

Registration

Name: _____

Address: _____

Phone: _____

Email: _____

[] Male [] Female

Emergency Contact Name & Phone

Roommate Request Name & Phone

Medical Reason for requesting single room:

Retreat Registration \$ _____

Optional Contribution to Scholarship Fund
\$ _____ (Thank You!)

Total Enclosed \$ _____

Please make checks payable to:

OA Retreat Committee

and mail with registration form to:

Susan M

21 Sunset Ave

Hampden, ME 04444

Registration

- \$195 early bird registration, postmarked by June 29th.

- \$210 if postmarked after June 30th.

- Registration deadline is August 31st (if needed a wait list will be initiated).

- Partial scholarships are available on a first come first served basis. Contact Susan for more information (207) 862-3975 before August 31st.

Please make checks payable to
OA Retreat Committee and mail with
registration form to:

Susan M
21 Sunset Ave
Hampden, ME 04444

Susan M's E-mail:

Mccallum3975@gmail.com

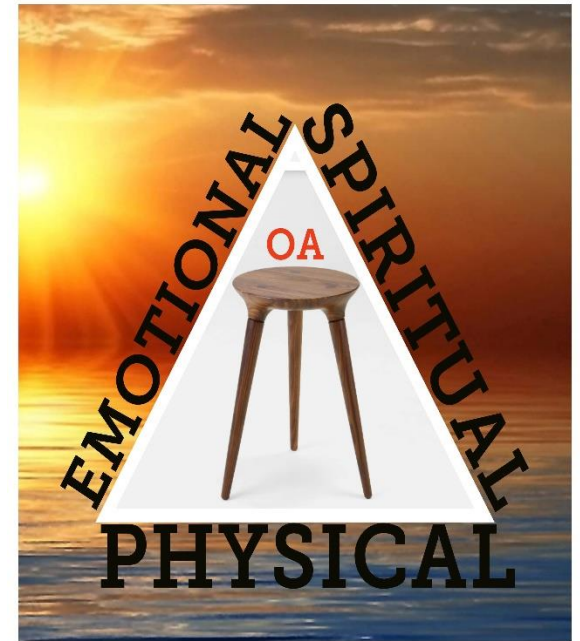
Committee E-mail:

Biddeford.pool.oa.retreat@gmail.com

Tel: (207) 862-3975

Refunds and Cancellations

Please call or Email Susan if you need to cancel. Refunds—minus a \$30 processing fee—will be made up to September 16th. Refunds after August 31st (less processing fee) will be made only if a replacement can be found.



The 3 Legs of Recovery

16th Annual Biddeford Retreat

October 11-13, 2019

Marie Joseph Spiritual Center
Biddeford Pool, Maine
<http://mariejosephspiritual.org>

Presented by:
Southern Maine Intergroup

You are invited to the 16th annual Overeaters Anonymous fall retreat, “The 3 Legs of Recovery”.

Please join us for a weekend of renewed hope and recovery at the beautiful **Marie Joseph Center in Biddeford Pool, Maine**. Adjacent to an Audubon sanctuary, the center is located on a four-mile expanse of ocean beach, lending itself to quiet reflection and inspiration.

If you have a desire to stop eating compulsively and would like a deeper spiritual connection, **you are welcome to join us** for this very special weekend.

Our retreat will focus on the 3 Legs of Recovery; Emotional, Spiritual and Physical.

This year’s retreat will have a balance of speaker presentation, breakout groups, time for personal reflection and fellowship.

Retreat Agenda (subject to change)

Friday, October 11

4:00-5:30 PM Registration/ Settling In
(**no meal served**)

6:00-9:15 PM Opening session with break

Saturday, October 12

6:45 Sunrise walk (optional)

7:30-8:30 Choice of Meditation, Yoga,
Dignity of Choice Meeting (all
optional)

8:30-9:15 Breakfast

9:15-11:45 Morning Session w/Break

12:00-1:00 Lunch

1:00-3:00 Stop, Rest, Renew

3:00-5:30 Afternoon Session w/Break

5:30-6:30 Dinner

6:45-8:45 Evening Session w/Break

9:00 Free time

Sunday, October 13

6:45 Sunrise walk(optional)

7:30-8:30 Choice of Meditation, Yoga, OA
Meeting, Mass (all optional)

8:30-9:15 Breakfast

9:15-11:45 Morning Session & Closing

NO NOON TIME MEAL

We need your help to save time and money. Please utilize email to streamline our registration and confirmation process. Only those who do not have email will receive paper confirmation via snail mail.

Accommodations

The majority of rooms are doubles. Roommate requests may be made in advance or we will assign a roommate for you. There are a limited number of single rooms to be assigned based on medical needs. Bathrooms are shared facilities and are centrally located.

Lodging is limited to rooms for retreat participants only. [The center is open year-round for non-retreat getaways.]

*****THE CENTER IS A SMOKE-FREE AND FRAGRANCE-FREE FACILITY.*****

Meals

Meals include breakfast, lunch, and dinner Saturday and breakfast on Sunday.

No meal will be provided Friday night. We suggest packing a meal or stopping along the way.

No LUNCH on Sunday.

You will be responsible for supplementing your own food plan if necessary, with things like metabolics, snacks, special proteins, etc. Refrigerators and microwaves are available.

Water and coffee are available at all times and there is a soda machine. If you wish to support our effort in being green, you may bring your own coffee mug and water bottle.