

**2023 Mountain of Miracles Retreat
Relationships: The Heart of OA Recovery
September 22 - 24, 2023**

WELCOME TO



Piedmont Intergroup

2023 Mountain of Miracles Fall Retreat

Christmount, Black Mountain, NC

222 Fern Way, Black Mountain, NC 28711

Friday September 22 3:30 PM through Sunday September 24th, Noon

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Personally, I’ve reached my goal weight and maintained it for over two years. I enjoy a much healthier emotional life and a vital spiritual connection with a Higher Power. I’m getting used to peace and serenity. (New Beginnings, Stories of Recovery from Relapse, In Memory of A Friend)

Welcome,

We are so happy that you will be joining us in the beautiful North Carolina mountains for a wonderful weekend of recovery and fellowship. Please read the information in this packet carefully. While the committee has made plans, we are excited to see what HP will bring to our retreat experience:

When to arrive at the retreat? Registration and room check is between 3:30 PM and 5:30 PM. The facility is open at 1 PM for walking around a labyrinth, hiking, helping with set up, enjoying the rocking chairs on the second floor above lobby, perusing the library, gathering a few fellows and playing board games (games inside library), or shopping at the Christmount Gift Shop.... Can't make it between 3:30 and 5:30? See [Late Arrivals](#)

On Sunday we need to have checked out for our rooms by 11:00 AM. Drop the keys in the basket in the Assembly Hall. Our closing ceremony ends at noon and we need to leave campus before 1PM on Sunday afternoon. This provides an hour to pack and clean the common rooms.

Although we can not guarantee quiet at night, we know that, as adults in recovery, we will all act respectfully. Patience and tolerance is required! Noise muffling devices such as ear plugs, fans, soothing sound generating machines are suggested to block unwanted sounds.

There are mini-refrigerators and microwaves in each sleeping room and a full size refrigerator in the assembly hall. Please bring a cooler if you plan to bring more than an item or two.

Christmount Office 8-5 PM 828-669-8977 . Christmount Emergency Number **after 5 PM Only** 828-669-8219. The WIFI network and password will be provided at CheckIn.

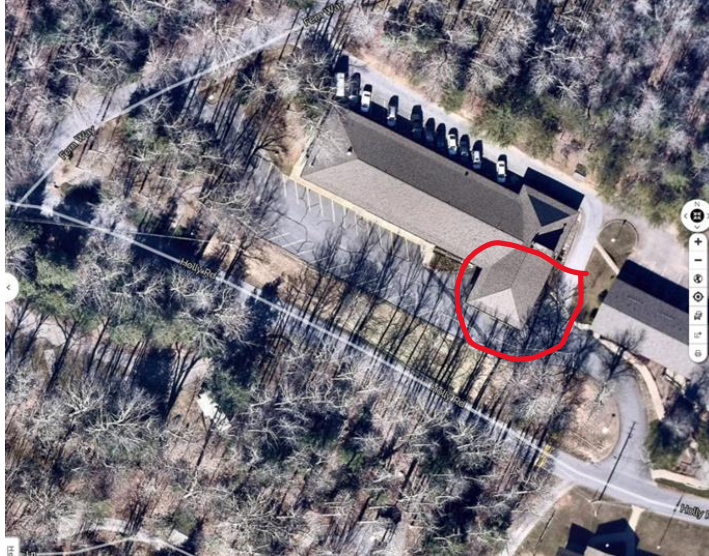
There will be two available coffee and tea stations in addition to coffee/tea provided at meals.. 24-hour access to the upstairs fireside lounge lobby is available where you will find a portable carafe for caffeinated coffee, decaf coffee and hot water for tea. The staff will freshen it before leaving at 5:00 p.m., again, when they arrive in the morning. A Keurig machine without the K-Cups will be available. Bring your own to use it. Coffee will also be available outside Assembly Hall.

The retreat committee has collected 40 pages of quotes from OA approved literature using a keyword search on relationships. Contact Alice if you would like a copy of the material.

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Directions: Follow your GPS to 222 Fern Way, Black Mountain, NC. After you turn toward the Christmount Entrance from NC Highway 9 stay on Holly Road past FernWay and go beyond the Guest House Lodge to enter the lower parking lot from the east side. The entrance to the lobby where you register is circled.



We are staying in [Guest House Lodging \(christmount.org\)](http://christmount.org) . Click the link to see a picture of the facility.

Cell Phone coverage may be spotty depending on your provider and location on the Christmount Campus
Covid Precautions: There is ample space in the dining room and workshops will be limited to 16 people per workshop. Hand sanitizers are provided by the center. If you would like to take food out of the dining hall, the center provides to go boxes. Masks are allowed. The center does not provide them so bring your own. When all of us are gathered in the Assembly Hall there is more than 3 feet of space between people and less than six feet.

We look forward to meeting you at the retreat!

Questions? Contact registrar@piedmontintergroup.org or call Alice at 919-247-1338

Retreat Packing List Suggestions

- ✓ Arms for hugging, Lots of Love
- ✓ An Open Mind, Gratitude for all that we have been given!
- ✓ Patience and Tolerance for your roomies and partners in recovery
- ✓ A Huge Sense of Humor
- ✓ Courage to ask for help if you can't hear or can't find what you need

Self and other Care

- ✓ Make up Removal Wipes (Christmount charges for stained towels, paper towels are useful to avoid personal charges)
- ✓ Toiletries (shampoo and toothpaste are not provided by Christmount. Hand soap is provided) Linens and towels are provided by the facility.
- ✓ Sunscreen
- ✓ Hair Dryer
- ✓ **Cash or checks** to purchase literature, gifts to the kitchen and camp staff. We won't be processing credit cards at the retreat.
- ✓ Masks to prevent transmission or inhalation of germs, pollen, etc.
- ✓ Hand sanitizers (Christmount provides bottles at key location)
- ✓ Flashlight for late night, early morning walks, peeing in the middle of the night with a roomie
- ✓ Water Bottle. Bottled water is available for sale at the Christmount Gift Shop.
- ✓ K Cups for self service, single cup hot beverages (coffee, tea)
- ✓ Bug Spray
- ✓ Noise Muffling Devices (strongly suggested if you are bothered by noise) (e.g., fans, white noise machines, earplugs)
- ✓ Herbal Teas if desired
- ✓ Food needed not supplied in menu
- ✓ Glasses if needed
- ✓ Hearing Aids if needed

Clothing

- ✓ Clothing appropriate for the season. We never know whether HP will provide rain or sun, heat or cold.
- ✓ Extra clothes that can get wet or dirty
- ✓ Warm Jacket,
- ✓ Rain Jacket
- ✓ Undergarments
- ✓ Play clothes
- ✓ Accessories
- ✓ Tennis Shoes,
- ✓ Hiking Boots
- ✓ Hat
- ✓ Back Pack
- ✓ Optional bag of clothing, accessories to share at Clothing Blessings

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Recovery Materials

- ✓ Your Journal
- ✓ A list of defects, beliefs, habits you would like to release on paper that can be thrown into the fire on Saturday night
- ✓ Optional OA Literature: OA 12&12, Alcoholic Anonymous (aka Big Book), Voices of Recovery, For Today, Body Image, Relationships, and Sexuality: Personal Journeys to Recovery in Overeaters Anonymous, Seeking the Spiritual Path, Abstinence, A Taste of lifeline, Recovery from Relapse. (No literature is required.)---

For Fun (art supplies will be provided)

- ✓ Note cards to express support and appreciation during the retreat
- ✓ Yoga mat in case you want to stretch out on the floor
- ✓ Musical Instruments especially drums. Drum Circle planned. Guitars, music and voice welcome for fire circle Saturday night.
- ✓ Pickle ball and/or ping pong equipment.(Limited supplies available at center)
- ✓ Board Games to share during free time
- ✓ Clothing and Accessories to donate to the Clothing Blessings Shop

Clothing Blessings Shop

We will be sharing loved clothing and accessories with each other at the retreat. Please bring 1 bag or less of clothing and accessories in great condition to share with others. Please label the sizes of the clothing. No shoes. Accessories could be jewelry, scarves, hats, belts. There is no size limit on the bag. If you have mixed sizes of clothing put all the clothing of the same size in a small bag that goes into a larger bag and label the size on the bag.

Our clothing shop will be set up in the dining room and organized by size. We plan to have a table for men to share clothing also. There will be a clothing rack for coats and dresses.

The shop will be open from 4 – 7 on Friday, during meals and during the Saturday afternoon break. If there are any donated items left over after the retreat, they will be donated to a charity. Talk to Vickie if you would like to help bless others with the left over donated items.

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Schedule

All activities are subject to change and are all optional. Choose what you like and leave the rest. This is a retreat for you. Any changes to the schedule or venues will be announced and written on the white board in the Assembly Hall during the retreat.

There are three times when you get to choose one of three simultaneous workshops and there are multiple ways to play on Saturday afternoon.

Friday, September 22, 2023	
Relationships: The Heart of OA Recovery	
3:30 – 5:30	Registration (Main Lobby)
4:00 – 6:00	Meet and Greet (Covered Porch)
4:30 - 5:15	Set Aside Meditation Meeting (Assembly Hall)
5:30 - 6:00	Dancing in Relationships (Assembly Hall)
6:15 - 7:15	Dinner (Dining Hall)
7:20 - 9:20	Evening Program (Assembly Hall)
7:20 - 7:35	Welcome / Readings/ Serenity Prayer
7:35 - 8:00	Relationships Meditation and Game
8:00 - 8:15	Break
8:15 - 8:45	Speaker shares their OA story
8:45 - 9:15	Open Sharing / Closing OA Promise
9:15 - 9:30	Break
9:30 – 10:30	Night Owl's Meeting (Assembly Hall)

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Saturday, September 23, 2023	
Relationships: The Heart of OA Recovery	
7:00 - 7:45	Early Morning Meditation Meeting (Assembly Hall)
7:50 - 8:00	Dancing in Relationships (Assembly Hall)
8:00 - 8:45	Breakfast (Dining Hall)
9:00 - 12:00	Morning Program (Assembly Hall)
9:00 - 9:10	Readings / Announcements / Serenity Prayer
9:10 - 9:40	Speaker: The Importance of Unity, Trust, and Identity in Relationships
9:40 - 10:00	Open Shares / OA Promise
10:00 - 10:15	Meet the Workshop Leaders
10:15 - 10:30	Break
10:30 - 11:50	Saturday Morning Workshops (Choose 1 of 3)
12:00 - 12:25	Speaker: Fostering Growth with Autonomy, Purpose and Solidarity
12:25 - 12:40	Open shares OA Promise
12:45 - 1:45	Lunch (Dining Hall)
1:45 - 5:00	FreeTime - Enjoying HP's gifts (Facilitated Options Listed Below)
1:45 - 4:45	Looking at relationships through art (Meeting Room 1)
1:45 - 4:45	Clothing Blessings / Literature Shopping
1:45 - 3:15	Nature Hike (Mountain Trails)
3:30 - 4:15	Drum Circle (Gazebo)
4:20 - 4:50	Dancing in Relationships (Assembly Hall)
5:00 - 6:00	Afternoon Program
5:00 - 6:00	Saturday Afternoon Workshops (Choose 1 of 3)
6:15 - 7:15	Dinner (Dining Hall)
7:20 - 8:20	Evening Program (Assembly Hall)
7:20 - 7:30	Announcements/ Reading / Serenity Prayer
7:30 - 8:00	Speaker: It's All About Balance, Delegation, Responsibility, and Ability
8:00 - 8:20	Open Shares / OA Promise
8:20 - 8:30	Travel to Fire Circle
8:30 - 9:25	Firelight Fellowship (Fire circle by Baseball Field)
9:30 - 10:30	Night Owl Meeting (Assembly Hall or Fire Circle)

I also get to be more intimate with the person I love, and I get to live with much less anxiety and fear about not being accepted. The Tools of the program have allowed me to nurture and maintain a long-term relationship through many ups and downs and life changes. I highly doubt that I would still be today with the man who, in recovery, became my husband, if I didn't have my OA program and all I have learned by continuing to work it. I know I will always need the Tools and Steps to keep what I have today. (Body Image Relationships and Sexuality, find Long-lasting love, 46)

Sunday, September 24, 2023	
Relationships: The Heart of OA Recovery	
7:00 - 7:45	Early Bird Meditation Meeting (Assembly Hall)
7:50 - 8:00	Dancing in Relationships Assembly Hall)
8:00 - 8:45	Breakfast (Dining Hall)
8:45 - 9:30	Pack, Load Vehicles, Check out of Rooms
9:30 - 12:00	Morning Program (Assembly Hall)
9:30 - 9:45	Announcements / Serenity Prayer
9:50 - 10:50	Sunday Morning Workshops (Pick 1 of 3)
10:50 - 11:00	Break
11:00 - 11:20	Speaker: Using Spirituality, Neutrality, Clarity and Humility to Guide Our Relationships
11:20 - 11:40	Open Shares / OA Promise
11:40 - 12:00	Closing Ceremony

Please fill out the survey in your folder and place it on the checkout table or fill it out online for the next retreat before you leave.

If you are able, plan on meeting for lunch at a restaurant in Black Mountain on your way home for more fellowship.

Registration, Literature, Clothing Blessings, Check-in/Out

Registration – The registration desk will be set up in the front lobby. You will receive your room key, a folder, a survey to complete before you leave, maps of the area and friendly smiles from the volunteers.

You will be able to purchase literature and select items from the Clothing Blessings Shop in the dining hall during meal times, free time Friday and Saturday afternoon. Clothing is free and donated. Literature sales are cash or check only.

Late Arrivals

If you plan on arriving after 5:30 please let Alice or Linda know before September 22rd. If you responded to the questionnaire with your arrival time, we got it. If HP changes your plans and you arrive unexpectedly after 5:30 PM on Friday please text Linda at 513-763-0604 or Lindsay at 909-938-8702 to get your room key, packet, name tag, a welcome and important information.

Checkout and Clean up – Please check out of your room by 11 am on Sunday in order to give the housekeeping staff time to clean before the next group. Deposit your keys in the basket provided in the assembly hall and check your name off on the key return sheet. Return the completed survey. The retreat ends at noon! Thanks to the volunteers who will help clean up assembly hall between noon and 1 PM. We need to leave the Retreat Center by 1 pm.

Workshop Descriptions

Dancing in Relationships

Friday Sessions 5:30 - 6:00 PM

Saturday Sessions 7:50 - 8:00 AM, 4:20- 4:50 PM

Sunday Session 7:50 - 8:00 AM

This is a multi-part mini workshop offered as an optional activity that uses short readings from OA literature on relationships and popular music to move together. We may also do some movement activities to facilitate relationships such as mirroring each other. You can join any, some or all of the sessions to share in the gift of movement with your fellows in recovery. Movement can be as simple as sitting with eyes closed and allowing the music to connect to your felt experience of relationships or as wild as you want and can move safely in the space. The intention of this activity is to give us a safe space to enjoy moving our bodies in a loving and accepting environment. Another goal of this activity is to honor our body's inherent need to move and refresh ourselves during the weekend. The music selected may not represent your experience of relationships and does not represent OA as a whole. Dancing to music is an accepted activity at OA events.

Saturday Morning Workshops

10:30 - 11:50 Noon (80 minutes)

Enlarging your relationship with HP

Ever wonder why you sometimes become unplugged or fumble with your communication with HP? Want to dig deeper with enlarging your spiritual connection? Together, in small groups and individually, we will look at false narratives and the truth that HP says about us as well as participating in written two-way prayer. The goal of this workshop is to leave this retreat with a personal road map that will grow your personal relationship with your personal HP who loves you so much and who desires for you to live free of compulsive eating and compulsive eating behaviors. Literature used in this session include OA's Seeking a Spiritual Path Book and AA's The Big Book of Alcoholics Anonymous. (Porch near Fireside Lounge)

Exploring your relationship with other people.

In this workshop we will look at how working the 12 steps and hearing the experience of others in OA literature and the group assists us in creating more harmonious, loving relationships with others and helps us live without eating compulsively. We will review how a foundation in Steps 0 and 1, then 2 and 3, then 4 and 5, and finally 6 and 7 are vital to create relationships that are built in Steps 8 and 9, with maintenance of those relationships in Step 10. We will learn what our literature says can happen to us if we choose to live with defective relationships in our lives. We will hear stories of others about how our relationships become healthier as we become healthier. We will see the many ramifications of the slogan, “You spot it, you got it” as it applies to our relationships with others. Time will be reserved for questions of the group and open sharing. (Assembly Hall)

Connecting our Environment to our Expectations

In this workshop we will look at the power to change our relationships by changing our attitudes and expectations. Are we living in an environment of fear or resentment or are we practicing seeing the world and people in it with love and gratitude? What are the glasses we wear to see the world around us? We may read from For Today on Geographic Cure, March 6th, July 5th. AA Big Book, Acceptance is the Answer, VOR p. 100, p. 66, Life Line. Energy, Plain and Simple.” (Gazebo by Dining Hall)

So many miraculous things are happening to me. I have many friends who accept and love me as I am, and I enjoy going out and socializing with them. I am in a wonderful, loving relationship and am even able to study a challenging degree at university. I no longer suffer continuous depression and embarrassment about who I am. I am grateful to this wonderful program for saving my life. I encourage anyone who has an eating disorder, be it anorexia, bulimia, or overeating, to try OA because it really works—if you work it! (A Taste of Lifeline, I chose life)

Saturday Afternoon Workshops

5:00 – 6:00 PM (60 Minutes)

Relating to Time

In this workshop we will look at our relationship to time and how it affects our recovery from compulsive eating. Instead of procrastinating (waiting to be happy after achieving a goal weight or after) we learn to live just for today. We clean up the past and learn patience waiting for intuitive guidance. We discover that daily repetition of actions bring us recovery, what needs prompt action, how to wait for direction, how to continue taking inventory, seeking to improve our conscious contact. The literature has suggestions on what to do upon awakening and upon retiring and when agitated. We look at the difference a sense of urgency (usually self will) and HP's time. We may meditate, write, read the following stories Abstinence: Finding the Balance, For Today, February 9th (Fireside Lounge)

Befriending Your Body

In this workshop we will look at actions we can take to make right the harm we have done to our bodies by getting to know it. We may still our minds to feel our bodies. We may read and talk about stories from Body Image Book Reconnecting to My body, Working the 12 Steps on My Body Image, Embracing my body image , At Ease with my body, My God Box. (Assembly Hall)

Centering Our Relationships with Slogans

In this workshop we will get our creative juices flowing through journaling and an art project designed to help us strengthen our relationships with God, self, and others using OA slogans. We will also learn how to choose the best ones for our daily needs. We will receive a handout with dozens of OA slogans to choose from for the reminder we create to keep and apply to our lives to enhance our design for living. (Meeting Room 1)

Sunday Morning Workshops

9:50 - 10:50 AM (60 Minutes)

Creating Your Plan of Eating

One of the tools of OA is a Plan of eating. Sounds like a diet, doesn't it? Wrong. Your food is just a small part of it. Where do you eat? When do you eat? What people and situations lead you to eat? How can you change your responses to them? What can you do if your disease continues to whisper in your ear? Do you have an emergency plan? In this workshop, we'll look at ways to live abstinently with healthy eating behaviors. When you leave, you'll have your own new Plan of Eating. It works when you work it! (Meeting Room 1)

Loving You

In this workshop we hear how others practice self care, gentleness, kindness, self love, self acceptance. How they counter the voice of judgment, perfectionism, and shame (Should Have Already Mastered Everything). "We have learned that a complete willingness to make amends to ourselves and to forgive ourselves for past mistakes has been essential to our recovery. OA 12&12, p58-59 As we work the steps and become honest, we discover ourselves, we begin to forgive and love ourselves. This workshop looks at this process and the tools that help facilitate treating ourselves in a loving manner and what effect self love has on our relationships. During this workshop we may look at Step 4-6, steps 8-9. "When we face the guilt that truthfully tells us you made a mistake, we are freed of the shame that tells us We are a mistake". Possible readings include stories from Body Image, Relationships, and Sexuality: Accepting myself and others, Learning to Live with an Open Heart, VOR p.59, 213, 229, 242 New Beginnings Honesty, Trust and Action. (Fireside Lounge)

Leaning into and Becoming The Fellowship

In this workshop we will look at the power of the OA Fellowship and how it impacts all the relationships in our life. "I cherish my OA friends; because of them, all my relationships are improving." (For Today, September 1) (Assembly Hall)

My mom's apologies to me were another miracle that healed our relationship. Shortly after I'd made amends to her, she apologized for making many mistakes. She would do things differently and lovingly if she could raise me again. This was an unexpected apology. It helped heal me even more. She still apologizes to me from time to time when we talk about the old days. I tell her, "I know you did your best. I know you had a hard life. Everything is okay now." This is my miracle story. (A Taste of Lifeline, Amends for Mom)

Early Bird Meditation Meetings

Saturday, Sunday 7:00 – 7:45 AM (Assembly Hall)

The Saturday Early Bird meditation meeting will include a reading, meditation and sharing.

The Sunday Early Bird meeting will include meditation, a reading and sharing and the opportunity to hear the tones made by bowls.

Night Owl Meetings

Friday, Saturday 9:30 – 10:30 PM (Assembly Hall or Fire Circle)

The Friday night owl meeting will focus how our relationships have changed as a result of being in OA.

The Saturday night owl meeting will focus on how we have used traditions to guide our relationships.

Firelight Fellowship

Saturday 8:30 – 9:25 PM (Camp Fire by Baseball Field or Fireside Lounge if raining)

We will have the opportunity to sit together around a fire and burn anything like character defects or old habits of relating that interfere with living free of compulsive eating and compulsive food behaviors.

Free Time Options

Saturday 1:45 – 5:00 PM. Self led activities are not organized. You are welcome to organize a group to do any of the self led activities.

Looking at Relationships Through Art. (1:45-4:45) Join us in a supportive environment to focus on relationships by creating collage image cards and taking time to think about what each card tells you about yourself and your relationships. No requirements, no expectations. You might want to write a story related to each card, or just enjoy the color. If you'd rather, coloring pages will also be available in addition to the coloring page in your welcome card.

Nature Walk: (1:45 – 3:15) Join us for an amble on one of Christmount's lovely trails. An unhurried pace invites us to appreciate our surroundings and notice how nature is responding to this season of change. The guide is an experienced hiker/naturalist. Estimated length 90 minutes. Easy with a few moderate ups and downs.

Shop (Cafeteria) (1:45-4:45) Browse and take what you like from the free Clothing Blessings Shop. Peruse and purchase literature.

Drum Circle: (3:30 – 4:15) Experience making the sound of a heart beat, body percussion and adding sound to an underlying rhythm with others.

Dancing in Relationship Workshop (4:20 – 4:50)

Labyrinth Walking: (self led) Christmount has a labyrinth for meditative walks.

Hiking. (self led) The center has trails and maps are provided in your packet..

Board Games (Library) (self led) Some games will be provided for those that enjoy this activity. Bring your own games and organize a group.

Pickle Ball/ Ping Pong– (self led) Use the racquets and balls provided by Christmount or bring your own. Equipment is located in closet of Assembly Hall. Please self-check in/ out on clipboard in closet. Sign up on the retreat board to reserve a court during the retreat.

Fellowship – (Self led) do step work with each other, share strength, experience and hope

Your Choice – (self led) Nap! write letters to each other, to HP, reflect, prepare to release defects in the fire ceremony, work on steps, read, meditate, whatever!

Food Menu

FRIDAY DINNER \$17 per person

Baked Chicken Breasts and Thighs

Quinoa (no oil or butter or salt added. Spices are ok)

Broccoli Steamed (No oil, butter or salt; added. Spices are ok)

Steamed Carrots (No butter, oil, or salt added).

Pinto Beans (Spices ok, NO salt, oil, or butter)

Vegetable Soup WITHOUT pasta or potatoes, corn or rice. Beans OK

Tofu , Hummus

Peanut butter (Natural) NO sugar, salt or oil added

Salad Bar Green salad. On the side -nuts (raw almonds, sesame seeds, hardboiled eggs, red peppers, onions, cheese, parsley, cucumbers, carrots, tomatoes chopped kale, oil and Balsamic vinegar, sugar free dressing,

Butter, Soy based Margarine / Nut butters

Fresh Fruit

Sugar Free Lemonade, Sugarless Iced Tea

Herbal Tea, Decaf Tea, Regular Coffee,

Decaf Coffee, Water, Unsweetened Almond Milk, Skim Milk, Artificial Sweetener (stevia plus any other type)

SATURDAY BREAKFAST \$11 per person

Scrambled Eggs

Turkey Sausage and Turkey Bacon (no sugar)

Plain Sugar Free Yogurt

Plain Sugar Free Nut milk yogurt (almond or coconut based yogurt)

Gluten Free Oatmeal (not packaged, cooked in a pot only with water only

Walnuts, raw almonds available on the bar

Tofu

Cooked Vegetables (Broccoli and Kale)

Fresh Blueberries, strawberries, bananas, oranges and apples

Sugar Free Grits

Whole Wheat Toast , Gluten free toast

Butter, Soy Based Butter/Margarine (On the bar, Please do not add to any food)

Fresh Fruit

100% Fruit Juices, Orange and Grapefruit juice-Herbal Tea, Decaf Tea,

Decaf Coffee, Regular Coffee, Water, Unsweetened Almond Milk

Skim Milk, Artificial Sweetener (stevia plus any other type)

SATURDAY LUNCH \$14 per person

Sliced Turkey, Sliced Cheese

Water Packed Tuna-Mayonnaise on the Side

Peanut Butter (natural ground peanuts, no sugar or other additives)

Salad Bar (should include nuts (RW almonds, sesame seeds, hardboiled eggs, greens, onions, ok to have cheese on side, oil, Balsamic vinegar, sugar free dressing, cucumbers, carrots, tomatoes)

Lettuce Leaves for wraps for those who do not eat breads

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Vegetable Soup (only vegetables such as greens, summer squash zucchini, tomatoes, carrots, and onions (no corn, no potatoes, no noodles or rice) Beans OK
Whole Wheat Bread, Gluten free bread
Tofu
Butter, Soy based Margarine Regular and Fat Free Mayonnaise and Mustard
Fresh Fruit
Sugar Free Lemonade, Sugarless Iced Tea (Herbal & Decaf), Coffee (Regular & Decaf), Water, Skim Milk, Artificial Sweetener (stevia plus any other type), Unsweetened Almond Milk

SATURDAY DINNER \$18 per person

Salmon (Steamed Fish)
Baked Potato
Baked Sweet Potato
Vegetable soup, no pasta, rice, or potatoes. Beans Ok
Steamed Vegetables (Kale, summer squash NO oil or butter
Salad Bar (should include nuts (raw almonds, sesame seeds, sunflower seeds, walnuts, hardboiled eggs, greens, onions, ok to have cheese on side, oil, vinegar, sugar free dressing, cucumbers, carrots, tomatoes, chopped kale)
Black Beans, Plain
Tofu
Shredded Cheese on side
Butter, Soy based Margarine/Butter
Fresh Fruit
Sugar Free Lemonade, Sugarless Iced Tea,
Herbal Tea, Decaf Tea, Decaf Coffee, Regular
Coffee, Water, Skim Milk, Artificial Sweetener (stevia plus any other type) , Unsweetened Almond Milk

SUNDAY BREAKFAST \$12 per person

Scrambled Eggs
Turkey Sausage & Turkey Bacon (sugar free)
Plain Sugar Free Yogurt
Sugar Free Grits
Gluten Free Oatmeal (not packaged, cooked in a pot with water only)
Walnuts, raw almonds
Tofu
Peanut Butter NO Salt, sugar or oil
Blueberries, strawberries, bananas and other fresh fruit.
Butter, Soy based Margarine
100% Fruit Juice, orange and grapefruit, Herbal Tea, Decaf Tea,
Decaf Coffee, Reg. Coffee, Water,
Skim Milk, Unsweetened Almond Milk, Artificial Sweetener (stevia plus any other type)

We have requested that all foods be sugar free, be baked or steamed, ingredients listed, without artificial sweeteners, prepared to avoid gluten contamination, beans prepared without meat.