

# Pleshey OA Retreat – Focus on Trust

*Endorsed by South and East England Intergroup*

Date: Friday 20<sup>th</sup> to Sunday 22<sup>nd</sup> April 2012  
Venue: House of Retreat, Pleshey, Chelmsford, Essex  
Cost: £130 (Full Board Friday Evening to Sunday Lunchtime)

**Programme:** We will explore the theme of Trust in OA meetings, using both OA and AA Literature. There will also be meditations and evening meetings to "reflect on the day".

**Accommodation:** Is in the Retreat House at Pleshey, an isolated, beautiful village near Chelmsford. If you travel by public transport you will have to pay for a taxi from Chelmsford. There are 26 places available in the Retreat House and its Gatehouse, in single rooms with washbasin and drinks-making facilities. One room on the ground floor is suitable for someone with mobility problems, please ask if you would like this room.

**Food:** The retreat house is run by a small staff which caters only for standard/vegetarian/wheat-free; no sugar is added during cooking; sauces are served on the side; and fruit is available at all mealtimes. There are no facilities for visitors to store food; **if you have other food needs you must call us before booking** so we can check if they can be catered for, we will try to help but please don't just assume it will be okay.

**Booking:** Once you have a confirmed booking we will write to you with further details; if we are fully booked we will let you know and put your name on the waiting list. **If you don't hear anything from us within 3 weeks please contact us.**

**Cancellation Policy:** Our cancellation policy is based on the Retreat House's policy, and our obligation to them. Of your fee, **£25 is a deposit and is non-refundable under any circumstances**, so please be sure you can attend before you book. If you do need to cancel please tell us as soon as possible and once we have filled your place we will refund your booking fee minus £25. The later you cancel the less likely we are to be able to fill your place, and we do not guarantee to be able to do so. **We cannot accept cancellations after 20<sup>th</sup> March** unless we find someone with the same food needs as you, because this is the date we will notify the Retreat House of all names and food needs, and they will start to shop and cook for them specifically. **Please tick below to confirm you agree to this cancellation policy.**

**Contacts:** Julie 07957 319953/0208 555 4776, Sam 01296 681747/07773 165327, Vanessa 01273 494968

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## Booking Form (Bookings by post only please)

Please return to Julie Baldry Currens, 8 Alfred Rd, London E15 1RJ

Name: .....

Address:.....

Telephone: .....Email:.....

Please enclose a cheque for £130 payable to "Pleshey OA Retreat".

Food Choices (**sorry but no other choices are available**) - Please answer YES or NO to **EVERY** question:

Vegetarian?	<input type="checkbox"/>	Eat Fish?	<input type="checkbox"/>	I agree to the	<input type="checkbox"/>
Wheat-free?	<input type="checkbox"/>	Diabetic/Sugar-free?	<input type="checkbox"/>	Cancellation policy	<input type="checkbox"/>