

# Happy

# Joyous

# & FREE IN 2023!

## HOW-OA Retreat

### Details:

**When:** Friday, June 2 - Sunday, June 4, 2023  
Check in: 4-6 p.m. with dinner at 6 p.m. on Friday.

**Where:** Villa Maria del Mar, 21918 E Cliff Dr., Santa Cruz, CA  
**Note:** Facility requires proof of Covid-19 vaccination or negative Covid test within 48 hours and masking during the retreat.

**Cost:** \$330 for Double (shared); \$410 for Single Room  
Scholarships available.

**Food:** Six abstinent meals - dinner on Friday through lunch on Sunday.

**Things to do:** Welcome Reception, Speakers, Activities, FUN!

### Important Info

- Registration:**
- Registration opens on February 14, closes on April 24.
  - Register online at [how-oa.org](http://how-oa.org) or by mailing the form below to HOW-OA Retreat 2023, PO Box 311, Pittsburg, 94565.
  - Payment due at Registration unless applying for scholarship.
  - Payment can be made by check to address above or electronically via CashApp (\$HOWOANorcal), Venmo (@how-oa\_norcal), Zelle (ig.treasurer.norca@gmail.com) or PayPal (@HOWOANorcal).

- Scholarship Process:**
- 1) Register by March 15, indicating scholarship is needed.
  - 2) Scholarship form will be emailed to you. Return promptly.
  - 3) Scholarship approval by April 15.

If you have questions, you can call, email or text Margaret S. at 925.408.8604 or [cirrus9999@gmail.com](mailto:cirrus9999@gmail.com).

### Registration Form

**Name:** \_\_\_\_\_ **Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

\$330 Double Room **My Roommate Preference:** \_\_\_\_\_

\$410 Single Room  I am willing to do service for this retreat.

I need a scholarship request form.  I will donate to scholarship fund. \$ \_\_\_\_\_

I have the following physical and/or dietary restrictions (other than HOW-OA foods):

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