

# 175<sup>th</sup> Serenity Retreat of Overeaters Anonymous

## September 21-23, 2018

### 4:30 pm Friday to 1:00 pm Sunday

### Mission San Luis Rey

### 4050 Mission Avenue, Oceanside, Ca. 92057



You are invited to join the San Diego County Intergroup of Overeaters Anonymous for a weekend of recovery in the serene surroundings of the historic Mission San Luis Rey. All meals are provided from Friday dinner at 6:00 PM through lunch on Sunday. Refrigerator and microwave are available. You may wish to bring: AA Big Book, OA 12 and 12, highlighter, writing material, coffee mug.

Day & Night Rate	Day & Night Rate	3 Day Only Rate	Sat. Day Only Rate
Single Private Room	Shared Double Room	No Room	No Room
Six Meals	Six Meals	Six Meals	Three Meals
\$280	\$210	\$140	\$65

## RETREAT LEADER

Our leader, Kate V. started her **32 years of continuous abstinence** in San Diego and now participates in a dynamic OA community in Bozeman, Montana. She is devoted to service in the program and has sponsored dozens of fellow compulsive overeaters. She has also served as intergroup chair and as a World Service Business Conference Representative. Kate will focus on how to work the 12 steps, how to take others through the steps, and how to practice these principles in all our affairs.

As **space is limited** you are encouraged to register as soon as possible.

For more information (including scholarship information) please contact Regina E. at [regina.eldred@gmail.com](mailto:regina.eldred@gmail.com) or 619-952-3903

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## September 2018 Retreat Registration (include this stub with Registration Payment)

Send Registration to: Overeaters Anonymous, P.O. Box 601341, San Diego, CA 92160

Make check payable to Serenity Retreat.

Please include your physical address if you need a ride or are offering one.

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

Email: \_\_\_\_\_

Address \_\_\_\_\_

- I would like to offer a ride
- I would like to receive a ride
- I would like vegetarian meals