

**2024 Mountain of Miracles Retreat  
Illuminating the Spiritual Journey  
in Steps 6 - 9  
Sept 20 - 22, 2024**



**Welcome to the 2024 Mountain of Miracles Fall Retreat  
Sponsored by the Overeaters Anonymous Piedmont Intergroup  
at Christmount, 222 Fern Way, Black Mountain, NC 28711  
Friday September 20, 3:00 PM through Sunday September 22, Noon**

We are delighted you will be joining us in the beautiful North Carolina mountains for a weekend of recovery and fellowship. Please read the information in this packet carefully. Christmount asks that we arrive after 1 PM on Friday. Registration opens at 3:00 PM. Although you are welcome to come early, rooms will not be available prior to 3 pm.

On Sunday we need to check out of our rooms and drop the keys in the basket in Conference Room B by 11:00 am. Our closing ceremony ends at noon on Sunday afternoon and we need to leave campus before 1PM.

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

**The Christmount Office** is open from 8-5 PM, 828-669-8977. After 5 pm: Christmount Emergency Number is 828-669-8219.

**Internet Service / WIFI** Christmount Guest Pw: blessings

**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. Head to the front lobby of the Guest House to check in (look for the awning on the front of the building.)

We are staying in [Guest House Lodging \(christmount.org\)](http://christmount.org) . Click the link to see a picture of the facility. [Retreat Center Map](#) on page 5 of the packet.

**Cell Phone coverage** may be spotty depending on your provider and location on the Christmount Campus.

**Covid Precautions:** There will be ample room in the meeting rooms and the dining hall. If you are more comfortable wearing a mask as a precaution, please bring your own to the retreat. If you would like to take food out of the dining hall, the center will provide togo boxes.

**Reminder:** As we did last year, in an effort to conserve the environment and to reduce financial costs, we will be going paperless with the exception of a printed copy of the retreat schedule placed in your welcome bag. Please print out any additional information you would like to bring from the packet or consider using an electronic device.

The Piedmont Intergroup services the Greater Metro Charlotte NC area with in person and virtual meetings.

If you have any questions, please contact Alice at 919-247-1338 or Carol G at 414-322-7645.

We look forward to meeting you at the retreat!



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## 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

### Self and other Care

- ✓ Make up removal wipes (Christmount charges if towels or bed sheets become soiled.)
- ✓ Toiletries
- ✓ Sunscreen
- ✓ Hair dryer
- ✓ **Cash or checks** to purchase literature,. . We won't be able to process credit cards at the retreat.
- ✓ Masks to prevent transmission or inhalation of germs, pollen, etc.
- ✓ Hand sanitizers (Christmount provides bottles at key location)
- ✓ Travel mug or water bottle
- ✓ Bug spray
- ✓ Noise muffling devices if you are bothered by noise (e.g., fans, white noise machines, earplugs)
- ✓ Portable air purifier if you have one and if you find it will help with noise and damp odors.
- ✓ A throw blanket for extra comfort.

### 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
- ✓ Tennis shoes
- ✓ Hiking boots
- ✓ Hat
- ✓ Back pack

### For Fun

- ✓ Note cards to express support and appreciation during the retreat
- ✓ Yoga mat in case you want to stretch out on the floor
- ✓ Musical Instruments
- ✓ Board Games to share

## Clothing Blessings Shop Donations

We will be sharing previously loved clothing and accessories with each other at the retreat. If you are able, please bring a bag 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.



## Registration, Literature, Check-in/Out

### Registration

The registration desk will be set up in the front lobby. You will receive your room key, a welcome bag, a survey to complete before you leave, maps of the area and friendly smiles from the volunteers. You will be able to purchase literature when you register and throughout the retreat.

If you plan on arriving after 5:30, please notify Alice at 919-247-1338 or Carol G at 414-322-7645 before September 20th. If your plans change and you arrive unexpectedly after 5:30 PM on Friday please text Alice or Carol G at the numbers listed above.

### 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 Conference Room 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 the Conference Room between noon and 1 PM. We need to leave the Retreat Center by 1pm.

## Coffee

In addition to the beverages in the dining hall, there will be a Bunn Coffee maker in the upstairs lobby accessible 24/7. Coffee will be available in the downstairs lobby during office hours 8 am - 5 pm. Although Christmount has coffee mugs available to use, you might consider bringing a coffee travel mug to bring for convenience.

**The Clothing Blessing Shop and Literature Table** will be open from 4 – 7 on Friday, during meals and during the Saturday afternoon break.

### Clothing Blessings Shop

We will be sharing previously loved men and women's loved clothing and accessories at the retreat. Our clothing shop will be set up in the dining room and organized by size.

### Literature Table

We will have literature for sale during the retreat. **Cash or check only.** Please let us know if you have any specific requests.

## Activity additional information

### Firelight Fellowship - Saturday 8:30 – 9:25 pm

We will have the opportunity to sing a few fun songs around a fireplace, have fun and, if you'd like, burn anything such as character defects or old habits you'd like to release into the fire.

### Dancing on the Journey

#### Friday 4:00 - 4:40 pm, Saturday 3:30 - 4:15 pm and Sunday 7:50 - 8:00 am (Conference Room B)

Dancing on the Journey workshop is an optional activity where we will do sense foraging, dance with each other, experience the mystery and wonder of our bodies in a safe, loving and accepting environment. You are welcome to join any session and to move as much or as little as you want. We will have the chance to create a movement phrase as a physical representation of the spiritual qualities being birthed in you now.



## Retreat Center Map

Christmount

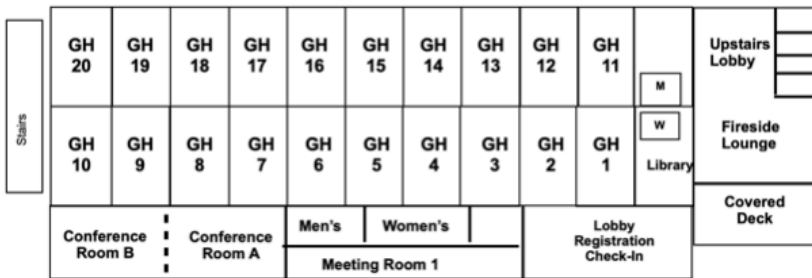
222 Fern Way, Black Mountain, NC 28711; Office: 828-669-8977

For retreat questions, please contact: Alice at 919-247-1338 or Carol G at 414-322-7645

**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. Head to the front lobby of the Guest House to check in (look for the awning on the front of the building.)

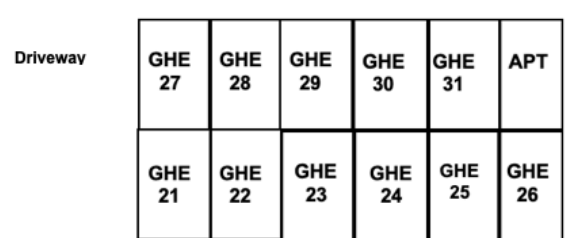


Parking in back for upper rooms



Parking

Parking in back for upper rooms



Gazebo





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**Retreat Schedule**

All activities are subject to change and are optional. Any changes to the schedule or meeting location will be announced and available on the white board in the Conference Room.

**Workshops:** During the retreat, there will be 4 workshop sessions. Each session will include 3 workshops that will run concurrently. Space is limited for each workshop, please fill out the [Workshop Selection Form](#) to designate your workshop preference. Assignments will be based on a first come, first served basis.

<b>Friday, September 20, 2024</b>		
<b>3:00 - 5:00 pm Registration and Welcome Activities</b>		
3:00 – 5:00 pm 3:00 – 4:50 pm 4:00 – 4:40 pm	Registration Hospitality Rock and Talk Dancing on the Journey	Front Lobby Covered Porch Conference Room B
<b>5:00 - 6:10 pm Friday Afternoon Workshops focus on Illuminating the Spiritual Journey - What is ahead and why travel?</b>		
<b>1 <u>Illuminating the Spiritual Journey - Meditation</u></b> Spend time in meditation while the facilitator plays the singing bowls to prepare for weekend’s dive into steps 6-9 and you have an opportunity to share your experience with the meditation.		Conference Room B
<b>2 <u>Preparing for the Journey - Reviewing Step 4 with Courage</u></b> We will look at our obstacles (defenses) like harms, resentments, anger and fears that block us from the sunlight of the spirit.		Meeting Room 1
<b>3 <u>Illuminating the Spiritual Journey - From Willfulness To Willingness</u></b> Not sure you are ready to change, can’t see yourself any other way? Looking for hope and willingness to be willing? Learn what other OA members have done.		Conference Room A
<b>6:15 - 7:15 pm Dinner</b>		<b>Dining Hall</b>
<b>Evening Program</b>		
7:20 - 7:35 pm 7:35 - 8:00 pm 8:00 - 8:45 pm 8:45 - 9:15 pm 9:15 - 9:30 pm 9:30 -10:30 pm	Welcome / Readings/ Serenity Prayer Ice Breaker activities Speaker shares their OA story Open Sharing / Closing OA Promise Break Night Owl’s Meeting - What is your current location on the spiritual journey?	Conference Room A ↓ ↓ ↓ Conference Room A

Saturday, September 21, 2024		
5:30 am 7:00 - 7:45 am	Early Morning Campfire Early Bird Meeting - Meditation in Motion, yoga, mats	Fire pit Conference Room A
<b>8:00 - 9:00 am</b>	<b>Breakfast</b>	<b>Dining Hall</b>
<b>Morning Program</b>		
9:10 - 9:20 am 9:20 - 9:50 am 9:50 - 10:10 am 10:10 - 10:20 am	Readings / Announcements / Serenity Prayer Speaker: Step 6 & 7 Open Shares / OA Promise Break	Conference Room A ↓ ↓
<b>10:20 - 11:40 am</b>	<b>Saturday Morning Workshops focus on Steps 6 &amp; 7</b>	
<b>1 Perspectives on the Spiritual Journey</b> Panelists share their spiritual journey with Steps 6-7 followed by an exercise and sharing. <b>2 Understand the Obstacles on our Path to Recovery and Seeking Spiritual Guidance</b> We will recognize and identify some of the specific roadblocks that may be limiting your recovery. Learn how the OA program and Tools overcome obstacles on your personal road to recovery. <b>3 Think It, Do It: Surrender While “Acting as If”</b> Imagine life without your negative character traits. Our program suggests that we “act as if” the defects have been removed. We will discuss tips on how to become conscious of current behavior, focusing on the connection between humility and faith by living in the principles.		Meeting Room 1 Conference Room A Conference Room B
<b>11:45 - 12:30 pm</b>	<b>Saturday Morning Speaker Session</b>	
11:45 - 12:15 12:15 - 12:25	Speaker: Step 8 Open Shares / OA Promise	Conference Room A ↓
<b>12:30 - 1:30 pm</b>	<b>Lunch</b>	<b>Dining Hall</b>
<b>1:30 - 4:50 pm</b>	<b>Free Time</b>	
Drop in Creative Activity - celebrate recovery through making inspiration bracelets (1:45 - 4 pm) Dancing on the Journey (3:30 - 4:15 pm) Discussion Circle (4:20 - 4:50) Other possibilities: Board Games, Hiking, walking the Labyrinth, Clothing Blessings, Literature		Meeting Room 1 Conference Room B Covered Porch
<b>5:00 - 6:10 pm</b>	<b>Saturday Afternoon Workshops focus on Step 8</b>	
<b>1 Preparing to Leave Our Baggage Behind:</b> A gentle way to prepare for the 9th step. <b>2 The Domino Effect - Harm and Healing.</b> Examining the effects of your behavior on yourself and others.; a step toward freedom. A simple technique for examination followed by a small group exercise and sharing. <b>3 Getting a Mountain Top View</b> Imagine a life with the best possible relationships with self, Higher Power and others by learning to live according to spiritual principles in the present and amend the past.		Conference Room A Meeting Room 1 Conference Room B
<b>6:15 - 7:15 pm</b>	<b>Dinner</b>	<b>Dining Hall</b>
<b>Evening Program</b>		
7:20 - 7:30 pm 7:30 - 8:00 pm 8:00 - 8:15 pm 8:15 - 8:30 pm 8:30 - 9:25 pm 9:30 - 10:30 pm	Announcements / Readings/ Serenity Prayer Speaker: Step 9 Open Sharing / Closing OA Promise Travel to Fire Circle <b>Firelight Fellowship</b> <b>Night Owl Meeting:</b> Tools as Guides on the Journey	Conference Room A ↓ ↓ Fire Pit Conference Room A

Sunday, September 22, 2024		
7:00 - 7:45 am	<b>Early Bird Meeting:</b> - Meditation	Meet in front of the lobby
7:50 - 8:00 am	<b>Dancing on the Journey</b>	Conference Room B
<b>8:00 - 9:00 am</b>	<b>Breakfast</b>	<b>Dining Hall</b>
9:00 - 9:30 am	Pack, Load Vehicles, Check out of Rooms	
<b>9:50 - 10:50 pm</b>	<b>Sunday Morning Workshops focus on Step 9</b>	
1	<b><u>Amends - Our highway to Love.</u></b> First, do no harm. Amends are for us. We can't do it alone. Clearing away Our wreckage.	Conference Room A
2	<b><u>After A Trip – Stories of life after amends.</u></b>	Conference Room B
3	<b><u>New Vistas : Making Amends to Ourselves – Seeing ourselves with acceptance and joy.</u></b> Learn ways to release self-condemnation and shame narratives so we may embrace self-acceptance and joy. A variety of methods will be offered for personal exploration, so you can choose the one best suited to your preferences. Time will be set aside for short voluntary shares after the activity time, so we may all benefit from your experience, strength, and hope!	Meeting Room 1
<b>10:50 - 11:00 am</b>	<b>Break</b>	
<b>11:00 - Noon</b>	<b>Sunday Morning Wrap-up</b>	
11:00 - 11:20 am	Wrap up activity - Building Community	Conference Room A
11:10 - 11:40 am	Open Shares & OA Promise	↓
11:40 - noon	Closing Ceremony	↓
Noon - 1 pm	Clean-up and exit retreat center	
<b>If you are able, plan on meeting for lunch at a restaurant in Black Mountain on your way home from the retreat for more fellowship.</b>		



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## Retreat Meal Menu

Chef Ryan will prepare our meals with no sugar and no butter, only minimal salt, olive oil, garlic, onion and herbs. Thank you for indicating on your registration any dietary restrictions so that your meal can be specially prepared. We will also be providing vegan meals for those that have indicated the same on their registration. Ingredients of each dish will be posted.

### Friday, September 20

**DINNER** (\$17 per person) **6:15 - 7:15 pm**

**A Fajita Bar includes** (fajita seasoning will not include sugar or flour)

- \*soft tortillas both corn & flour
- \*individual warm containers of shredded chicken, black beans, sauteed green peppers & onions and brown rice
- \* Individual cold containers of shredded lettuce, diced tomatoes, sliced avocados, shredded cheese, sour cream and salsa (salsa must be free of sugar or sugar substitutes)

**A full salad bar** with various raw vegetables, raw almonds, sesame seeds, hard boiled eggs, balsamic vinegar and olive oil, sugar-free dressing. Plus a bowl of individual fruit and/or any berries, sliced melon or pineapple.... No sugar added.

**Drinks include** sugarless black iced tea, sugar-free lemonade, black tea bags, herbal tea bags, & regular coffee, decaf coffee, water, half n half, artificial sweeteners such as stevia etc

### Saturday, September 21

**BREAKFAST** (\$11 per person) **8:00 - 9:00 am**

Hot food includes:

- \*Scrambled eggs
- \*Tofu
- \*Turkey sausage and turkey bacon, no sugar
- \*Gluten-free steel cut or long cooking oatmeal, not packaged and cooked in a pot only with water
- \*Grits (plain)

**Cold food includes:**

- \*shredded cheese
- \*salsa
- \*Plain yogurt (no sugar)
- \*Crushed raw walnuts
- \*Raisins, plain
- \*Sugar-free maple syrup
- \*Bananas, apples and oranges
- \*Any fresh fruit such as berries, melon (no sugar added)
- \*Whole wheat and gluten-free bread for toast
- \*Peanut butter, plain (just crushed peanuts)
- \*Almond butter, plain (just crushed almonds)
- \*Butter
- \*Soy-based butter/ margarine

**Drinks include** 100% orange & grapefruit juice, regular coffee, decaf coffee, black tea bags, herbal tea bags, half and half, water, artificial sweeteners such as stevia etc.

## Saturday, September 21 continued

### **LUNCH** (\$14 per person) 12:30 - 1:30 pm

Homemade soups include \*Lentil soup (vegan & gf friendly) (no corn, potatoes or rice added) \*Vegetable soup (vegan & gf friendly) (no corn, potatoes or rice added) \*Fresh chicken & brown rice in separate containers for optional addition to soup \*Oyster/soup crackers & gluten free crackers, no sugar

**A full salad bar** with various raw vegetables, raw almonds, sesame seeds, hard boiled eggs, balsamic vinegar and olive oil, sugar-free dressing. Plus a bowl of individual fruit and/or any berries, sliced melon or pineapple.... No sugar added.

Drinks include sugarless black iced tea, sugar-free lemonade, black tea bags, herbal tea bags, & regular coffee, decaf coffee, water, half n half, artificial sweeteners such as stevia etc.

### **DINNER** (\$17 per person) 6:15 - 7:15 pm

Hot food includes: \*Salmon (steamed or grilled) \*Baked potatoes \*Baked sweet potatoes \*Tofu \*Black beans, no sugar \*Steamed vegetables (variety of seasonal vegetables such as squash, zucchini, mushrooms, onions, kale or spinach)

Cold food Includes: A full salad bar with various raw vegetables, raw almonds, sesame seeds, hard boiled eggs, balsamic vinegar and olive oil, sugar-free dressing. Plus a bowl of individual fruit and/or any berries, sliced melon or pineapple.... No sugar added.

**Drinks include** sugarless black iced tea, sugar-free lemonade, black tea bags, herbal tea bags, & regular coffee, decaf coffee, water, half n half, artificial sweeteners such as stevia etc.

## Sunday, September 22

### **BREAKFAST** (\$11 per person) 8:00 - 9:00 am

Hot food includes \* Baked frittata (eggs, vegetables, no cheese) \*Tofu \*Turkey sausage & turkey bacon, no sugar \*Gluten-free steel cut or long cooking oatmeal, not packaged and cooked in a pot only with water \*Grits (plain)

Cold food includes: \*shredded cheese \*salsa \*Plain yogurt (no sugar) \* Crushed raw walnuts \*Raisins, plain \*Sugar-free maple syrup \* Bananas, apples and oranges \* Any fresh fruit such as berries, melon (no sugar added) \*Whole wheat and gluten-free bread for toast \*Peanut butter, plain (just crushed peanuts) \*Almond butter, plain (just crushed almonds) \* Butter \* Soy-based butter/ margarine

Drinks include 100% orange & grapefruit juice, regular coffee, decaf coffee, black tea bags, herbal tea bags, half and half, water, artificial sweeteners such as stevia etc.