

PRACTICE  
MAKES PROGRESS,  
NOT PERFECTION

MID-HUDSON INTERGROUP  
SPRING RETREAT  
MAY 19-21, 2017

ST. LAWRENCE FRIARY  
Sargent Ave.  
BEACON, NY 12508

Retreat Overview

Surrounded by nature in a peaceful setting, our Retreat Leader will guide us in studying and applying the 12 steps of the OA program using the Big Book of AA. By sharing experience and fellowship with other members, we can reinforce and strengthen our recovery from compulsive eating.

Retreat Location

St. Lawrence Friary in Beacon, NY has a renovated retreat center with 20 bedrooms with private baths. Six of the rooms have trundle beds to accommodate two people sharing a room. 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.

Tentative Schedule

FRIDAY PM

4:00-5:00 Registration

5:15-6:15 Dinner

6:15-6:45 Registration

7:00 - 9:00 Welcome/Leader Qualifies/ Open sharing

9:15 - 9:30 Meditation

**SATURDAY**

7:30 - 8:00 Meditation

8:15 - 9:15 Breakfast

9:30 - 12:00 Morning workshop

Individual writing

Small group sharing

12:15 - 1:00 Lunch

1:00 - 2:00 Private time

2:00 - 5:15 afternoon workshop

Individual writing

Small group sharing

5:30 - 6:30 Dinner

6:45 - 9:00 Evening workshop

Individual writing

Small group sharing

**SUNDAY**

7:30-8:00 Meditation

8:15 - 9:15 Breakfast

9:30 - 12:00 last workshop

Individual writing

Small group sharing

Closing

12:15-1:15 LUNCH

**RESERVATION FORM**

(Detach and send to Registrar)

Please check your preference

PRIVATE ROOM \$250 \_\_\_\_\_

WITH BATH

6 MEALS

DOUBLE ROOM \$225 \_\_\_\_\_  
WITH BATH per person  
6 MEALS

NON-RESIDENT \$100 \_\_\_\_\_  
6 MEALS

Deposit due **NOW** to reserve: \$25

Balance due by March 15<sup>th</sup>  
Make check payable to  
***St. Lawrence Friary***

7<sup>th</sup> Tradition donation \$25  
For expenses. Make check to  
***Mid-Hudson Intergroup***

See back for mailing instructions.

## **Retreat Registration**

(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 registrants.**

During this retreat we will be studying the AA Big Book to strengthen our OA recovery. It is important for retreatants to participate as fully as possible in all sessions, starting at 7:00pm Friday, to reap the full benefit of the retreat.

### **Payment and mailing Instructions**

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

**Write another check for \$25 for 7<sup>th</sup> Tradition donation, payable to Mid-Hudson Intergroup. Mail to Registrar.**

**Mail balance for room and board by March 15<sup>th</sup>, payable to St.Lawrence Friary. Mail to Registrar.**

Registrar  
Mid-Hudson Intergroup Retreat  
324 Nina St.  
New Windsor, NY 12553  
Questions and concerns?  
Call Mary Ellen 845-562-1342

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