

Join Us for the Jersey Shore Intergroup
Spring Retreat 2007

GROWING IN RECOVERY



April 11-13, 2008

Mt. Misery Retreat Center, Route 70, Browns Mills, N.J.

*A full weekend of fun, fellowship and recovery
in the beautiful Pine Barrens for \$145*

(\$155 after March 15)

Includes speakers, workshops, activities, arts and crafts, the bonfire and quiet time, with 5 abstinent meals (starting with Saturday's breakfast).

Registration & Payment Deadline, March 15

Space is limited; register early • Registration form on back

No "day-trippers" accepted until all beds are sold

Mt. Misery (originally "Misericordia," or Mercy of the Heart) is nestled in the heart of the New Jersey Pine Barrens. It is located right off Route 70, just a few miles east of the "Four Mile Circle" (the Routes 70 and 72 circle).

The camp is well equipped to meet all our needs, especially dietary. The weekend menu is on the other side. If you don't see what you need, plan to bring it. Ice chests will be available for use in Holly Hall.

Mt. Misery is a little bit "rustic" in that we sleep on camp beds. The rooms are semiprivate with two or three beds; a dorm room has 10 beds.

For More Info, Contact Pat D. @ 732-766-0674 or Carolyn G. @ 609-294-1561

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Please register using the form below. Send completed form with check for **\$145 (\$155 after March 15)**, made payable to JERSEY SHORE INTERGROUP, to: Jersey Shore Intergroup, Spring Retreat, PO Box 571, Manahawkin, NJ 08050

NO REFUNDS AFTER MARCH 15

RETREAT REGISTRATION (please fill in all spaces)



Full Name _____

Address _____ I would like to room with: _____

City _____

State _____ ZIP _____

Phone # _____

I would prefer a: (CHECK ONE) _____ Double room _____ Triple room _____ Dorm (if available)

(sorry, no private rooms)

Please list any special needs: _____

I am including a donation of \$ _____ toward the scholarship fund. TOTAL ENCLOSED: _____

SERVICE REGISTRATION

I would like to do the following service:

Speaker* _____ Topic _____

Workshop Leader** _____ Topic _____

Greeter/Hugger _____

Registration Desk _____ I would like to see a workshop on the following topic: _____

Entertainment _____

Clean up/Break down _____

Other _____ What? _____

* requires 1 year abstinence

**requires 30 days abstinence

WHAT TO BRING:

You must bring the following: blankets, sheets and pillow(s) OR sleeping bag and pillow(s), toiletries, towels and flashlight. These are NOT provided by the camp.

Also, bring your scales/cups, OA/AA literature, journals, and anything you may wish to burn at the bonfire.

Retreat participants will receive schedule, directions to the retreat center and other important information after they register.

RETREAT MENU

All meals: fresh apples, bananas & oranges, nonfat & whole milk, nonfat & sugar free yogurt, butter, regular & decaf coffee, regular, decaf & herbal teas, artificial sweeteners (pink & blue).

All meals except breakfast: salad bar, oil & vinegar.

Breakfast, Sat. & Sun.: oatmeal, scrambled eggs, canned, crushed pineapple in own juice, whole grain toast, low or nonfat cottage cheese, low fat ricotta cheese, sugar-free cereals, orange juice.

Lunch, Sat.: tuna, hot turkey breast, hard-boiled eggs, garbanzo beans, brown rice, baked potato.

Dinner, Sat.: roasted chicken, steamed broccoli, cooked carrots, baked sweet potato.

Lunch, Sun.: broiled flounder fillet, pepper steak, cooked green beans & carrots, brown rice, baked potato.