



New Beginnings at Enders

RECOVERY WITH STEP ELEVEN

An OA Weekend of Prayer and Meditation

November 15 - 17, 2024

in person only retreat

Location: St. Edmund's Retreat Center at 1 Enders Island in Mystic, CT



Registration July 2 through October 20

~~• Double occupancy \$310 SOLD OUT~~

~~• Single occupancy \$360 SOLD OUT~~

• Commuter rate \$135

Space is limited. Rooms can only be secured with full payment on a first-come, first-served basis.

[Click here to Download Printable Registration Form](#)

For frequently asked questions about the retreat see side 2

Please do not contact St. Edmund's Retreat Center directly for retreat information.

For questions please contact Linda: text or call 401-374-9027

or Jeanne: text or call 401-835-2849



FREQUENTLY ASKED QUESTIONS

What is included in the ticket price? The ticket price includes 2 nights of accommodations, 6 healthy meals, and lots of recovery!

Why is the ticket price this amount? The amount of the ticket is St. Edmund's Retreat Center current charges.

How do I register? Please [click on this link](#) for the registration form or go to oceanandbay.org/retreat

If you would like a form mailed to you, please reach out to one of the contact people identified on this flyer.

Please mail the completed form along with your check or money order with full payment to: Ocean & Bay Intergroup, C/O Susanna Parsons, 62 Elite Drive, Cranston, RI 02921.

How does a double room work – do I pick a roommate or am I paired with someone? Either way is an option (a preferred roommate or being assigned one). If you have a preferred roommate, you should indicate when you register. Both individuals must register with payment to be considered paid.

What food is included with the ticket? The menu is still being finalized. The Ocean & Bay Retreat Committee is working with the St. Edmund's Retreat Center to provide 6 healthy meals which will accommodate most OA members' food plans. There will be vegetarian options provided. Meals include Friday, 11/15, dinner, Saturday, 11/16, breakfast, lunch, and dinner, and Sunday, 11/17, breakfast and lunch.

Are the meal choices vegetarian, vegan and/or gluten-free? Due to cost limitations, we are not able to accommodate all food requirements. The meals included will be either meat or vegetarian options.

What if I have very specific dietary restrictions or need food not provided? The menu cannot be adjusted per attendee and therefore we recommend to bring what you need. There is a refrigerator and microwave available for your use. Please note St. Edmund's Retreat Center only permits items to be stored in its refrigerator in original store-bought packaging. **FOOD IN PLASTIC CONTAINERS IS NOT ALLOWED.**

Will I get more details prior to the Retreat? Yes. Retreat packets will be emailed before the retreat to attendees. Information will include directions, check-in specifics, menu details, itinerary, things to bring, and more.

When can I check in? Registration starts at 4:00 pm on Friday, November 15.

When do I need to check out? Room checkout time is 11 AM on Sunday, November 17. The retreat ends with lunch from 12:30 PM to 1:30 PM. Attendees are invited to spend time afterwards enjoying fellowship and the St. Edmund's Retreat Center facilities.

What if I need to cancel? Cancellations will only be refunded on condition Ocean & Bay Intergroup has met its financial obligation to the St. Edmund's Retreat Center. Please contact Linda M. 401-374-9027 or Jeanne D. 401-835-2849 if you need to cancel.

Where can I learn more about the St. Edmund's Retreat Center? St. Edmund's Retreat Center is a picturesque 11-acre gem on the coast of Mystic, CT offering beautiful seascapes, grounds and facilities. You can go directly to the website for more information, [CLICK HERE](#). **PLEASE DO NOT CONTACT THE ST. EDMUND'S RETREAT CENTER DIRECTLY WITH OA RETREAT QUESTIONS.** St. Edmund's Retreat Center is a no smoking, handicapped accessible facility.

For questions please contact Linda: text or call 401-374-9027 or Jeanne: text or call 401-835-2849.