

Central Jersey Intergroup of Overeaters Anonymous *presents*

Winter Dreams by the Sea OA Retreat  
*Into Action*  
*Learning to live . . . Happy . . . Joyous . . . and Free . . .*  
 January 11-13<sup>th</sup>, 2008

Dear Retreatant,

We are looking forward to a recovery weekend of spirituality and fellowship. In order to help you plan for an enjoyable weekend, we've enclosed directions, a menu, and other useful information. **Registration 7– 8pm. Please arrive on time.** The evening program starts shortly after 8pm. If you are delayed, keep in mind that all doors are locked at 10pm.

In case of a personal crisis or emergency and you need to speak to us on Friday evening, please do not attempt to call the retreat house, leave a message on my cell phone 732-277-6762 (Margaret) starting at 4pm.

Friday evening no food is provided (bring your dinner and/or snack if necessary). There is a small refrigerator and a microwave available for our use in the dining room. Departure is at 1pm Sunday, after lunch. The retreat house supplies sheets, pillows, blankets and towels.

**A Request:** A white elephant raffle will be held Saturday evening for fun. We request that each person donate a wrapped item please. Items can be left in the entry foyer when arriving. There will early morning yoga, please bring a mat or beach towel if you are interested.

And now, about the facilities:

There is a newly installed elevator inside of the building.

The public restroom is located on the first floor.

The dining room, chapel and solarium are on the first floor.

A large conference room overlooks the ocean on the second floor. All workshops are held in the second floor conference room, unless otherwise indicated.

A reading/listening room is available for our use.

The loft on the third floor overlooks the bay (the elevator accesses this level also).

There is direct access to the ocean from the house.

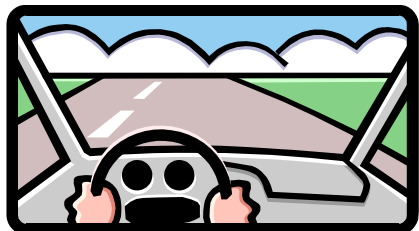
Meals will be served 8:00am, 12noon, and 5:30pm.

Soda and water are available in cooler in the dining room, 75¢ donation requested please.

No alcoholic beverages are permitted on the premises.

The sisters at the retreat house do not permit cell phone usage in the building or bedrooms. The entry foyer or outside are OK to use your cell phone, quietly.

St. Joseph's by the Sea  
400 Route 35 North  
South Mantoloking, NJ 08738



## Traveling Directions

After the Rt. 35 divide, only drive 1.7 miles to the flashing yellow light by Our Lady of Peace Church and turn left.

The directions are accurate, you need to pay attention to the distance. 1.7 miles.

### FROM THE GARDEN STATE PARKWAY: TRAVELING SOUTH

Take Exit 98 to Route 34 SOUTH

FOLLOW Route 34 SOUTH through one traffic circle

At intersection of Route 35 and Route 70, follow signs for Route 35 SOUTH

Follow signs for 35 SOUTH, Seaside Heights, Point Pleasant

Continue through Point Pleasant, Bay Head, Mantoloking

At the end of Mantoloking, Route 35 divides CONTINUE FOR 1.7 MILES. Do not drive beyond the 1.7 miles, turn around if you do and head north on Rt. 35.

After traveling the 1.7 miles, turn left at Our Lady of Peace Church-7<sup>th</sup> Ave.

Turn left onto 35 NORTH, continue ½ mile, past Ocean Club Condos and Brick Beach #3, to #400 on your right side.

Turn right into the driveway situated on the left side of the property, there is adequate parking bordering the driveway and in the small lot.

### FROM THE GARDEN STATE PARKWAY: TRAVELING NORTH

Take Exit 82 to Route 37 EAST

After the bridge follow 35 NORTH and Pt. Pleasant signs

Go past Ocean Club Condos

St. Joseph by the Sea is on the right, #400

### FROM WEST

Take 195 EAST

Get off at Route 34 SOUTH

Follow Route 34 SOUTH through one traffic circle.

Follow directions as if traveling SOUTH from the Garden State Parkway.

If you have any questions, or find yourself unable to come, please contact me:

Margaret at 732-326-1934 / [M39Avenel@comcast.net](mailto:M39Avenel@comcast.net)

Member of the Winter Dreams Retreat Committee

*Breakfast 8:00am (the same both days)*

whole grain bread  
 oatmeal  
 fresh fruit  
 scrambled eggs  
 plain, nonfat, yogurt  
 dry cereal  
 skim milk  
 butter  
 turkey sausage  
 cinnamon  
 sweetener  
 hot tea

*Lunch 12noon Saturday*

chicken breasts  
 brown rice  
 hot broth or veggie soup  
 mixed green salad  
 oil and vinegar  
 cooked carrots  
 butter  
 tea, hot & cold

*Lunch 12noon Sunday*

roast beef  
 baked potato  
 nonfat sour cream  
 hot broth or veggie soup  
 mixed green salad  
 oil and vinegar  
 cooked broccoli  
 butter  
 tea, hot & cold

*Dinner Saturday 5:30pm*

turkey chili  
 baked potatoes  
 nonfat sour cream  
 salad  
 oil & vinegar  
 fresh fruit  
 butter  
 tea, hot & cold

*Metabolic/Snack/Saturday Only*

dry cereal  
 yogurt  
 skim milk  
 fresh fruit

*All Day Long*

coffee (both regular and decaf), tea  
 Equal and Sweet-n-Low

If what you need or want is not on this menu, bring it. For instance, if you always use ranch dressing, bring it. We will not be providing it.