

## DEPOSIT FORM

Complete this portion of the brochure and mail in your non-refundable (but transferrable)

deposit check or money order to:

*Kim Autrey, 591 South O Street,  
Livermore, CA 94550*

**DEPOSIT: Double: \$100/Single: \$150**

NAME \_\_\_\_\_

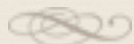
ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

Are you able to provide service at the retreat? \_\_\_\_\_ YES. \_\_\_\_\_ NO

(Questions? For more info contact Kim Autrey at 925-895-0557 or [kimberlyilayne@gmail.com](mailto:kimberlyilayne@gmail.com))



## SURRENDER TO WIN



### Accommodations

Single Rooms (limited) **\$385**

Double Rooms (shared) **\$310** per person

### Agenda: (Details in Dec.)

**Fri. Jan. 19:** 4 p.m. - 9 p.m.

**Sat. Jan. 20:** 7:30 a.m. - 9 p.m.  
(with breaks)

**Sun. Jan 21:** 7:30 a.m. - 10:30 a.m.

For more information and photos of the center go to:

<http://www.maryjoseph.org>

MARY & JOSEPH RETREAT  
CENTER

5300 Crest Road, Rancho Palos Verdes, CA

# CALIFORNIA RETREAT

Food Addicts Anonymous

Jan. 19-21, 2018



“Surrender to Win”

Two miles from the beach!

Join us for two days of fellowship, workshops, meditation, nature walks and yoga. Abstinent meals are included



in the cost.





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

## FAA Seventh Step Prayer

*God, help me listen to my higher self as you and I make the changes in my life that will allow me to live a free, useful and happy life. Help me not to find fault with all that I do and with those who cross my path. As I continue to stay abstinent, help me be released from the cravings for foods that are not in my best interest. Help me learn that food is to nourish my body so my spirit can carry out your plans for me. Help me be compassionate, trusting, forgiving, loving and kind to myself and others as I serve you and the people on earth.*

*Amen*

# JANUARY 19-21, 2018

## THE SERENITY PRAYER

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



### YOGA

We are fortunate to have a spectacular yoga teacher with Carolyn G. who will guide us through our morning and evening yoga sessions to kick off the day. We will do gentle Vinyasa flow that's easy for beginners and challenging enough for old pros.



### WORKSHOPS

In the past, we've held workshops on learning proper boundaries, learning to enjoy the present moment and the importance of self care and building our relationship with our Higher Power. In 2018, with the theme of Surrender to Win, expect to hear more on this critical step that helps us every day on our road to recovery.



### MEDITATION/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.

