RAISING OUR STANDARDS:
Recovering Our Authentic Selves in Body, Mind and Spirit

Accommodations
Single Rooms $450
Double Rooms (limited number available for two people from the same household) $375 per person

Agenda: (Details in January)
Fri. Feb. 18: 4pm - 9pm
Sat. Feb. 19: 8am - 9pm (with breaks)
Sun. Feb. 20: 8:00am - 11am

For more information and photos of the center go to:
http://www.maryjoseph.org

CALIFORNIA RETREAT for Food Addicts
February 18-20, 2022

Questions? For more info contact Heather at 704-516-3077 or SometimesSlowly52295@gmail.com

*Limited Spaces Available

DEPOSIT FORM
Complete this portion of the brochure and mail in (or Venmo) your non-refundable (but transferable) deposit, check or money order to:

Heather Vrana,
279 Blue Springs Lane
Oceanside, CA 92054

DEPOSIT: Single $200, Double: $150
DEADLINE: DEC. 1, 2021

NAME
ADDRESS
PHONE
EMAIL

Are you able to provide service at the retreat? ______ YES ______ NO

NAME_____________________________ ADDRESS_________________________
_________________________________
PHONE___________________________ EMAIL_____________________________

DEPOSIT:
Single $200,
Double: $150

DEADLINE:
DEC. 1, 2021

Are you able to provide service at the retreat? ______ YES ______ NO

NAME_____________________________ ADDRESS_________________________
_________________________________
PHONE___________________________ EMAIL_____________________________

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M A RY & J OSEPH R E TREAT C ENTER
5 3 0 0 C r e st R oad,
Rancho Palos Verdes, C A

“RAISING OUR STANDARDS”
Recovering Our Authentic Selves in Body, Mind and Spirit

Join us for a weekend of fellowship, workshops, meetings, meditation, nature walks and yoga.

Abstinent meals are included in the cost.
Food For The Soul
July 6
A Renewable Gift

...Our old way of living reaped only chaos and destruction. Because we were in our disease, we were blocked from a higher awareness.

Today, thanks to abstinence, we are aware. Thanks to recovery, we can direct that awareness toward gratitude and celebration of the life we live today.

For today, I thank God for this glorious gift of abstinence.

Eight acres of beautiful grounds to wander through and a labyrinth to use for walking meditation.

FEBRUARY 18-20, 2022

THE SERENITY PRAYER

God, Grant me the SERENITY to accept the things I cannot change
COURAGE to change the things I can
and WISDOM to know the difference

WORKSHOPS AND SPEAKERS
Join us for inspiring workshops on Recovering our Authentic Selves in Body, Mind and Spirit. We will share our Experience, Strength and Hope with each other, talk about self-care and setting boundaries, and building our relationship with our Higher Power.

YOGA/STRETCHING & MEDITATION
Join us for yoga on Saturday morning to kick off the day and . We will do gentle yoga that’s easy and relaxes the mind and body. There will also be an opportunity for group meditation on Saturday during our afternoon break.

NATURE WALK
The retreat is set on eight acres high above the Pacific Ocean and the city of Los Angeles. On a clear day you can see the San Gabriel Mountains. The beach is a quick two mile drive away and during our breaks, a popular option is to take a stroll along one of the nearby beaches.