

REGISTRATION FORM

We encourage you to register online:
www.OANYC.org

Online Registration Closes July 6, 2016
*Mailed Registrations must be **received***
by July 1, 2016.

Prices are per person, not per room.
Please circle:

	Single	Double	Triple
Rooms	\$415	\$320	\$295

About Doubles: Some rooms have 1 queen bed and 1 twin bed. Arrangements must be worked out between the roommates.

About Triples: Some rooms have 3 single beds, others will have combinations of queen and twin beds, and cots. Arrangements must be worked out among the roommates.

I will share with: _____

I need roommate:
 I snore I do not snore

Enclosed is a tax deductible donation of _____ to NY Metro Intergroup to offset retreat expenses and provide retreat scholarships to Fellows

Check or money order enclosed – make check payable to *OA NY Metro Intergroup*

Name: _____

Address: _____

City, ST, Zip: _____

Email: _____

Phone: _____

Yrs in OA _____

Newcomer? _____

Newcomer = 12 months in OA or less

General Information

LIFE, LIBERTY and the PURSUIT OF RECOVERY

During the weekend, we will explore various aspects of recovery for both newcomers and longtimers. Members will share their experience, strength, and hope on a variety of topics that contribute to our recovery, a day at a time.

Friday night arrival: we will have a brief orientation with an overview of the retreat weekend. The balance of the weekend is dedicated to our program workshops and includes free time for activities such as hikes, guided meditation, a Saturday night event and simply relaxing, getting to know other retreat attendees. Strong bonds are forged at OA NY Metro Intergroup retreats.

All OA members are welcome! Newcomers to OA frequently find that by being surrounded by others in the fellowship round-the-clock, they feel safe and come to understand program in an accelerated fashion. Many who had been struggling have said that attending a retreat was the turning point in their becoming abstinent. Longtimers find that retreats give their program a welcome refresher.

Registration must be paid in full and is non-refundable. If for any reason you cannot attend, you are welcome to find someone to take your place. Metro Intergroup will maintain a waiting list; however, it is your sole responsibility to find your own replacement and secure payment. For those who pay by personal check, you are considered registered only when your check has cleared. Bounced checks will incur a \$35 service fee.

To provide a relaxed environment for all, we refrain from texting or talking on the phone in the presence or earshot of other retreatants from the time we board the bus on Friday until we disembark on Sunday. By coming on this retreat, you agree to observe this level of courtesy. If you cannot honor this policy, this is not the retreat for you.

Because of the intense and intimate nature of the recovery work done on retreats, we do not accommodate day trippers.



SUMMER RETREAT 2016

Life, Liberty and the Pursuit of Recovery

Friday - Sunday, Jul 8-10, 2016

Mail Registration Form to:
Metro Intergroup Retreat

Andrea F.

651 W 188 St, Apt 1B, New York, N.Y. 10040-4405
212-928-6267

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www.OANYC.org

The Guest House

Located in Chester, Connecticut, the Guest House Retreat and Conference Center is a beautifully renovated country inn on private wooded land, 115 miles from New York City.

Accommodations

- ❖ All guest rooms are under one roof, each with a full bathroom. Every guest room is decorated with elegant and functional furnishings, and no two rooms are exactly alike. Every room has a private bathroom with a full tub. All linens are provided. Central heating and air conditioning are available in all guest rooms and throughout the building.
- ❖ We will do our best to match you with a compatible roommate; however, Metro Intergroup takes no responsibility for compatibility in any way. If you have any special issues that would affect your sleep or stay in the room, we encourage you to bring earplugs, find your own roommate and/or select a single room accommodation.
- ❖ Pictures, more information and driving directions are available at: www.GuestHouseCenter.org

MEALS & BEVERAGES

- ❖ **Friday Dinner:** We brown bag our dinners on Friday evening; you may eat your dinner on the bus or when you arrive.
- ❖ **Meals:** 5 buffet-style meals are included in the price of the retreat package – breakfast, lunch, and dinner on Saturday; breakfast and lunch on Sunday. If you want to measure your food, please bring cups / scale.
- ❖ **Beverages:** Unlimited beverages are available at all times for the entire weekend. Hot beverages include brewed regular and decaf coffee, hot water and a wide selection of regular and decaf teas with accompanying sweeteners and milks. A variety of sugar-free and/or caffeine-free sodas will also be available.

❖ **Menu:** The Guest House believes that the health of our bodies and the environment is always connected. All beef is grass fed and organic, and all chicken is pastured and organic. Organic dairy products and produce are purchased locally whenever possible. Vegetarian options are available. The Guest House never uses products that contain hydrogenated oil, high-fructose corn syrup, aspartame, MSG, ingredients with preservatives, artificial colors, or flavors. They run a “scratch kitchen,” making almost everything on the premises. Although we cannot guarantee everything for everybody, you can be assured there will be plenty of healthy choices available.

Transportation

- ❖ Our chartered bus departs from Manhattan promptly on Friday, 5:00 pm, from West 58th Street and 8th Avenue near the Time Warner Center. The exact corner will be determined by the driver according to traffic on that day. Boarding begins at 4:30 pm.
- ❖ Our departure location is near the Columbus Circle-59th St. subway station, which is served by the 1, A, B, C, D lines and is handicap accessible. The departure location is 2 blocks from the Q line (57th St.) and 3 blocks from the F & M lines (57th St.). The 5, 7, 11, 20, 31, 57, 104 buses serve this location.
- ❖ The trip on Friday evening is in heavy traffic and may take more than three hours. Make sure you have with you what you need to be comfortable for the trip.
- ❖ On Sunday, we depart from The Guest House at 3:00 pm. Drop-offs may occur along the route back to Columbus Circle. Our anticipated arrival at the final drop-off is no later than 6:00 pm but is often earlier.
- ❖ Whether you choose to travel on the bus or come on your own, the price of round-trip transportation is included, and no pro-rata refund is available.

RETREAT SERVICE OPPORTUNITIES

Name _____
Phone _____
E-Mail _____

In order for the retreat to run smoothly, it is essential that each of us do service.

Please choose all the areas where you are willing and able to serve.

Speaker Qualifications: Speakers must have a minimum of 90 days of current, continuous abstinence

Date started program _____

Length of current abstinence _____

We will contact those willing to speak via email two weeks before the retreat with topics and types of speaking options.

ACTIVITY/ WORKSHOP LEADER - NO ABSTINENCE REQUIREMENT

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Meditation | <input type="checkbox"/> Talent Show Host |
| <input type="checkbox"/> Hike | <input type="checkbox"/> Board Game Coordinator |
| <input type="checkbox"/> Yoga/Stretch | <input type="checkbox"/> Craft Table Coordinator |

HOSPITALITY - NO ABSTINENCE REQUIREMENT

- | | |
|-----------------------------------|--|
| <input type="checkbox"/> Check In | <input type="checkbox"/> Beverage Restocking |
| <input type="checkbox"/> Timer | <input type="checkbox"/> Where Needed |
| <input type="checkbox"/> Greeter | <input type="checkbox"/> DJ – dancing, talent show, etc. |