

OASIS Serenity Retreat for Women
Grieving the Loss of a Loved One in the Opioid Crisis

May 19-21, 2023

St. Francis Center for Renewal
395 Bridle Path Rd, Bethlehem, PA 18017

Presented by SPEAK UP for BEN, Inc.
in partnership with OASIS Community Center



♥ for bereaved women in the Lehigh Valley service area ♥

A guided retreat facilitated by professional staff of St. Francis Center for Renewal, privately located on 50+ acres along the banks of the Monocacy Creek.

Featuring

- Opportunities to listen, share, relax, and refresh with “sisters” who understand
- Participate in...
 - ▶ Interactive gatherings and creative activities
 - ▶ Daily yoga, nature walks, optional massage (*additional sign-up & fee to masseuse*)
 - ▶ Remembrance ceremony and ice cream social

Retreat Options

- Full Weekend – Overnight – 5 meals
 - Double occupancy – \$300 per person
 - Single occupancy – \$400 per person (limited)
- Full Commuter – 5 meals – \$175 per person

Registration Deadline March 31, 2023

- Submit retreat registration with full payment
- For itinerary and additional details, visit www.oasisbethlehem.org/serenity-retreat

St. Francis Center for Renewal (*optional event - contact SFCR*)

- Ladies Tea – Sunday, May 21, 1:30 to 3:30 pm – \$25 cost



nurturing families
impacted by substance use

About St. Francis Center for Renewal... “An Oasis of Peace and Healing”

Thank you for your interest in attending the 2023 OASIS Serenity Retreat! This weekend will be a guided retreat facilitated by the professional staff of St. Francis Center for Renewal. The retreat is exclusively focused on bereaved women who have lost a loved one in the opioid crisis and have lived experience in learning how to cope with tremendous loss. Surrounded by God’s love, and the friendship, support, and care for one another, we learn we can gently restore our serenity, with every new day. We welcome you as we come together to share, learn, love, laugh, and heal.

We selected St. Francis Center for Renewal (SFRC) for our retreat because it offers a quiet, serene, and private setting, and is conveniently located just a few miles from OASIS Community Center. The SFCR is nestled on 50 beautiful acres with wide open spaces along the banks of the Monocacy Creek, which meanders through Bethlehem and passes directly in front of OASIS. Their gracious, supportive, and compassionate staff will guide our healing experience. To learn more about SFCR, visit: [About — St. Francis Center for Renewal \(stfrancisctr.org\)](http://stfrancisctr.org)

St. Francis Center for Renewal is a Christian retreat center, providing an exceptional setting to connect with God and nature.... quiet spaces – both indoors and outdoors -- are available for meditation, prayer, and fellowship to help heal our broken hearts. We will honor the mission of SFCR and hope you will find peace in God’s presence during our weekend. If your faith has been wounded, our prayer is that you will come with an open heart, experience the healing power of God’s love through the friendship and support of your sister travelers — and be blessed. Our philosophy follows the spiritual principles of 12-step fellowships — we are not religious but adopt the spiritual practice of seeking God to direct our lives as a tool for recovery. Bereaved women from all faith backgrounds (and those of no faith) are welcome.

In keeping with the policies of SFCR, alcohol is not permitted on the campus, smoking is not permitted within 20 feet of the buildings, and attire must be modest. Although we will have private meeting spaces and dining room, the retreat center is located on the grounds of Monocacy Manor, home to the School Sisters of St. Francis and their staff. We have a beautiful itinerary planned. To keep our Serenity Retreat a safe place for all our bereaved women, and out of respect for SFCR’s mission, we ask guests to refrain from any practices that are incompatible with Christian doctrine. Please contact us should you have any questions or need clarification.

With Love and Peace,

Rhonda

Rhonda Miller, CFRS, Certified Grief Educator

Founder | Executive Director

Speak Up for Ben, Inc. | OASIS Community Center

OASIS Community Center is operated by SPEAK UP for BEN, Inc., a 501(c)(3) nonprofit corporation.

OASIS Serenity Retreat for Women May 19th–21st, 2023

Grieving the Loss of a Loved One in the Opioid Crisis

 a retreat for bereaved women in the Lehigh Valley service area 

REGISTRATION FORM

Registration closes March 31, 2023

Email completed form to oasisccretreat@gmail.com

Name: _____ County: _____

Cell Phone: _____ Email: _____

Mailing Address: _____

Registration Selection:

Full Weekend Overnight – Single Full Weekend Overnight – Double Full Weekend Commuter

Please indicate roommate for double occupancy. Otherwise, we will assign:

Name: _____ Email: _____ Cell: _____

Please indicate payment method:

- PayPal (account not required; transaction fee included)
Full Weekend Overnight \$412.00 Single \$309.00 Double
Full Weekend Commuter \$180.00
- Check (payable to Speak Up for Ben, Inc.)
Full Weekend Overnight \$400.00 Single \$300.00 Double
Full Weekend Commuter \$175.00



Open link to our PayPal account
by scanning image with your
smart phone camera

Checks should be delivered to OASIS Community Center
3410 Bath Pike, Bethlehem, PA 18017

Full payment is due by March 31, 2023, registration deadline.

Some of our bereaved women may be experiencing financial challenges. Would you like to help? 

Yes, I will include a contribution of \$_____ towards a retreat scholarship fund

Please don't let the cost of this retreat prevent you from attending! If you need financial assistance, please contact us... we want to help! Send email to rhonda@oasisbethlehem.org.

Here's what some of last year's attendees said...

"From the moment I arrived I felt safe and comforted. ... By the time I departed I had made so many new friends who understood exactly what I was going through. I was reluctant to leave and considered all the women whom I met to be my sisters." - Karen

"We shared some laughs and some tears but at the end of the day walked away with joy in our hearts." - Cheryl

"I have to admit that I came into it with trepidation. Having lost one child to this dreadful disease is unimaginable however losing two is beyond. But the support, empathy, and compassion I felt immediately was incredible. It was just what I needed when I needed it." - Nancy

SPEAK UP for BEN, Inc. | OASIS Community Center does not provide clinical or therapeutic support.
Our 2023 serenity retreat is a guided retreat facilitated by the professional staff of St. Francis Center for Renewal.

Tell Us About Your Angel(s) ♥ :

Name/Nickname: _____ Relationship: _____
Sunrise: _____ Sunset: _____

Name/Nickname: _____ Relationship: _____
Sunrise: _____ Sunset: _____

How did you hear about this retreat? What aspects of this retreat appealed to you?

Which OASIS programs have you participated in? Which have been most beneficial for your healing?

COVID-19 Precautions:

St. Francis Center for Renewal has COVID cleaning protocols in place to protect staff and guests. Additionally, SPEAK UP for BEN, Inc. | OASIS Community Center is requiring proof of a negative COVID test result upon arrival.

COVID-19 Testing Protocol:

All retreat attendees will be required to have a COVID-19 test 1-2 days prior to arrival and provide proof of negative test result. Home tests are acceptable.

Waiver & Release of COVID-19 Liability: _____ *(please initial)*

I understand that given the contagious nature of COVID-19, the CDC and other public health authorities continue to recommend practicing masking and social distancing where possible.

I understand that SPEAK UP for BEN, Inc. cannot guarantee that I will not become infected with COVID-19. I understand that the risk of becoming exposed to and/or infected by COVID-19 may result from the actions, omissions, or negligence of myself and others, including, but not limited to, staff and other attendees.

I voluntarily plan to attend and understand that it is my responsibility to comply with safety protocols in place to prevent or reduce the spread of COVID-19 while attending this retreat.

Special Diets (medically or allergy restricted): Yes, I require a special diet

If you require a special diet, St. Francis Renewal Center will do their best to offer you alternative options.

Please indicate any diet restriction(s) below:

Your Emergency Contact Information:

Name: _____ Relationship: _____

Cell #: _____ Email: _____

Medical Information – in case of emergency, what medical personnel would need to know:

Do you have any physical conditions (including allergies) we should be aware of? Yes No

If yes, please explain: _____

Event participants must agree to all of the following:

Release of Liability for Medical Treatment

In the event that I may need first aid or emergency medical treatment as a result of an accident, illness, or other health condition or injury, I do hereby give permission for SPEAK UP for Ben, Inc. | OASIS Community Center staff to seek and secure any needed medical attention for me. In doing so, I agree to pay all fees and costs arising from this action to obtain medical treatment. I give permission to release the medical information disclosed above to emergency and/or other medical personnel to administer any needed medical treatment and, again, I agree to pay for the medical treatment.

Waiver & Release of General Liability

I understand that the facilitators of this retreat will not be providing clinical services. I understand that the programs and activities at this retreat are not offered as a substitute for clinical mental health care and are not intended to diagnose, treat, or cure any mental health condition. I understand and agree that I am fully responsible for my own well-being during this retreat, and subsequently my own choices and decisions.

By signing this waiver and release from liability, I waive and release SPEAK UP for BEN, Inc. | OASIS Community Center employees, directors, and volunteers from any and all claims, demands, causes of action, damages, or suits in any way related to or growing out of my attendance at this retreat. This is not intended to release SPEAK UP for BEN, Inc. | OASIS Community Center from any liability resulting from intentional conduct.

Media Release

I consent to allow photographs to be taken during this event. I understand that SPEAK UP for BEN, Inc. | OASIS Community Center will own rights to and may use this media, in whole or part, in materials such as printed publications, websites, videos, social media, grant proposals, and promotional materials to support our mission and programs.

Signature

Date

Cancellation Policy: Full refund if cancelled (in writing) before April 30th.

In you are COVID-positive, your registration will be cancelled, and a full refund issued.



Thank you for registering for our retreat!
We will be in touch with additional details in
advance of the retreat weekend.

