

Pleshey OA Retreat – Courage & Integrity – *Endorsed by South and East England Intergroup*

Date: Friday 20th March to Sunday 22nd March 2020
Venue: House of Retreat, Pleshey, Chelmsford, Essex
Cost: £155* (Full Board Friday Evening to Sunday Lunchtime); £173 en-suite room

*2 places available at £50 reduction for those with limited funds funded by previous attendees, operates on Trust & Honesty, contact Sam (see below, 1st come 1st served, please don't ask 2 years running).

Programme: We will explore the 4th and 5th Step themes, Courage & Integrity, in OA meetings using OA-approved Literature. There will be meditations & evening meetings to 'reflect on the day'.

Accommodation: The Retreat House at Pleshey, an isolated village near Chelmsford. If arriving by train you will need to get a taxi from Chelmsford (costs £25+). 26 places available, in single rooms; several suitable for those with mobility difficulties, at least one ground floor, and there is a lift to the 1st floor, so please say if you have difficulty with stairs. En-suite rooms cost more and are subject to availability.

Food: The Retreat House has a small staff providing simple meals, they can cater for certain types of diet (e.g. wheat-free, pescetarian, vegetarian). 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 food needs not covered by the questions below please call us** (not the Retreat House), so that we can check if you can be catered for. We will try to help but it isn't possible for every food need to be catered for so please don't just assume it will be okay. We are asked to state food choices on booking and stick to these during the weekend. There are **no facilities for visitors to store food** other than your own room.

Booking: Please send the booking form to Julie **without** payment. Julie will contact you with bank transfer details & a reference number (or cheque details). If we're fully booked we'll let you know and put your name on the waiting list. You will hear back either way, so **if you don't hear within 3 weeks please contact us**.

Cancellation Policy: Our cancellation policy is based on the financial commitment we make to the Retreat House. £25 is non-refundable in any circumstance, the **balance is refundable if we can fill your place**, but we do not guarantee to be able to do so, so if you do need to cancel please tell us as soon as possible. We **cannot usually accept cancellations or substitutions after mid-February**.

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

PLEASE COMPLETE THIS BOOKING FORM IN BLOCK CAPITALS & return to:
Julie Baldry Currens, The Gatehouse, 1 Pigeon's Farm Rd, Greenham, Berkshire RG19 8XG

Name

Address

Telephone: Email

Food (contact us to discuss if you have other food needs) – Answer **YES / NO** to **EVERY** question:

Wheat-free	YES/NO	Eat Fish?	YES/NO	Need Soya Milk?	YES/NO
Vegetarian	YES/NO	Vegan?	YES/NO	Agree to Cancellation policy?	YES/NO
En-suite room (subject to availability, additional cost involved)					YES/NO