

Registration Form

Retreat Registration \$ _____

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

Total Enclosed \$ _____

Name Male Female

Address _____

City _____ State _____ ZIP _____

Phone _____ Email _____

Roommate Request _____

Special Needs _____

Please make checks payable to
Southern Maine Intergroup
 and mail with registration form to:

Lynn Schafer
476 Hendricks Hill Rd
Southport, Maine 04576

Check here if you wish to have your name, address, phone number, and email shared with retreat attendees

Preliminary Agenda

Friday October 8

- 5:00–7:00 PM Registration/Settling In
(no meals served)
- 7:30–9:30 PM Opening Session
- 9:30–10:30 PM OA Meeting

Saturday October 9

- 7:30–8:30 Choice of Meditation, Yoga, OA Meeting
- 8:30–9:30 Breakfast
- 9:15–12:00 Morning Session
- 12:00–1:00 Lunch
- 1:30–5:00 Afternoon Session & Free Time
- 5:45–6:30 Dinner
- 6:45–9:00 Evening Session
- 9:30–10:30 Open Discussion Meeting

Sunday October 10

- 7:30–8:30 Choice of Meditation, Yoga, OA Meeting
- 8:30–9:30 Silent Breakfast
- 9:15–12:00 Morning Session & Closing
- 12:00–1:00 Lunch

.....
struggling with compulsive overeating?

There is a Solution

.....
–a weekend walk through the steps–

8th Annual Retreat
October 8–10, 2010
Marie Joseph Spiritual Center
Biddeford Pool, Maine

**Sponsored by the Southern Maine Intergroup
of Overeaters Anonymous**

You are Invited

to the 8th annual Overeaters Anonymous fall retreat, “There is a Solution: A weekend walk through the steps”.

Please join us for a weekend of renewed hope and recovery at the beautiful **Marie Joseph**

Center in Biddeford Pool, Maine.

Adjacent to an Audobon sanctuary, the center is located on a four mile expanse of ocean beach, lending itself to quiet reflection and inspiration.

Our retreat leader is a longtime abstinent member of OA whose recovery is **grounded in the 12 steps** as they are presented in the big book of Alcoholics Anonymous. She will share her personal experience and lead us through our own personal hands-on work on each of the steps.

If you're interested in a deeper spiritual connection leading to a **lasting release from food obsession**, please join us for this very special weekend.

Accommodations

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

Lodging is limited to rooms for just 68 attendees and is 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 and lunch on Sunday. **No meal will be provided Friday night, so we suggest packing a meal or stopping along the way.**

Confirmation letters will include a healthy retreat meal plan outline, and a list of local restaurants and provisions. You will be responsible for supplementing your own food plan if necessary. Refrigerators and microwaves are available.

Water and coffee is 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.

Registration

- \$160 early bird registration (postmarked by 9/1)
- \$175 if postmarked after 9/1
- Registration deadline is September 19
- Limited partial scholarships are available upon request.

Please make checks payable to Southern Maine Intergroup and mail with registration form to:

Lynn Schafer
476 Hendricks Hill Road
Southport, Maine 04576
207-633-0788

Refunds and Cancellations

Please call Lynn (above) if you need to cancel. Refunds—minus a \$30 processing fee—will be made up to September 19. Refunds after September 19 (less processing fee) will be made only if a replacement can be found.

More Information

Please direct all other questions to Jodie at 207-329-4454 (please allow 24 hours for a reply).