



## **MBI's 2022 Fall Retreat: Fall into Recovery: Practicing These Principles in All Our Affairs October 7,8,9, 2022**

Please join us at the La Salette Retreat Center, 947 Park St., Attleboro, MA 02703

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 Twelve Steps, the Tools of OA, and physical, emotional and spiritual recovery from compulsive eating.

Price: \$280(all single rooms). \$25 deposit due 8/31/22. Remaining amount due 9/15/22.

Includes 2 nights lodging, 5 meals (abstinent food- plain, no spices, no sugar, no flour, non-meat alternatives available for vegetarians/vegans - please let us know if needed)

Check in will begin at 3 PM on Friday, October 7. We will have dinner together and our program will begin Friday evening. The retreat will end at 11AM on Sunday, October 9. The last meal will be breakfast on Sunday morning. More details will be sent prior to the retreat.

We hope all attending will be vaccinated. Masks will be worn during our meetings. We will all sleep in single rooms. We are planning to limit attendance this year to 27 to allow for adequate distance during our meetings and in the dining room. There will be a waiting list. When there are cancellations, those who registered earliest will fill the open spots.

**Registration Form- MBI 2022 Fall into Recovery Retreat**

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

**You will receive a confirmation (email or phone) when we receive your registration.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

E-mail: \_\_\_\_\_; phone/text \_\_\_\_\_

**\*\*Please check if you are a vegan \_\_\_\_\_ or a vegetarian \_\_\_\_\_,  
or other food restriction or allergy \_\_\_\_\_.**

***Service Opportunities: Are you willing to help? - We are looking for assistance to produce the retreat.***

**Please circle all that apply: (Be sure we have a way to reach you if you want to do service!)**

- Plan the Retreat
- Lead a session
- Lead a meditation session
- Teach a craft
- Help set-up for the retreat
- Help to break-down after the retreat
- Be a greeter for fellow attendees
- Other ideas
- Are you willing to contribute to a retreat-scholarship fund, if needed?

Amount \_\_\_\_\_

***Cancellation Policy:***

*Cancellations will only be refunded after the retreat on condition we have met our financial obligation to the La Salette Retreat Center.*

**Questions? Contact the MBI office:781-641-2303 or info@oambi.org**