

OA Central Jersey Intergroup's best kept secret:  
'Together We Can Recover' Retreat 8/24/18-8/26/18

The OA Central Jersey Intergroup's recent week-end retreat, held August 23-August 25 at the St. Francis Retreat House in Easton, Pennsylvania, may very well qualify as one of OA Central Jersey's best kept secrets! I just came back from what has come to be known as the "Together We Can Recover" Retreat, and could hardly wait to sit down at the computer to prepare my review.

The theme of this year's Retreat was "There Is A Solution." The dedicated and tireless Retreat Committee members, with God's Grace and Guidance, compiled and presented a series of workshops, which were spread throughout the weekend. The workshops focused upon various aspects of Recovery, delivering a message of both depth and weight.

The topics were presented in the context of Steps One, Two, and Three. Recovery Issues were also addressed through the Physical, Emotional, and Spiritual, perspectives. Individual attendees were also invited to become personally engaged in conscious contact with their respective Higher Power(s) through the practice of Meditation (Step 11), Inventory (Step 10), and specific writing exercises.

To those who are not yet familiar with the accommodations at the St. Francis of Assisi Retreat House, (located at 3918 Chipman Road, Easton, Pa. 18045), you are in for a lovely surprise! The variety of available options is part of Central Jersey OA's well-kept secret about this retreat!

There are individual rooms, some with a private bathroom, a stand-up handicapped shower, or even a queen-sized bed! There are single rooms, adjoined through a shared bathroom. There are also double rooms with a dorm set-up, using community shared bath and shower rooms.

There are other unadvertised features which make the accommodations at St. Francis Retreat House particularly inviting are: the beds are very comfortable, furnished with thick quilts, fluffy pillows, and most rooms include an upholstered reclining chair, accompanied by St. Francis Retreat House's very own personal shawls, for you to use to snuggle with during a nap.

All of these options are available to retreat participants, contingent upon their availability, and priced accordingly. For those seeking a specific accommodation, it is strongly suggested that future retreat participants make their reservations well in advance. In fact, it would be best to submit full payment as soon as registration opens, since the availability of certain options are very limited and will be assigned on a first come, first paid, basis.

I also would be remiss if I did not mention the absolutely-delicious food (with special recipes, which are sugar, wheat, and flour-free), in addition to providing bread and other options, for those who include this on their food plan. Also, the Retreat House is situated on 22 acres of beautiful grounds; the hosts, including Brother Ed, and others, are beyond kind and accommodating, not to mention their unique, beautiful Chapel, which is available for personal reflection,

Next year's "Together We Can Recover" Retreat, has already been scheduled for August 23 -25, 2019. So, mark your calendars now, and save the dates!