

Conscious Connections

MEDITATION RETREAT

OCTOBER 20-22, 2023

AVILA RETREAT CENTER
DURHAM, NC
AVILACENTER.ORG

AT A GLANCE

Registration Includes

- Two nights lodging.
- Five meals.
- Meditation, recovery-focused sessions, meetings and activities.
- OA fellowship

Fine print

- All rooms include shared or community bathrooms.

Registration Deadline is July 1.
Space is limited.

- Single Occupancy \$275pp
- Double Occupancy \$235pp
- I need financial assistance for registration and/or travel.

Meals : Friday, dinner; Saturday, breakfast, lunch, dinner; Sunday, breakfast.

- Vegan

All meals will include SF, GF options.

I'd like to serve at the retreat!

- Meeting Leader
- Session/Meditation Leader
- Pre-Retreat Support
- Whatever is needed



REGISTRATION

NAME

ADDRESS

CITY, STATE

ZIP

EMAIL

CELL

ROOMMATE

DETAILS

Check-in starts at 2:00pm on Friday

Retreat begins at 4:00pm Friday.

Checkout is 11:00am on Sunday.

Payment

- Venmo - Don Southworth@Don-Southworth-1.
- Check made payable to: OA Mediation Meeting. Mail to: Don Southworth - 15 Pokeberry Bend Dr., Chapel Hill, NC 27516
- (Zelle may become available, reach out if needed.)

Submissions

Email (maybe a pic of) registration form/scholarship requests/questions to:

oadailymeditationsurrender@gmail.com

Include with payment if mailed.

