

Practice these Principles... One Step at a Time

A Weekend of Spiritual Recovery

June 7-9, 2019

Mount Saint Francis Center for Spirituality; Mount St. Francis, IN

A retreat hosted by Louisville Metro OA Intergroup.



Join us for a weekend of spiritual recovery as a trusted servant of Region 5, who shared her Experience, Strength and Hope at the 2018 Region 5 Convention, guides us through the Principles. We will focus on each Principle through a Step 11 lens. One step at a time, she will share her story on each Principle, accompanied by readings, guided reflection, meditation, writing, sharing, discussion and prayer.

In addition, the Retreat offers one-on-one activities, fellowship with friends, Night Owl OA meetings and FUN!

Whether you commute or stay overnight, you can count on time to experience step work, practice spiritual awareness, enjoy time with friends, walk the beautiful grounds at Mount Saint Francis and strengthen your recovery.

ARRIVAL, MEAL and PROGRAM TIMES

- Sign-in begins at 5:00 PM on Friday. Mount St. Francis requests no arrivals before 4:30 PM.
- The Friday night program begins at 6:00pm.
- Participants signing-in Saturday instead of Friday are asked to sign-in before 8:45 AM.
- Saturday breakfast begins at 8:00 AM followed by the morning program at 9:00 AM then lunch begins at 11:30 AM.
- The Saturday afternoon program begins at 1:00 PM followed by afternoon free time.
- Saturday dinner is served at 5:30 PM followed by a fun filled evening at 7:00 PM ending at 9:00 PM.
- Sunday breakfast begins at 8:00 AM followed by the morning program at 9:00 AM. The retreat ends at noon.
- NOTE: Both Friday night and Saturday night there are optional Night Owl meetings following the evening programs.

RETREAT CONTACT PEOPLE (Contact to ask questions or offer to do service.)

- Registrar and treasurer: **Kathy C** 502 693-7599, mkchristianemail@gmail.com
- Chairperson: **Thea S** 502 640-6055, thea_miller@hotmail.com
- Committee Members: **Sherrie H** 502 262-7396, sherrieretreat@gmail.com
Traci B 502 419-0524, tbaden@bellsouth.net

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REGISTRATION FORM

Detach and return this portion with check by **May 17, 2019** to Kathy C, Retreat Registrar, 8701 Loch Lea Ln., Louisville, KY 40299. Make checks payable to "Overeaters Anonymous TRY Cities Louisville OA Retreat."

Name _____ E-mail _____ Phone _____
Street _____ City _____ State _____ Zip _____

PLEASE MARK YOUR RESPONSES

- I'm requesting a \$75 scholarship, **YES---NO**, circle one. This reduces a single occupancy room to \$115 and double occupancy room to \$80. *For more information about scholarships see the other side of this form.*
- I am including a donation to the scholarship fund. **Amount \$** _____
- I give my consent to list my first name & last initial, email address, & phone # on the Retreat "We Care List." Yes ___ No ___
- I will need vegetarian meals. Yes ___
- **I have food allergies or special food requirements.** Yes ___ **Please list at bottom of this form.*
- I am registering for a shared/double occupancy room and request _____ as my roommate.
- I am registering for a shared/double occupancy room and request that the registrar assign me a roommate. Yes ___
- I need a handicapped equipped bathroom. Yes ___
- If using powered scooter call Thea S, 502 640-6055, before mailing the registration form.

CHOICE OF REGISTRATION PLAN: (See **RATE** details on back of form; **Make a selection even if requesting a scholarship.**)

Single occupancy room (\$190) ___ Double occupancy room (\$155) ___ (both have sink in room and dorm style bathrooms)

Commuter Plan A with meals (\$75) ___ Commuter Plan B without meals (\$40) ___

Saturday only with meals (\$50) ___ Saturday only without meals (\$30) Friday night only (\$15) ___

Amount Enclosed \$ _____ **If making Scholarship donation adjust amount to include donation and write one check. (Enclose \$115 or \$80, depending on plan selected, if requesting a scholarship.)**

WILLING TO DO SERVICE: Your service makes the Retreat successful and introduces you to new people! **(Check any that apply.)**

registration ___ raffles ___ auction ___ clothing exchange ___ clean up ___ coffee house/talent show ___ bring board game ___
acting in a skit ___ talent for the talent show ___ will bring auction item ___ greeter ___ auction ___ any service needed ___

***My food allergies or special requirements are** _____

Attach separate sheet if necessary. Mount St. Francis will try to honor your needs.

MORE ABOUT MOUNT SAINT FRANCIS

- Address: 101 St. Anthony Drive, Mount Saint Francis, IN 47146 -- Website <http://www.mountsaintfrancis.org>
- Driving directions can be found at <http://www.mountsaintfrancis.org> Note, GPS and internet directions may not be reliable.
- **The retreat center requests that you do not arrive on Friday before 4:30 PM; sign-in begins at 5:00 PM.**
- Heads up! The guest room doors do not have locks. Plan ahead for how you will secure any valuables you bring.
- The retreat center building is to the right of the Church. The entry door is down the ramp. Look for the OA sign.
- The beautiful campus, with woods and a lake, provides a wonderful place to walk or meditate.
- Mount St. Francis provides bed and bath linens.

MISC

- Bring extra cash! There will be a raffle. Tickets are \$1 for 1 ticket or \$5 for 6 tickets. You might be a lucky winner. The proceeds will go to the Scholarship Fund for the 2020 retreat.
- There will be a silent auction. **Please consider bringing an item with you that can be auctioned.** It could be a lovingly used item or new. It doesn't need to be recovery related. Perhaps your meeting could donate an item or basket. The proceeds will go to the Scholarship Fund for the 2020 retreat. **Both cash and checks accepted from winning bidders.**
- There will be a clothing exchange free of charge to you. If you choose to donate clothing we ask it be clean and in good repair. It's ok to keep clothes on hangers; there will be tables for folded clothing. Purses, shoes and jewelry accepted.
- Consider bringing a notebook, a pen/highlighter, sweater, and/or a thermal tumbler with a lid. For outdoor enjoyment you may wish to bring walking shoes, insect repellent, and/or a flashlight. **Candles or similar items are not permitted inside or out.**

ABOUT THE FOOD

- No dinner will be served on Friday night. Plan to pack your meal, eat before you arrive or dine at a nearby restaurant. You may eat in the main meeting room during the program.
- A microwave and refrigerator are located in the dining room for your use. Place your name on food stored in the refrigerator.
- Bring your own scales/measuring cups and spoons if needed.
- No food or drink may be kept in the guest rooms.
- Coffee, tea, and sugar-free lemonade are available in the main meeting room at no charge all three days. Apples, oranges, and bananas will be available in the main meeting room Friday and Saturday but not on Sunday.

A sample menu; offerings based on past retreats; this year's menu may vary.

| Breakfast – 8:00 AM | Lunch – 11:30 PM | Dinner – 5:30 PM | Items usually available: Dressings on salad bar will be fat-free. Salad bar sides will include shredded carrots and purple cabbage, tomato wedges, fresh peas, low fat cottage cheese, shredded cheddar cheese and cucumber slices. Soups will be vegetarian and will be made with vegetable stock. Breakfast will include skim and 2% milk, coffee, tea, water, and orange juice. Lunch and dinner will include coffee, tea, sugar-free lemonade and water. |
|----------------------------|-------------------------|-----------------------------|---|
| Sausage Patties | Sliced Turkey | Herb Roasted Chicken Breast | |
| Scrambled Eggs | Veggie Burgers | Tofu | |
| Oatmeal | Assorted Cheeses | Brown Rice | |
| Fresh Fruit | Assorted Veg. Tray | Steamed Veg. Medley | |
| Whole Wheat Toast | Salad Bar | Black Bean Soup | |
| Bagels | Fresh Fruit | Salad | |
| | Vegetable soup | Fresh Fruit | |

ABOUT REGISTRATION, COSTS, and SCHOLARSHIPS

- **DEADLINE: Registrations must be received, not postmarked by May 17, 2019.** Mount St. Francis does not permit late registrations or registrations at the door.
- **CANCELLATION POLICY:** Refund minus \$25 if requested by May 31, 2019. No refunds if cancelled later than May 31, 2019.
- **DON'T WAIT:** There are limited overnight accommodations, so please mail back reservations ASAP to insure availability
- **NEED A SCHOLARSHIP:** The purpose of a scholarship is to enable members to attend the Retreat who could not otherwise attend because of financial reasons. If a scholarship is essential to your attendance please request one in the space provided on this form. Scholarships are \$75 off the registration rate of either a single occupancy room or double occupancy room. Please mail your requests back ASAP. Unfortunately scholarships for commuters are not offered. All information regarding scholarships is strictly confidential.
- **DONATIONS TO SCHOLARSHIP FUND: *Please consider donating to the scholarship fund to help support a fellow suffering compulsive eater's recovery.*** It's easy; just add an amount you can comfortably afford to the amount you enclose for your registration fee. Gratefully, the past retreat participants have generously contributed to the Scholarship Fund. Your donation allows someone who would not otherwise be able to attend to get the recovery offered by this retreat. The goal is to honor all scholarship requests. Any leftover funds after all requests are honored will be used in 2020. All scholarship donations remain strictly confidential.

RATES

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|-----------------------|----------|--|
| Single Occupancy Room | \$190.00 | Sink in room, dorm toilet and shower, 4 meals (41 rooms available) |
| Double Occupancy Room | \$155.00 | Sink in room, dorm toilet and shower, 4 meals (10 rooms for 20 people) |
| Commuter Plan A | \$ 75.00 | Friday – Sunday, 4 meals, no lodging |
| Commuter Plan B | \$ 40.00 | Friday – Sunday, no meals, no lodging |
| Saturday Only | \$ 50.00 | 3 meals, no lodging |
| Saturday Only | \$ 30.00 | No meals or lodging |
| Friday Only | \$ 15.00 | No meals or lodging |