

**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 this registration form to:

**Barbara G.  
108A Knox Lane  
Berwick, ME 03901**

**Registration**

• \$195 early bird registration, postmarked by August 15th.

• \$210 if postmarked after August 15th.

• Registration deadline is September 16th (if needed a wait list will be initiated).

• 7 partial scholarships are available on a first come first served basis.  
Call Barbara G. (603) 491-7822 before September 16th (if needed a wait list will be initiated).

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

Barbara G.  
108A Knox Lane  
Berwick, ME 03901

Barbara G's E-mail: [bg@svwhale.com](mailto:bg@svwhale.com)  
Committee E-mail:  
[Biddeford.pool.oa.retreat@gmail.com](mailto:Biddeford.pool.oa.retreat@gmail.com)

Tel: (603) 491-7822

**Refunds and Cancellations**

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

.....  
**struggling with compulsive overeating?**  
.....

**“Here are  
the steps  
we took..”**

.....  
**—a weekend walk through the steps—**  
.....

**15th Annual Retreat  
October 6-8, 2017  
Marie Joseph Spiritual Center  
Biddeford Pool, Maine**

<http://mariejosephspiritual.org/>

**Presented by:  
The OA Retreat Committee**

## Preliminary Agenda

## Accommodations

**You are invited** to the 15th annual Overeaters Anonymous fall retreat, “Here are the steps we took”.

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 leader is a longtime abstinent compulsive overeater whose recovery is grounded in the 12 steps.

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

### Friday, October 6

4:00-5:30 PM Registration/ Settling In  
(no meal served)  
6:00-9:15 PM Opening session with break

### Saturday, October 7

6:47 AM Sunrise walk  
7:30-8:30 AM Choice of Meditation, Yoga,  
OA Meeting, MASS  
8:30-9:15 AM Breakfast  
9:15-11:45 AM Morning Session w/Break  
12:00-1:00 PM Lunch  
1:00-3:00 PM Stop, Rest, Renew  
3:00-5:30 PM Afternoon Session  
w/Break  
5:30-6:30 PM Dinner  
6:45-8:45 PM Evening Session  
9:00 PM Free time

### Sunday, October 8

6:49 AM Sunrise walk  
7:30-8:30 AM Choice of Meditation, Yoga,  
OA Meeting, MASS  
8:30-9:15 AM Breakfast  
9:15-11:45 AM Morning Session & Closing  
12:00-1:00 PM Lunch

*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.*

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 and lunch on Sunday. No meal will be provided Friday night, so we suggest packing a meal or stopping along the way.

You will be responsible for supplementing your own food plan if necessary with things like metabolic, 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.