

REGISTRATION (Continued):

***SLEEPING AND MOBILITY REQUESTS**

You must TELL US or we may not be able to accommodate your needs. *All special needs and roommate requests are first-come/first-served (Does not apply to food needs).

***Sleeping and mobility - check all that apply:**

- CPAP/BIPAP
- Snores or tolerant of snoring, CPAP/BIPAP
- I cannot climb stairs
- Any other special needs:

- Male Female

Age (for room assignments if no roommate requested):

- 18-30 31-40 41-50 51-61 62 or over

***Room preference: (rank 1st, 2nd, or 3rd):**

___cabin (4-5 beds per side) ___4 bed rm ___2 bed rm

***Roommates: must request each other on registrations.**

Preferred roommate(s):

DIRECTIONS FROM I-5 (from Seattle take I-5 South, from Tacoma, take I-5 North): From I-5 take exit 132 Gig Harbor/Bremerton (Highway 16 W). Take Sedgwick Rd. exit. Turn left onto SE Sedgwick Rd. and continue to follow. Sedgwick Rd. becomes Glenwood Rd. SW. Stay straight to go onto SW Lake Flora RD. Pilgrim Firs (there is a sign) is on the left.

After entering retreat grounds, go straight on main road until you get to the office/dining hall, at which point, take road to the right of those buildings, continue past the sign for the "Labyrinth" and eventually, on the right, you'll see a gravel parking area. You can turn left (to South Lodge) and proceed to the Lodge for check-in and room assignment. If you are housed in South Lodge, unload and then park in gravel parking area. If you are handicapped (with decals) you can park behind South Lodge.

Working The Steps in The Wilds of Washington

Pilgrim Firs Retreat

Sponsored by Pierce County Intergroup

August 24th - 26th, 2012



Pilgrim Firs Retreat Center
3318 SW Lake Flora Rd.
Port Orchard, WA 98367
(Registration \$135)

For more information, contact Gail B. at
cgbouvia@gmail.com, 253-848-0976.

"A retreat is a time to focus on recovery, spiritual growth and fellowship."

The retreat includes...

- Meetings, and OA fellowship
- 2 speakers share their strong recovery
- Five delicious, healthy meals
- Free time to relax, hike, sing, meditate
- Raffle, clothing exchange, craft workshop

Check in opens at 4:00 pm on Friday; Friday dinner is served at 7:00 pm. The retreat ends after breakfast on Sunday. (about noon) You can request the menu by email (Gail at cgbouvia@gmail.com) and we will email it to you once it is final. Each participant will receive a packet at check-in with schedule, menu, and other information.

Please note that no children or pets are allowed.

We have found it helpful to bring along....

- Extension cord if you use a CPAP/BIPAP
- Bedside lamp, or fan & extension cord
- TV tray (there's no bedside tables)
- Multi plug-in (there's only 1 outlet per room)
- Soap, toiletries and personal items
- A flashlight for late night strolls
- Clothes to accommodate wet, cool, and warm weather, swimsuit if you want to swim
- Comfortable walking shoes
- Insect repellent (sometimes needed)
- Raffle baskets & items
- Clothing for clothing exchange
- Money to buy raffle tickets, literature, crafts!

Accommodations

Most participants will be housed in dorm style rooms in the 2 story main lodge. The beds are single beds (not bunks). There are rooms for 2 people or 4 people. Large cabins sleeping 9-10 are for overflow only. Sessions are held in large room on ground floor of the lodge.

Meals are buffet style in dining hall. Rooms are assigned. If you use a CPAP/BIPAP or cannot negotiate stairs **you must tell us**. Please be specific regarding your needs. We will do our best on a first come/first serve basis.



How to Register:

Fill out form, cut on dotted line, and send it and your check payable to: Pierce County Intergroup. Mail to: Pierce County Intergroup, P.O. Box 39397, Tacoma, WA 98496. **Registration due by August 10, 2012**. For more information re: cancellation/refund or registration, contact Naomi at: naomi.r.ward@gmail.com or 253-548-8199.

PLEASE PRINT LEGIBLY, THANKS!

Full Name _____
Address _____

Phone (_____) _____
Email _____

Registration is \$135.00 which includes room, 5 delicious, healthy meals (Friday dinner through Sunday breakfast), and all activities and sessions.

Meals: Check restrictions:

Red meat Poultry Fish Dairy
 Eggs Wheat Corn Soy
 Diabetic Other special food needs:

(Continue on next page)

Confirmation will be sent by email. If you don't have an email address, we will send you a confirmation by mail.

****Cancellation:** Refunds can only be made for cancellations emailed or postmarked by August 10, 2012. Mail cancellation to PCI, PO Box 39397, Tacoma, WA 98496 or email to: naomi.r.ward@gmail.com . **Late cancellations cannot be refunded.**

For more information, email Gail B. at cgbouvia@gmail.com or call 253-848-0976.