

Please fill out both sides

Keep in Touch List -

- Please include me, first name, last initial, phone and email.
- Please include me, but **NOT** my...
- Phone
 - Email

Roommate Choice -

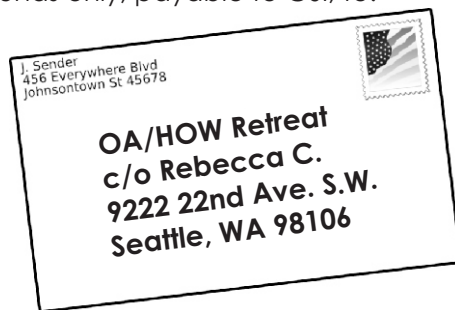
(both applicants must specifically request this)

Confirmation Letter, Schedule, Menu -

If you send a self-addressed stamped envelope with your registration, we'll mail you a letter of confirmation, a menu, and a retreat schedule. Otherwise, if we can read your handwriting, we'll email this information to you.

PLEASE NOTE:

All registration forms and payments, including scholarship funds must be paid in full and **postmarked by May 25, 2012**. Send this completed registration form and your check in US funds only, payable to GSI, to:

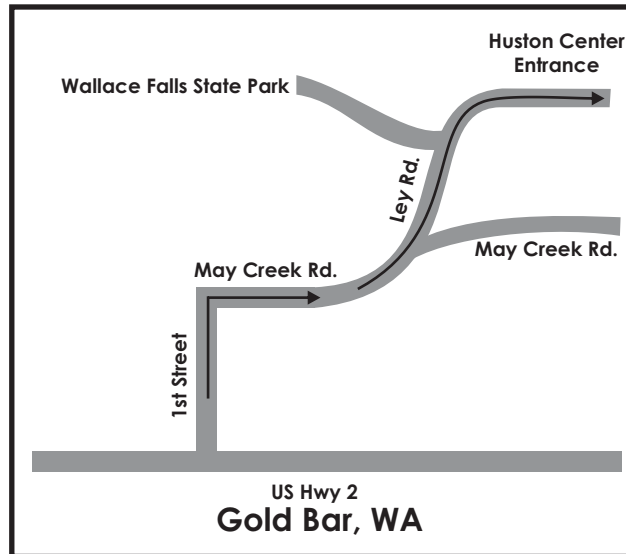


".....in OA the preoccupation with diet and weight loss is replaced by the vastly more interesting, satisfying and rewarding process of changing ourselves from the inside. We begin this process with step one: surrender."

-For Today p. 8

Directions from Monroe -

- ♦ Go Eastbound on US Hwy 2 - the Stevens Pass Highway.
- ♦ Drive through Sultan and Startup.
- ♦ Enter Gold Bar. Follow signs to Wallace Falls State Park. *(See map below)*
- ♦ Turn LEFT at 1st Street. *(Gold Bar Market)*
- ♦ In 0.4 miles, turn RIGHT onto May Creek Rd.
- ♦ In 0.7 miles, take the LEFT fork onto Ley Rd.
- ♦ In 0.4 miles, take the RIGHT fork into the Huston Camp & Conference Center entrance *(driveway)* and continue to the end.



Timing Your Arrival -

On Friday *(overnighters)*

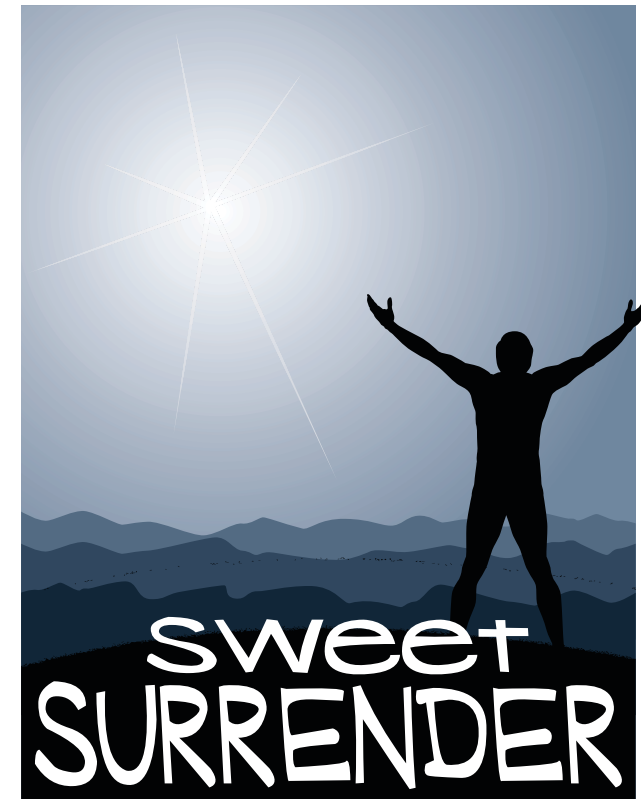
- ♦ Check-in: 5:30 - 7:15 p.m.
- ♦ Program Starts: 7:15 p.m.

On Saturday *(commuters & brown-baggers)*

- ♦ Check-in: 8:30 - 9:00 a.m.
- ♦ Program Starts: 9:00 a.m.

".....the more total our surrender, the more fully realized our freedom from food obsession."

-Our Invitation to You



19th Annual OA/HOW Retreat

sponsored by
OA Greater

Seattle Intergroup
(GSI)

June 1, 2 & 3, 2012



Huston Camp &
Conference Center
14725 Ley Road
Gold Bar, WA 98251

About Huston Camp & Conference Center -

Next to Wallace Falls State Park in the Cascade foothills, about 50 miles from Seattle, the retreat center provides comfortable accommodations in a forested environment. Trails on and around the property offer opportunities for a range of outdoor movement from the meditative ease of walking a labyrinth to challenging hikes. Indoors, the heated sleeping lodges have twin-bedded rooms, a restroom and shower for every four rooms, and a refrigerator, microwave, and lounge with fire-place for casual fellowship. A covered walkway connects the sleeping lodges with Curtis Lodge where we meet for our program and meals.

The Retreat Features -

- ♦ Speaker, program inspiration, fun, meetings, sharing, recreation, and OA Fellowship.
- ♦ Five delicious buffet style meals made without sugar, refined carbs, or added fat. This includes Saturday breakfast through Sunday lunch plus a snack on Friday and Saturday evenings.
- ♦ Free time for outdoor activities, quiet time, fellowship, and fun.
- ♦ Clothing exchange
- ♦ Raffle

Overnight Option -

Includes accommodations, five meals and snacks and site use.

Saturday-Only Commuter Option -

Includes site day-use, fruit bowl, beverage service, lunch and dinner.

Saturday-Only Brown-Bagger Option -

Bring your own meals, includes site day-use, fruit bowl, beverage service.

What to Bring -

- ♦ Flashlight, sleeping bag, pillow, warm clothing, outdoor shoes/boots, towels, soap, toiletries.
- ♦ AA Big Book, OA 12 Steps & 12 Traditions, pens, notebook.
- ♦ Items for clothing exchange and raffle.
- ♦ Optional: food scale and measuring items, musical instruments, crafts, games

Do NOT bring children or pets please!

Fees and Registration Information -

Overnight: \$145 by May 4, 2012
\$160 May 6 to May 25, 2012

Includes accommodations, meals, & site day-use.
Register EARLY!

Commuter: \$55 NOW through May 25, 2012

Includes lunch, dinner, and day site-use.

Brown-Bagger: \$25 NOW through May 25, 2012

Includes day site-use only.

- ♦ All fees must be paid in advance with registration.
- ♦ All registrations must be postmarked by May 25, 2012* (see note below).
- ♦ There are NO on-site payments or registrations.

NO EXCEPTIONS!

Scholarship Information -

You are encouraged to apply if you haven't received a retreat scholarship within the past year and you wouldn't be able to attend without one. All scholarships cover ½ the retreat fee with your registration/application. You must send a check for your ½ of the fee with your registration/application, postmarked by the 5/4/2012 deadline.

Cancellations/Refunds -

Your registration fee will be refunded if you mail your request, postmarked by May 25, 2012 to:

OA Retreat c/o Rebecca C.

9222 22nd Ave. S.W. Seattle, WA 98106

NO REFUNDS AVAILABLE AFTER MAY 25 FOR ANY REASON!

For More Information -

Registration Issues: Rebecca C. - Registration Chair
206-714-5428 (home) ishcabibble@gmail.com

Everything Else: Sharon L. - Retreat Chair
206-783-0500 sharonlevan@hotmail.com

**There may be availability AFTER May 25 - Please contact Sharon L. to check for availability.*

Registration & Scholarship Application -

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

Do you need special accommodations? If so, please explain. (e.g., vegetarian meals, cpap)

Please Check All that Apply -

Overnight: \$160 (postmarked 5/4 to 5/25/12)

Commuter: \$55

Brown-Bagger: \$25

Early Bird ~ Overnight: \$145
(postmarked by 5/4/12)

Overnight Scholarship Request:
\$72.50 (postmarked by 5/4/12)

Commuter Scholarship Request:
\$27.50 (postmarked by 5/25/12)

Brown-Bag Scholarship Request:
\$12.50 (postmarked by 5/25/12)

I'd like to **donate** \$_____ toward a scholarship for another OA member.

TOTAL amount of check: \$ _____
payable to GSI

Please fill out both sides