

Smashing the Delusion

Sonoma County OA Intergroup

Recovery Retreat

May 31 - June 2, 2019

Chronic slipping is the experience of being abstinent and then losing your abstinence. And then having abstinence again, and then losing it again. Over and over again. This weekend is about understanding the problem, and learning the solution to chronic slipping.

Santa Sabina Center (www.santasabinacenter.org) 25 Magnolia Ave., San Rafael, CA 94901

- Communal but private showers, baths & toilets
- Towels & linens provided
- Six buffet meals (Friday evening dinner through Sunday lunch) prepared with healthful and whole foods.
- Limited refrigerator space and a microwave are available if you wish to bring your own food.
- Service Dogs must be approved in advance by Retreat Center. Contact Kamara B. for more information.

Santa Sabina Center offers this retreat space as an opportunity for quiet reflection in a natural environment. Please honor the quiet and contemplative nature of this sacred space.

Registration Form

Pre-registration is required. Registration continues until May 25 if space is available.

Double Occupancy Room: \$260 \$295 (after May 3)

Private Room: \$310 \$345 (after May 3)

We regret that cancellations made after May 25 are subject to a 50% cancellation fee

Name _____ **Phone** _____

Address _____ **Email** _____

♦ If you already have a roommate, please list that person's name here _____

♦ Food Preference: Vegetarian _____ Fish _____ Gluten Free _____ Chicken _____

I plan to arrive for the 5:30 - 6:30pm dinner on Friday evening.

Reserve Your Space: send a check for the full amount made out to **SCI- Retreat** and mail to Kamara Barkhau 1700 Glenbrook Dr. Apt i, Santa Rosa CA 95401. (Please note apartment is letter i, not number 1). Include a self-addressed stamped envelope or an email address to receive a confirmation brochure prior to Retreat.

Registration Fee Assistance:

There are limited double-occupancy rooms available to Sonoma County members with financial concerns. Apply by sending \$150 deposit with this form by May 3, 2019. I'd like to donate to Fee Assistance fund: \$_____

For more information, please call Kamara at (707) 535-9321