

MBI's Fall Retreat: "Fall Into Recovery 2017" – Preparation

Please plan to arrive after 3PM on Friday Oct. 6 and check in at the Espousal Retreat Center, 554 Lexington St., Waltham, MA. Dinner will be served at 5:30 PM and our program will begin at 6:30 PM.

The program for our retreat will include speakers focusing on all 12 steps, meditation and an OA meeting each day. On Saturday evening we will enjoy games and crafts and music if leadership allows. If weather permits we may have some outside activities as the retreat center has lovely grounds with walking paths.

Plan to leave on Sunday, Oct. 8 at 12 noon.

RETREAT MENU:

Friday dinner, 5:30PM: baked fish, potato wedges, roasted zucchini, onions and peppers, green salad, olive oil, unsweetened rice vinegar, fresh fruit (to be determined by what is fresh at the time).

Vegetarian protein option for all meals: cooked lentils.

Beverages for all meals: skim milk, unsweetened almond milk, herbal tea, lemon wedges, regular and decaf coffee.

Saturday and Sunday breakfast, 8AM each day: plain oatmeal, plain shredded wheat, plain yogurt, hard-boiled eggs, fruit, lentils, and beverages as above.

Saturday lunch 12 noon: roasted pork loin, red potatoes, cooked carrots, green salad, celery sticks, oil, vinegar, fresh fruit, lentils, beverages as above.

Saturday dinner 5:30PM: baked chicken, brown rice, broccoli, salad, oil, vinegar, fresh fruit, lentils, beverages as above.

All meals are served buffet-style. There will be butter available and salt and pepper on the tables. If you like to add spices to your food, please bring your own or if you have need of special food items not on the menu (example: a metabolic between meals or something taken with medication), please bring from home. There is a small kitchenette off the meeting room which has a small refrigerator for those who need to bring their own food items (or insulin for diabetics).

Suggestions about what to bring with you:

Comfortable clothing with layers (the weather in October may be variable)

Bathrobe and shower shoes

Fragrance-free toiletries (we will have some available)

Cash – we will take a collection for the kitchen staff at the end of breakfast on Sunday and you may want to leave a few dollars in your room for the retreat center people who will clean your room after you leave. They ask that you strip your bed Sunday morning.

Your food scale if you use one (there will be small dishes available to use to weigh your food) and any special food items you might need.

Facecloths - Bed linens, blankets, pillows, and towels are all provided but the retreat center may be short on washcloths so you may wish to bring your own.

About the retreat center: the sleeping rooms do have sinks in them. There are restrooms with showers on both floors of each wing of the building—like an old-style college dorm. The sleeping rooms are on the first and second floors; the first floor also has the meeting room and kitchenette. The second floor is all sleeping rooms. The dining room and kitchen facilities are on the lower level and all floors are accessible by stairs or elevator. We will distribute room keys as people come in, so if you prefer a certain floor or want to be next to your friend, or close to the bathroom, please let us know. Also, if you are vegetarian or vegan, please let us know so we will be able to order adequate food.

Directions to the retreat center will be sent out a week before the event with more updated info.

Contact info: mbifallretreat@gmail.com or jean.oama@yahoo.com or call MBI office 781-641-2303 and leave a message.

Registration must be received by 9-30-17. After this date, registrations will be placed on a waiting list and accepted if there are cancellations.