



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.**

| | |
|---------------------------------|----------|
| 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: **3258 West Lutherhaven Rd, Coeur d'Alene, 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 left 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 _____
- ☐ Allergies/Food Allergies _____
 - ☐ 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 **LCI**. Confirmation will be sent by email or phone. **Scholarships** 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