

Soaring to New Heights

5TH ANNUAL MCKINNEY CARE & SHARE SILENT RETREAT FALL 2008



DATE

November 14–16, 2008

LOCATION

Montserrat Jesuit Retreat House
Lake Dallas, TX

There are 63 rooms available (33 with two beds / 30 with one bed / 1 hcp. accessible with two beds / 1 hcp. accessible with one bed). No elevators. First come, first serve on room selection.

COST

\$210.00 per person - Includes 2 nights lodging and 6 meals

\$300.00 per person - Includes 3 nights lodging and meals starting on Thursday, November 13.

Check-in after 11:00 am for day of silence.

Registration must be paid in full by October 5th, 2008.

Registration is NOT refundable, but IS transferable.

For info and/or cancellation call Sandra at 903-883-2397 or email sandra92j@aol.com
or Amy Jo at 972-824-8844 or email Jeansa@friscoisd.org

SPEAKER

The speaker has been abstinent for 18 months—and has celebrated by going parasailing over Waikiki. (And, no, that's not her picture above—but she'll bring one to share.)

***“One can never
consent to creep
when one feels
an impulse to soar.”***

-Helen Keller

Montserrat Emergency
Contact Phone Number
during the retreat:
(940) 321-6010

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REGISTRATION

Send in registration form and payment to reserve your space. PLEASE PRINT.

FIRST AND LAST NAME

ADDRESS

CITY / STATE / ZIP

EMAIL

Used for OA registration confirmation
& retreat notification only

PHONE NUMBER

PLEASE CIRCLE ONE

Coming early to retreat on Thursday, Nov. 13?

Yes No

Arriving in time for dinner Friday night?

Yes No

Willing to give service during the retreat?

Yes No

Room Preference:

Single Occ. 1 bed

Single Occ. 2 bed If requesting are you willing to share a room? Yes / No

Double Occ. 2 bed and name of roommate _____

Special Needs - 1st floor

PAYMENT METHOD

Check or Money Order

Check # _____

Scholarship Donation

\$ _____

TOTAL ENCLOSED

***Make it easy on
yourself! We strongly
encourage making
installment payments!***

For installment options,
please contact Sandra at
903-883-2397 or Amy Jo at
972-824-8844

Mail registration form
& check or money order to:

McKinney OA
Attn: Amy Jo
5109 Ridge Run Dr.
McKinney, TX 75071

Soaring to New Heights

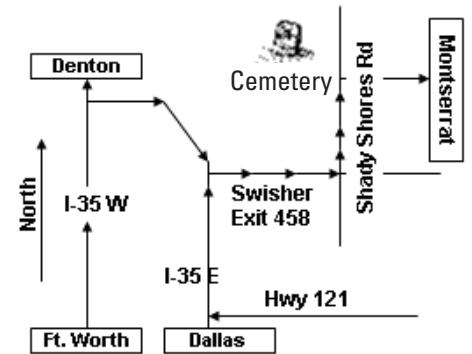
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DIRECTIONS

Take Interstate 35 (North or South) to Exit 458, "Swisher." Go East on Swisher about 1 mi., make a left (go North) onto "Shady Shores Road." After a minute or so, you will see a cemetery on your left and the entrance to Montserrat on your right. Turn right onto the Montserrat entrance driveway. Please drive slowly and watch for pedestrians, small animals and oncoming vehicles.

Immediately ahead at end of drive is the new Campion Hall which has a covered entryway. Please park where convenient and enter Campion Hall to register. Your materials will be available there until 6:15. After that time, please proceed to the cafeteria where dinner and registration packets will be available.



Map not to scale

MEALS

The six included meals are dinner on Friday, breakfast, lunch and dinner on Saturday; breakfast and lunch on Sunday morning. Nutritious food will be served. If you have special food needs, there is a refrigerator provided or you may bring an ice chest. Coffee, tea, orange juice, milk, water and soda fountain are available all day. Bottled water will be sold for 50¢. Please bring your own drinks if it is not listed above. Meal times will be staggered based on your assigned hall. This will be discussed further at the Opening.

SAMPLE MENU: Breakfast – whole fresh fruit, scrambled eggs, bacon, whole wheat toast
 Lunch – 2 c. salad, 1 c. cooked vegetable, 4 oz. baked turkey breast, whole wheat bread
 Dinner – 2 c salad, 1 c. cooked vegetable, baked or grilled chicken breast, brown rice

Please note only bottled water with a lid/cap is allowed in the Library (main meeting room).

PACKING LIST

- Big Book of Alcoholics Anonymous, 12 Steps & 12 Traditions (OA), or any program literature
- Extra Pillow(s)
- Personal toiletries, toothpaste, shaver, hair dryer
- Jacket or sweater
- Outdoor Blanket / Wrap to stay warm if cold inside / outside
- Comfortable, casual clothes, walking shoes (Montserrat has 30 acres to stroll)
- Alarm Clock
- Bug Repellent
- Book to journal in
- Flash Light

Please do not bring cell phones, pagers, business work, linens, towels, blankets, pillows or children.

GENERAL SCHEDULE *actual to be determined*

FRIDAY		SATURDAY		SUNDAY	
5:30 PM	Registration	7:00 AM	Guided Meditation (opt.)	7:00 AM	Guided Meditation (opt.)
6:30 PM	Dinner	7:30 AM	Breakfast	7:30 AM	Breakfast
7:30 PM	Opening	TBA	Prep for silence	TBA	Silence Ends / Sharing
10:00 PM	TBD Workshop (opt.)	12:30 PM	Lunch	10:00 AM	Step Study / Sharing
11:00 PM	Hall doors locked	6:30 PM	Dinner	12:30 PM	Lunch
		11:00 PM	Hall doors locked	2:00 PM	Wrap up & clean up (volunteers)

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We suggest only bringing program literature to read during the retreat