

GREATER NEW YORK INTERGROUP PRESENTS  
OUR FIRST ANNUAL

**S.L.A.A. Fall Retreat**  
**October 28-30, 2011**  
**Friday 4pm - Sunday 12pm**



**“TRANSFORMATION”**  
from pain to peace...suffering to serenity  
  
come enjoy:  
workshops, speakers, fellowship and fun!

The Incarnation Center - 253 Bushy Hill Road, Ivoryton, CT 06442  
Phone: 860-767-0848 directions: [www.incarnationcenter.org](http://www.incarnationcenter.org) and on back!  
More retreat information: [www.slaany.org](http://www.slaany.org)  
SLAA contact: Kara B, 773-343-9613, Nancy G, 201-456-4642, [INFO@SLAANY.ORG](mailto:INFO@SLAANY.ORG)  
\$150 Multiple Occupancy <> \$190 Single Occupancy  
Five Meals and Snacks Included: Friday Dinner through Sunday Breakfast  
Blankets, Sheets and Pillowcases provided. Shared Bathrooms/Showers.

Things to Bring: picture of you as a little child, extra snacks, earplugs, board games, talent show items, bathrobe (showers down hall), flippy floppies, guitars for bonfire sing-a-long, yoga mats, yoga clothes.

NOTE: Availability of singles is limited and on a first come-first served basis – based on postmark date.  
REGISTRATION DEADLINE: OCTOBER 12, 2011



Name (print clearly) \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ ST \_\_\_\_\_ ZIP \_\_\_\_\_  
E-Mail \_\_\_\_\_ Multi-room: \_\_\_\_\_ Single room: \_\_\_\_\_  
Roommate(s) Name(s) (optional) \_\_\_\_\_  
Special Dietary or Other Needs/Considerations: \_\_\_\_\_  
I want to do service: yes, as: \_\_\_\_\_ no thanks \_\_\_\_\_  
I would especially like to see focus on this topic: \_\_\_\_\_  
Need a ride? \_\_\_\_\_ Can provide a ride? \_\_\_\_\_  
Scholarship donation enclosed? Amount: \_\_\_\_\_ Scholarship requested? Amount: \_\_\_\_\_  
**Make Checks Payable to: GREATER NEW YORK INTERGROUP and Mail to: Fall Retreat, 247 New Street, Belleville, NJ 07109**

**Driving from New York City to Incarnation Center, Ivoryton, CT (near Essex, CT):**

Get onto I-95N via Cross Bronx Expressway (278). Take I-95 to Exit 64 to CT-145. Turn left onto CT-145/Hilltop. Continue onto S Main Street. Turn right onto West Ave. Continue straight onto N Main St. Turn right onto Pratt Street. Turn left onto Route 145. Drive 5 miles to blinking light; turn right onto Route 80. Drive ½ mile to stop light; turn right onto Westbrook Drive Road. Drive ½ mile to first left; turn left onto Bushy Hill Road. Drive 1 mile to Center's entrance on left side of road. Approximate driving time: 2.5 hours.\*

**Alternate route to Ivoryton in rush hour from NYC:**

Traffic frequently stalls completely in rush hour, for 1-2 hours. Avoid I-95 near Stamford between the hours of 5:00-7:30 pm on a weekday. Instead, take the Merritt Parkway N from NYC (Henry Hudson Parkway to Saw Mill Parkway to Merritt) to the Milford exit and then get on I-95N in Milford (about 1.5 to 2 hrs north of NYC). This will bypass the Stamford traffic. Follow the directions above from I-95 to get to the Incarnation Center.

**Travel by Metro-North Train:**

Grand Central Station to New Haven (\$14 one-way, off-peak (mid-day or weekend), and bought at station). That's a 1 hour and 40 minute journey. At New Haven, transfer to Shore Line East. Take 45-minute train to Old Saybrook (\$5.75 CASH ONLY). From Old Saybrook Train Station to Retreat Center: to be determined by transportation coordinator. Call us. Total travel time: app. 2 hrs, 25 mins.

*\*S.L.A.A. cannot be held liable for resentments as a result of confusing directions or unexpected traffic conditions. We are doing the best we can.*