

## REGISTRATION FORM

*Clip and send with your deposit*

Name: \_\_\_\_\_

Gender: ( ) Male ( ) Female

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone number: ( ) \_\_\_\_\_ - \_\_\_\_\_

E-mail: \_\_\_\_\_

Emergency Info

Name \_\_\_\_\_

Contact # \_\_\_\_\_

Name \_\_\_\_\_

Contact # \_\_\_\_\_

Special food/other needs:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Do you have any food allergies and/or  
medical conditions we should be  
aware of?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

*Make cheque(s) or money order(s)*

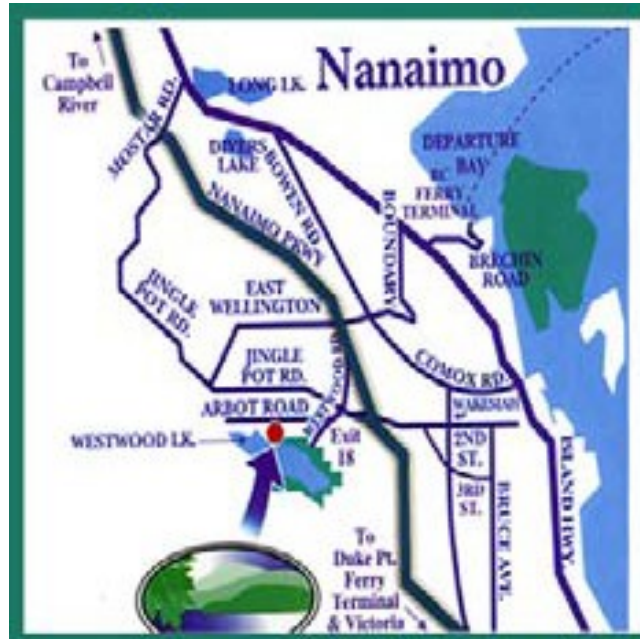
*Payable to: OA VI Intergroup*

**Mail to: Donna L**

**#205-1040 Rockland Ave.**

**Victoria, BC**

**V8V 3H5**



Directions: Head west (inland) from Hwy. 19 at Exit 18 (Jingle Pot Road) then turn left onto Westwood Drive and right to 2371 Arbot Road. Look for the OA signs.

Registrations must be received by mail by April 21, 2016

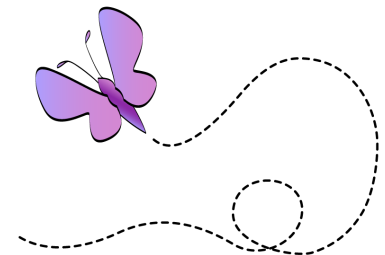
Cancellations after this date are subject to a \$50.00 cancellation fee.

No smoking, alcoholic beverages, children or pets, are permitted at the retreat.

## VANCOUVER ISLAND INTERGROUP ANNUAL RETREAT

The retreat centre is situated on the serene Westwood Lake that offers breathtaking views, private bedrooms and shared bathrooms. They have excellent accessible trails including an easy walking trail around the lake.

# STRONG ABSTINENCE



**JUNE 10—12, 2016**

**Bethlehem Retreat Centre**

**2371 Arbot Road**

**Nanaimo, B.C.**

**Located on beautiful Westwood Lake**

**Presented by:**

**The Vancouver Island Intergroup  
Of Overeaters Anonymous**

### **FERRY INFO:**

From Vancouver, BC to Nanaimo  
Contact **B.C. Ferries** for schedule  
information. Website: [www.bcferries.com](http://www.bcferries.com)  
Toll-free: 1-888-223-3779

### **Coho Ferry:**

Port Angeles, WA to Victoria, BC  
Website: [www.cohoferry.com](http://www.cohoferry.com)  
(Pt. Angeles) Tel: (360) 457-4491  
(Victoria) Tel: (250) 386-2202

### **Check-in:**

Friday, June 10, from 5:00 pm  
Opening session begins at 7:00 pm

### **Check-out:**

Sunday, June 12, at 11:00 am

**Food:** The Retreat Centre will provide  
three meals Saturday, and breakfast on  
Sunday; all in the main dining hall. We  
will do our best to provide a selection of  
“safe” foods so that there will be some-  
thing for everyone. If you have special  
dietary needs or specific food require-  
ments there will be a refrigerator in the  
meeting room to store your own food,  
drinks etc.

### **WHAT TO BRING:**

- Optional extra blanket, towel, and/  
or favourite pillow, a flashlight
- Comfortable walking shoes, rain gear
- Yoga mat
- OA 12&12
- AA Big Book
- Raffle contributions
- Clothing exchange contribution
- (leftover clothing will be donated to a  
local charity)

### **RETREAT INFO:**

**Cost:** \$230.00 Canadian  
Retreat Centre policy stipulates that a  
\$50, **non-refundable** deposit, be  
received by mail **BEFORE** April 21, to  
secure room.

### **Payment options:**

- Mail a cheque for full amount to be  
received by April 21, 2016.
- Write one cheque (\$50 deposit) dated  
April 28, and mail together with the  
second cheque (\$180) post-dated to  
May 15.
- VIIG is able to provide limited, half  
scholarships to OA members. Bursary  
application letter, registration form and  
\$50 deposit **must be received by  
mail, by April 21st.** Scholarships noti-  
fied by phone.

***Please make sure your cheques  
reach Donna L by April 21.***

***Make cheque(s) or money order(s)***

***Payable to: OA VI Intergroup***

**Mail to: Donna L**

**#205-1040 Rockland Ave.**

**Victoria, BC**

**V8V 3H5**

This retreat is for **OA members only;**  
*Newcomers are welcome.* Our Third  
Tradition states that "the only require-  
ment for membership is a desire to  
stop eating compulsively"

### **CONTACT INFO:**

**Retreat Coordinator:**

Christine M 250-857-4793

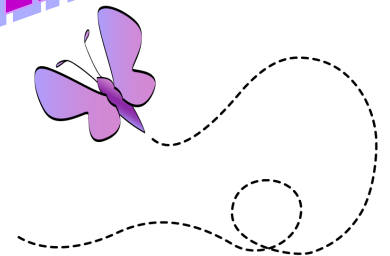
**Registrar:**

Donna L. 250-385-3219

**[donnaroselaw@gmail.com](mailto:donnaroselaw@gmail.com)**

**Phone number of retreat centre to  
be used for emergency purposes  
only: (250)754-3254**

**STRONG  
ABSTINENCE**



The Annual Vancouver Island Intergroup  
retreat is an occasion for members of  
Overeaters Anonymous to come together  
for a weekend of focused recovery. There  
will be time for meditation, walking, sharing  
and relaxing. As well there will be opportu-  
nities to find a sponsor or sponsee.