

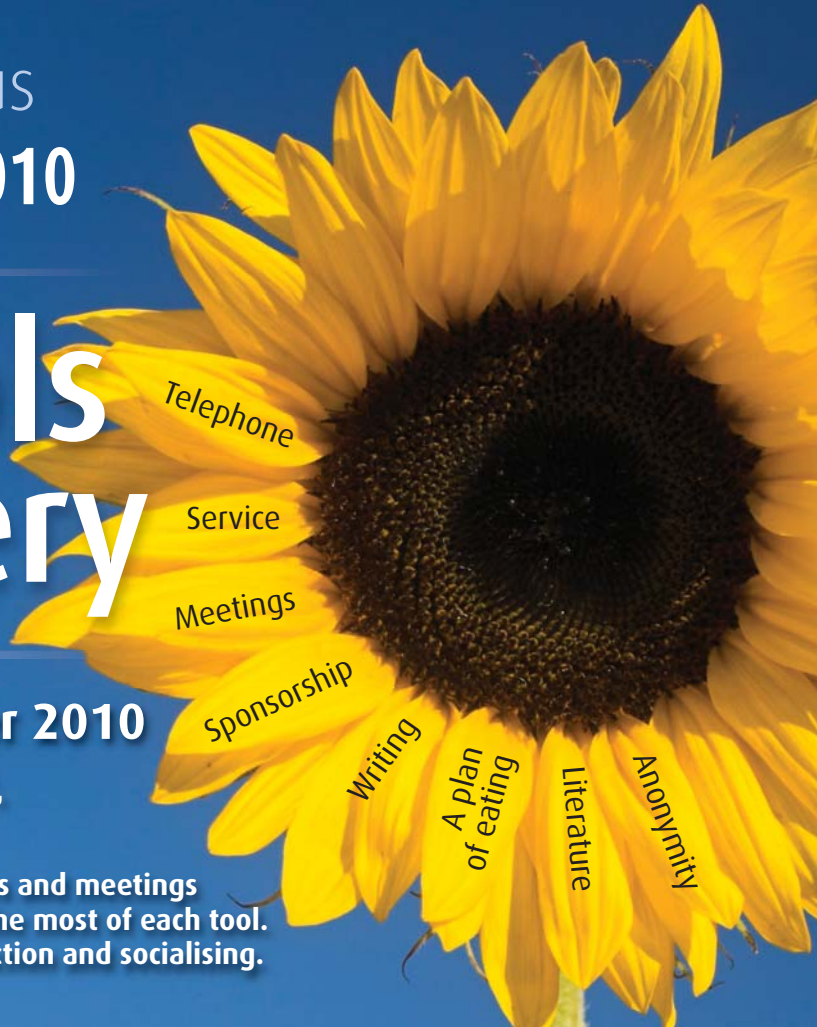
Overeaters Anonymous South Coast Retreats 2010

The 8 Tools of Recovery

4-6th June & 3-5th December 2010

Claridge House, Dormans Rd, Lingfield,
Surrey RH7 6QH

Throughout the weekend there will be workshops and meetings on the theme, looking at how to use and make the most of each tool. There will be time for meditation, personal reflection and socialising.



Claridge House is a Quaker centre for healing, rest and renewal, with the emphasis on spirituality and not religion. The house is over 100 years old and stands in about 2 acres of beautiful gardens. There are walking routes nearby.

Accommodation: There are single and twin rooms (including 1 with a double bed, and 2 equipped for disabled visitors). Each room has a wash basin and drinks making facilities.

ALL MEALS ARE VEGETARIAN. Fruit is available at every meal. Special diets can usually be catered for. Please detail your requirements on the booking form. Smoking and alcohol consumption are not permitted on the premises.

Retreat Programme:

Arrival from 4pm onwards on Friday, with our first meeting after 6.30pm supper, and finish mid-afternoon on Sunday. Directions and details will be sent to you nearer the time. For further information email southcoastretreats@hotmail.co.uk or call Claire on 07972 281260 or Jen on 07884 040497.

**Cost: Includes £3 admin charge. Single room: £138
Shared Twin room: £128**

BOOKING FORM

Name _____

Address _____

Tel: _____ Mob: _____

email: _____

Any dietary requirements? (dairy or wheat free or any other)
Dairy/Wheat/White flour free please (delete as required)

Would you like a lift from Lingfield Station? Yes/No

Preferred date: _____

Accommodation Requirements (please tick one):

- Single only (£138) Single but willing to share to accommodate another if necessary
 Share Twin room (£128)

Payment: By Cheque/s only, payable to South Coast Retreats. For June retreat, please book as soon as possible to ensure your place and send either 1 cheque for total amount or 2 cheques: 1 for £70 dated no later than 15th January and 2nd for remainder dated no later than 15th April 2010.

For December retreat, please book early - send either 1 cheque for total amount or 2 cheques: 1 for £70 dated no later than 15th July 10 and 1 for remainder dated no later than 15th October 10. Please contact us if you wish to discuss a different payment plan.

Please send payment with this booking form to:

Jakki, 3 Priory Cottages, Parsonage Lane, Lamburhurst, Kent TN3 8DS

Service: These retreats are made possible by fellowship members giving service. There will be the opportunity for everybody that attends to give service throughout the weekend. At the beginning of the weekend, attendees will be asked to indicate what service they can do. However, if you would be willing to share on a specific topic please indicate on this form. We will then contact you to discuss the topic of the share.

- SECRETARY for a meeting
 SHARE on a specific topic
 LEAD a meditation

Thank you for your booking and we look forward to seeing you.

South Coast Retreat Committee