

# Pleshey OA Retreat - Hope & Faith - Working Steps 2 & 3

*Endorsed by South and East England Intergroup*

Date: Friday 22<sup>nd</sup> March to Sunday 24<sup>th</sup> March 2019  
Venue: House of Retreat, Pleshey, Chelmsford, Essex  
Cost: £150\* (Full Board Friday Evening to Sunday Lunchtime); £166 en-suite room

\*We have 2 places available at a £50 reduction for those with limited funds, funded by previous attendees, these operate on Trust & Honesty, contact Sam to check availability (see below) (first come first served, please don't ask 2 years running)

**Programme:** We will explore the 2<sup>nd</sup> and 3<sup>rd</sup> Step themes, Hope & Faith, in OA meetings using OA-approved Literature. There will be meditations & evening meetings to 'reflect on the day'.

**Accommodation:** We stay in the Retreat House at Pleshey, an isolated village near Chelmsford. You can travel by train but will need to get a taxi from Chelmsford (costs £25+). There are c. 26 places available, in single rooms. There is at least one ground floor room available for those with mobility difficulties, and a lift to the 1<sup>st</sup> floor rooms, so please ask if you have difficulty with stairs (we will allocate on a first-come, first served basis. Some rooms are en-suite, these cost more and are subject to availability.

**Food:** The Retreat House has a small kitchen staff and provides simple, home-cooked meals, serving meat and fish but also catering for vegetarian or wheat-free diets. No sugar/alcohol is added to food; sauces are served on the side; fruit is available at every mealtime; and if pre-requested soya milk is available. **If you have other food needs call us** (not the Retreat House), so that we can check if you can be catered for, we will try to help, but please don't just assume it will be okay. We are asked to state food choices on booking and to stick to these during the weekend. There are **no facilities for visitors to store food**.

**Booking:** Please send the lower part of the flyer to Julie (below) *without* payment. If a place is available, Julie will then contact you with bank transfer details and a reference number (or cheque details). If we are fully booked we will let you know and put your name on the waiting list. You will hear back either way, so **if you don't hear anything from us within 3 weeks please contact us**.

**Cancellation Policy:** Our cancellation policy is based on the financial commitment we make to the Retreat House. Of your fee, £25 is non-refundable in any circumstances, so please be sure you can attend before you book. **The balance is only refundable if we can fill your place**, and we do not guarantee to be able to do so. If you do need to cancel please tell us as soon as possible, as the later you cancel the less likely we are to be able to fill your place. We **cannot usually accept cancellations or substitutions after mid-February**, because we will have notified the Retreat House of all names and food needs.

**Contacts:** Julie 07515 050466 / 01635 522180 (bookings); Sam 07773 165327 (payments/assisted places)

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Please return to Julie Baldry Currens, The Gatehouse, 1 Pigeon's Farm Rd, Greenham, Berkshire RG19 8XG

Name (PRINT): .....

Address (PRINT):.....  
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Telephone: .....Email (PRINT):.....

Food Choices (sorry no other choices available) - Please don't **✓** or **X** - answer **YES / NO** to **EVERY** question:

Vegetarian?	<input type="checkbox"/> YES / <input type="checkbox"/> NO	Eat Fish?	<input type="checkbox"/> YES / <input type="checkbox"/> NO	Need Soya Milk?	<input type="checkbox"/> YES / <input type="checkbox"/> NO
Wheat-free?	<input type="checkbox"/> YES / <input type="checkbox"/> NO	Sugar-free?	<input type="checkbox"/> YES / <input type="checkbox"/> NO	Agree to Cancellation policy?	<input type="checkbox"/> YES / <input type="checkbox"/> NO
En-suite room (subject to availability, additional cost involved)	<input type="checkbox"/> YES / <input type="checkbox"/> NO				