



**Fall Into Recovery: Practicing These Principles in All Our Affairs- MBI's Fall Retreat-
October 7, 8, 9, 2016**

Please join us at the Espousal Retreat House and Conference Center, 554 Lexington Street, Waltham, MA

Come away from your daily life for a time of recovery and fellowship.

How do you stay abstinent, one day at a time? How do you practice the principles of the program "in all your affairs?" Our speakers will share their experience, strength and hope on the tools of the program, symptoms of relapse, slogans and much more.

Early-bird price (before September 10): \$165 (Single rooms with a few doubles)

After September 10: \$200; registrations must be received by September 23.

Includes 2 nights lodging, 5 meals (abstinent food- plain, no spices, no sugar, no flour)

To reserve a space for the retreat, complete the registration form on the next page.

A complete schedule will be sent to you with your confirmation.

Arrival: 3PM Friday, retreat begins with evening meal- 5 PM

Ends: Noon, Sunday

Menu for Retreat-

Friday Supper- baked fish, potato wedges, roasted zucchini, onions and peppers, green salad (no cheese, no croutons), olive oil, rice vinegar, fresh fruit, milk, unsweetened almond milk, herbal tea, lemon, regular and decaf coffee

Breakfast- Saturday and Sunday- oatmeal, shredded wheat, plain yogurt, hard-boiled eggs, fruit, same beverages as above

Saturday Lunch- roasted pork loin, red potatoes, cooked carrots, salad, celery sticks, oil, vinegar, fresh fruit, and beverages as above

Saturday Supper- baked chicken, brown rice, broccoli, salad, oil, vinegar, fresh fruit, and beverages as above. All meals -buffet-style, butter, salt and pepper will be available on the side. A non-meat protein option will be available at served buffet all meals.

Saturday Supper- baked chicken, brown rice, broccoli, salad, oil, vinegar, fresh fruit, and beverages as above. All meals served buffet-style, butter, salt and pepper will be available on the side. A non-meat protein option will be available at all meals.

Extra Support and Ground Rules:

- Please bring your scale if weighing your food is part of your recovery.
- Bring any spices you need.
- For everyone's comfort, please refrain from using scented grooming products.

Registration Form- MBI Fall Into Recovery Retreat

Please make checks payable to **MBI** and mail to Mass Bay Intergroup, P. O. Box 74, Arlington, MA 02476

Name: _____

Address: _____

E-mail: _____

Any concerns you'd like to share?

Check if you'd like to be on the MBI mailing list for updates on activities and events.

U.S. Mail or e-mail

Service Opportunities: Are you willing to help?

Circle all that apply:

Greet fellow attendees Lead a meeting

Lead a meditation session

Other ideas

Cancellation Policy:

To receive a full refund, MBI must know in writing no later than September 10 (same date as the registration deadline).

Cancellations made after September 10 will be refunded in full ONLY if your cancelled space is filled.

MBI reserves the right to cancel the retreat if it does not receive at least 30 registrations by September 30 (You will be fully refunded your money).

Questions? Contact the MBI office: 781-641-2303 or mbifallretreat@gmail.com