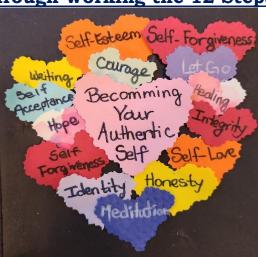


Lake Country Intergroup Spring OA Retreat

April 5-7, 2024

Friday 3:00 pm - Sunday 1:00 pm

Becoming Your Authentic Self Through Working the 12 Steps



We welcome everyone who wants to stop eating compulsively.

Camp Lutherhaven On the shores of Lake Coeur d'Alene, Idaho

We invite you to join us for this opportunity to focus on moving forward and/or staying on your path to recovery.

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Friday Registration Begins	3:00 pm
Friday Night Dinner	5:00 pm
Friday Night Session Begins	6:30 pm
Saturday Breakfast	8:00 am
Saturday AM Session Begins	9:00 am
Saturday Lunch	12:00 pm
Saturday PM Session Begins	1:00 pm
Saturday Night Dinner	5:00 pm
Saturday Evening Session Begins	6:00 pm
Sunday Breakfast	8:00 am
Sunday Session Begins	9:00 am
Sunday Clean-up	1:00 pm

The Retreat Includes:

- Speaker, program, inspiration, and meetings
- Six meals
- > Two nights' accommodation: No single rooms, double occupancy only: dormitory style rooms with full bathroom.
- ➤ Basket Raffle, 50/50 Raffle
- > Free time for outdoor activities, crafts, fun, and fellowship
- > OA/AA approved literature available to purchase

Meals: Heathy meal options including Vegan/Vegetarian and Gluten free are available at all meals. Use of fridge/stove is available for use outside of dining hall. Those with special dietary needs may need to provide some of their own supplements. For your safety, those with severe food allergy or intolerance please bring your own special foods for your meals.

What to Bring:

- > Bedding (sheets, blankets. pillow, sleeping bag)
- > Towels, shower shoes, soap, toiletries, ear plugs
- > Appropriate clothing for spring weather, hat, outdoor shoes, sweater or jacket, yoga mat...
- > Flashlight, sunscreen, umbrella
- ➤ AA Big Book, OA 12/12
- > Notebook, pens, pencils
- Optional: food scales/measuring items, reusable water bottle, insulated coffee mug
- > Games, cards, musical instruments (hand drums, flutes, guitar, etc.)
- > Checkbook or cash to buy tickets for a chance to win the 50/50 raffle or a chance to win a fun basket in the raffle.

Camp Lutherhaven

Address: <u>3258 West Lutherhaven Rd, Coeur d'Alene,</u>
Idaho, 83814

Driving Directions to Camp Lutherhaven:

- ➤ South from CDA: Highway 95 southbound out of the city of Coeur d'Alene. Turn left on W Carnie Rd/W Kidd Island Rd, 1.3 mi, Slight right onto W Carnie Rd/W Valhalla Rd, 1.4 mi, turn right onto W Lutherhaven Rd, 0.3 mi, Turn left to stay on W Lutherhaven Rd, Destination will be on the right.
- North to CDA: Highway 95 North to CDA, Turn Right on W Carnie Rd/W Kidd Island Rd, 1.3 mi, Slight right onto W Carnie Rd/W Valhalla Rd, 1.4 mi, turn right onto W Lutherhaven Rd, 0.3 mi, turn eft to stay on W Lutherhaven Rd, Destination will be on the right.

Spring Retreat Registration Form	
Lake Country Intergroup of OA	
Becoming Your Authentic Self	
Through Working the 12 Steps	
April 5-7,2024	
NAME:	
ADDRESS:	
CITY:	
STATE: ZIP	
PHONE: []	
EMAIL:	
Please check the appropriate boxes: □ Full Weekend Rate (Fri-Sun) \$245.00 (no single rooms, double occupancy only: dormitory style with full bathrooms) □ Day Only Rate (includes 6 meals) \$150.00 □ I would like to room with	
□ Vegan □ Vegetarian □ Gluten-Free □ CPAP machine □ Loud snorer □ I can only climb up to stairs □ I would like to donate \$ toward a scholarship to help others. □ My contact information can be shared with other retreat attendees. □ I am an available sponsor	
Registration and payment are due no later than March 18, 2024 (no exceptions). Cancellation Policy: 15 days prior to Retreat for Full Refund	

Mail completed Registration Form and Payment to:

Robin Lamarche 750 Martin Rd DeSmet, Id 83824

Make checks payable to <u>LCI.</u> Confirmation will be sent by email or phone. <u>Scholarships</u> are available upon request on a first-come, first-served basis. If interested, please contact:

Robin L at: 208-987-0427 or email: LCIretreat@gmail.com