Items can be left in the entry foyer when arriving.

There will be early morning yoga on Saturday and Sunday. **Please bring a mat or beach towel if you are interested in participating.**

And now, about the facilities:

There is no elevator inside the building. If you have any limitations or need assistance please let the retreat leader Lisa, (908-303-3574) know as soon as possible. The dining room, is located in a separate building, you can either drive, or it is a short walk up two sets of stairs. We have been assured that if there is inclement weather the walkways will be cleared and safe. There is a chapel located on the Ground floor of the retreat building; there are two nice lounges one between the first and second floor and one between the third and fourth floor. A library, located on the second floor, is available if you are looking for a quiet space. The Main conference room is located on the ground floor, most meetings are held there. Alcoholic beverages are not permitted at the retreat.

We request that we limit phone usage in the retreat house and ask that you be respectful of others.

Departure is at 2pm Sunday, after lunch.