

Retreat Registration

(This portion of form is required for each registrant)

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Telephone: _____

Email: _____

Name Tag Name: _____

Roommate (if applicable): _____

Special Food Needs: _____

_____ I want to be placed on a waiting list.
(Otherwise, your check will be returned to you if the retreat is full.)

_____ I require a handicap bath facility.
(If all handicap facilities are taken and you require one, your check will be returned.)

_____ I am willing to share a room if the singles are full or to accommodate more retreatants.

During this retreat, we will be studying how to live the principles and traditions of the OA program that help us engage in healthier relationships. It is important for retreatants to participate as fully as possible in all sessions, starting at 7:00 pm on Friday, to reap the full benefit of the retreat.



* Payment & Mailing Instructions

☆ Write \$25 check for deposit for room and board, payable to St. Lawrence Friary. Mail to Registrar.

☆ Write another \$25 check for 7th Tradition, payable to Mid-Hudson Intergroup. Mail to Registrar.

☆ Mail balance for room and board cost by March 15, payable to St. Lawrence Friary. Mail to Registrar.

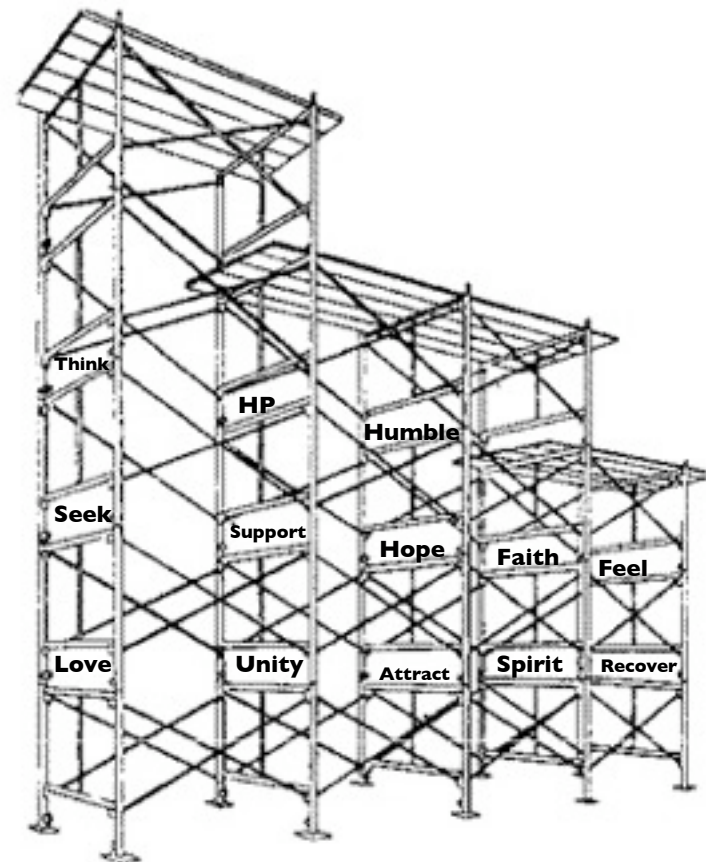
REGISTRAR
MID-HUDSON INTERGROUP RETREAT
74 BOSTOCK ROAD
SHOKAN, NY 12481-5400

Balance due by March 15, 2012.

FOR QUESTIONS AND CONCERNS,
CALL MARY ELLEN:

845 562-1342

BUILDING BETTER
RELATIONSHIPS
WITH OA PRINCIPLES



MID-HUDSON INTERGROUP
SPRING RETREAT 2012

✿ MAY 18-20, 2012 ✿

ST. LAWRENCE FRIARY
BEACON, NY 12508

Retreat Overview:

Surrounded by nature in a peaceful setting, our Retreat Leaders will guide us through a study of the Traditions and principles of the OA program. By sharing experience and fellowship with other members, we will explore how they can help us build healthy relationships.



Retreat Location:

St. Lawrence Friary in Beacon has a newly renovated retreat center with 20 bedrooms with private baths. Six of the rooms have trundle beds to accommodate two people sharing a room for \$125 per person. There are also a limited number of rooms equipped with handicap accommodations. Meals will be planned to meet basic eating requirements. MHIG is asking for a \$25 donation from each retreatant to cover expenses.

FRIDAY PM

4:00 - 5:45 Registration
 5:15 - 6:15 DINNER
 6:15 - 6:45 Registration
 7:00 - 7:15 Welcome/Announcements/
 Speaker Introduction
 7:15 - 9:00 Co-Leader Qualifies / Open
 Sharing
 9:15 - 9:30 Meditation

SATURDAY

7:30 - 8:00 Meditation
 8:15 - 9:15 BREAKFAST
 9:30 - 10:30 Session 1: First three
 relationship principles
 10:50 - 11:55 Session 2: Next two relationship
 principles
 LUNCH
 12:15 - 1:00
 1:15 - 2:30 Session 3: Next two principles
 2:45 - 3:50 Session 4: Next two principles
 4:15 - 5:15 Quiet Reflection
 5:30 - 6:30 DINNER
 7:00 - 7:45 Co-Leader Qualifies
 7:45 - 8:30 Open Sharing
 8:45 - 9:15 To be announced

SUNDAY

7:30 - 8:00 Meditation
 8:15 - 9:15 BREAKFAST
 9:30 - 10:45 Session 5: Last three principles
 10:45 - 11:30 Open Sharing
 11:30 - 12:00 Closing
 12:15 - 1:15 LUNCH

RESERVATION OPTIONS

(Detach and send to Registrar)

PLEASE CHECK YOUR PREFERENCE BELOW		
PRIVATE ROOM WITH BATH 6 MEALS	\$150	_____
DOUBLE ROOM WITH BATH 6 MEALS	\$125 PER PERSON	_____
NON-RESIDENT ATTENDEE 6 MEALS	\$60	_____
Deposit due NOW to reserve:		\$25
Balance due by March 15th. Make check payable to St. Lawrence Friary		_____
7TH TRADITION DONATION TO COVER RETREAT EXPENSES (SUGGESTED). MAKE CHECK OUT TO MID-HUDSON INTERGROUP.		\$25
SEE BACK COVER FOR CHECK MAILING INSTRUCTIONS.		