

**RETREAT INCLUDES...**

- Meetings, inspiration, group sessions, speakers, fun, and OA fellowship
- Late night, free time, and early-morning volunteer-led activities
- Six delicious meals

Registration opens at 4pm; Friday dinner is served at 6pm. The retreat ends after lunch on Sunday. No pets are allowed at Camp Arrah Wanna.

**SCHOLARSHIPS**

If paying in full is a hardship, try asking your home meeting for support. If they cannot help, you may request help from Oregon Intergroup. These \$50 scholarships are given out first come/first served until the fund runs out; call Nicole at (503) 442-2777. To help others, please donate to the scholarship fund.

**ACCOMMODATIONS**

Four large dorm-style cabins: all rooms have 4 bunk beds, 2 twin beds, and sleep 10 people. Each cabin has a toilet/shower on either side of central sinks/mirror. Meals are family style in the dining hall; sessions are in the Chapel and the Huckleberry Bunkhouse. Volunteers are needed at each meal; sign up at check-in. Additionally, there are 6 individual units for an additional \$50 fee. (Linens are provided for these units only!) Rooms are assigned and if you need a lower bunk and/or cannot negotiate stairs you must tell us. Please be very specific: are you able to climb 2–4 steps into a cabin or none? Do you use a scooter? We will do our best to accommodate your needs on a first come/first serve basis. (Parking is available and cars can drive on the road between the meeting/dining rooms and your cabin.)

**BRING ALONG...**

- Sheets, blankets (or sleeping bag) and pillow; extension cord if you use a CPAP
- Towels, soap, and personal items, toiletries, etc.
- A flashlight for late night strolls
- Clothes to accommodate wet, cool and warm weather
- Big Book, OA 12&12, notebook/paper, and pen
- Money to buy raffle tickets!
- Raffle basket(s) or items for a raffle basket (donated from you or your group)

**ABOUT CAMP ARRAH WANNA CONFERENCE CENTER**

Camp Arrah Wanna’s year-round facility is located on 132 acres of native forest, bounded by the Salmon River and Wildwood Recreation Area. The Conference Center is located in Welches, Oregon, East of Portland, a few feet beyond the 40-mile marker on Hwy 26. This scenic retreat offers a 24-hour chapel, hiking trails, volleyball, a craft room, miniature golf, pool and assorted sporting equipment. You may preview the facilities at [www.camparrahwanna.org](http://www.camparrahwanna.org). We will be in the [Tree Cabins](#).

**FOOD, SLEEPING & MOBILITY**

You must TELL US or we may not be able to accommodate your needs. All special needs and roommate requests are first-come/ first-served.

**MEALS:** We always request no sugar and no white flour for our meals. Do you have any other requirements?

- Vegetarian (vegan? lacto-ovo?) \_\_\_\_\_
- Lactose intolerance \_\_\_\_\_
- Gluten intolerance \_\_\_\_\_
- Other special food needs \_\_\_\_\_

**SLEEPING AND MOBILITY:** Check all that apply: (Note: rooms & beds are assigned 1-2 weeks prior to retreat – no guarantees on location)

- Quiet, early-to-bed room
- Up-late-at-night room
- I snore; I don’t mind others snoring or CPAP noise (cross out extras)
- Lower bunk: medical necessity? or preference? (please circle one)
- I can only do up to \_\_\_\_ stair-steps
- As close as possible to meeting room & meals
- Single room/couples room (\$50 up-front extra charge per room)
- Any other special needs? (attach a separate sheet if needed) \_\_\_\_\_

**ROOMMATES:** Each of you MUST complete a registration form. Try to send roommates’ registrations together and list all roommates on each form. Use a separate sheet if needed. Each room holds 4-10 people using bunk beds.

Roommate #1 \_\_\_\_\_

Roommate #2 \_\_\_\_\_

Roommate #3 \_\_\_\_\_

**I AM AVAILABLE TO DO SERVICE:**

- \_\_\_Arriving early, will help with registration
- \_\_\_Will lead early morning meeting or meditation: Topic: \_\_\_\_\_
- \_\_\_Will lead free-time meeting or activity: Topic: \_\_\_\_\_
- \_\_\_Will pick up speaker(s) at airport
- \_\_\_Will take speaker(s) back to airport
- \_\_\_Will help Ways & Means \_\_\_set up \_\_\_ tear down \_\_\_ sell things
- \_\_\_Will sell raffle tickets

## TO REGISTER

**By mail:** Fill out both sides and mail this form to *Serenity Retreat, PO Box 2429, Portland, OR 97208*. Include your deposit check (or your PayPal transaction number).

**Online:** Visit [www.oregon-oa.org](http://www.oregon-oa.org) and click on "Register for Serenity Retreat"

If paying by check, enclose it with your registration form. You can also pay using PayPal by sending money to [serenityretreat@oregon-oa.org](mailto:serenityretreat@oregon-oa.org). A security deposit of at least \$100.00 per person is required. For early bird rates, you must email or postmark registration on or before June 21, 2019. **Payment in full is due by July 12, 2019.**

**Cancellation:** We can only refund if you cancel before July 12, 2019. Mail to the PO Box listed above, email [serenityretreat@oregon-oa.org](mailto:serenityretreat@oregon-oa.org) or call Nicole 503-442-2777.

**\*\*CANCELLATIONS AFTER JUNE 29, 2019 CANNOT BE REFUNDED.\*\***

### PLEASE PRINT CLEARLY

Full Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

WHAT?	CHOOSE	PRICE
Early Bird registration, by June 21, 2019	_____	\$194.00
Regular registration, after June 21, 2019	_____	\$214.00
Commuter with meals only* (RV)	_____	\$124.00
Single or couples room, extra per room*	_____	\$50.00
<b>TOTAL DUE</b>	\$	
Deposit paid (at least \$100 per person)	\$	
Donation for scholarship fund	\$	
Payment enclosed/PayPal transaction#/ or scholarship (list source)	\$	
Remainder due by July 12, 2019	\$	

\*Limited to 1 RV spot, \*\*Only 5 single/couples' rooms (assigned by registration date)

**Confirmation will be sent by email, so make sure to provide an email address!**

# OA Serenity Retreat



## July 26—28, 2019

**Camp Arrah Wanna Retreat Center  
24075 E Arrah Wanna Blvd.  
Welches, Oregon**

Sponsored by Oregon Intergroup of OA

*A retreat is a place to focus on recovery and spiritual growth; a weekend devoted to fellowship and spiritual renewal. It can enhance your program and reaffirm your commitment to your recovery.*

For more information, including scholarships,

Email: [serenityretreat@oregon-oa.org](mailto:serenityretreat@oregon-oa.org)

Mail: Serenity Retreat PO Box 2429, Portland, OR 97208 or

Call: Nicole at 503 520-1855