

Participation Options:

- Overnight: Includes accommodations, four meals, snacks, and weekend site use.
- Saturday-Only Commuter: Includes Saturday lunch, dinner, and day site use.
- Saturday-Only Brown Bagger: Bring your own meals, includes Saturday site use.

Online Registration and Payment

THIS IS OUR PREFERRED METHOD!

- Submit your complete online registration at <http://seattleoa.org/retreat>. This includes payment through PayPal. Please fill in all applicable fields.
- Early Bird Deadline: December 31, 2018.
- Final Deadline: January 18, 2019.

Registration and Payment by US Mail

Must be postmarked by January 18, 2019.

- Mail your registration and payment to

**GSI Winter Retreat
11065 154th PI NE
Redmond, WA, 98052**

**ON-SITE REGISTRATION FOR SATURDAY
CASH OR CHECK ONLY**

Keep In Touch List

Please select from the following options.

- Include my first name and last initial.
- Include my telephone number.
- Include my email address.
- Include my US Mail address.

Do you sponsor? Yes No

Roommate Choice (2-person rooms)

Both applicants must specifically request this.

Timing Your Arrival...

- Friday night (overnighters):
 - Check In: 5:30 – 7:30 PM
 - Program starts: 7:30 PM
- Saturday morning (commuters and brown baggers):
 - Check In: 8:30 – 9:00 AM
 - Program starts: 9:00 AM

What to bring...

- Warm clothing, rain gear, outdoor shoes/boots, indoor shoes, flashlight, sleeping bag, pillow, towels, soap, toiletries, etc.
- OA 12 Steps and 12 Traditions, AA Big Book, AA 12 and 12, pens, notebook.
- Items for clothing exchange and raffle.
- Food scale, other measuring items, Cash for raffle tickets and literature.
- TALENT!!

For More Retreat Information...

- Cate O. 206-225-9230
 - Erin F. 206-300-6080
- Email: retreat@seattleoa.org

Overeaters Anonymous

Overeaters Anonymous is a Fellowship of individuals who, through shared experience, strength, and hope, are recovering from compulsive overeating. We welcome everyone who wants to stop eating compulsively.

There are no dues or fees for members; we are self-supporting through our own contributions, neither soliciting nor accepting outside donations.

OA is not affiliated with any public or private organization, political movement, ideology, or religious doctrine; we take no position on outside issues.

Our primary purpose is to abstain from compulsive eating and compulsive food behaviors and to carry the message of recovery through the Twelve Steps of OA to those who still suffer. (OA Preamble)



Greater Seattle Intergroup of Overeaters Anonymous

OA Winter Retreat



“Together We Can”

February 1-3, 2019

All are Welcome!

Camp Huston

Gold Bar, WA 98251

<http://seattleoa.org>

Why Attend the Retreat?

- Strengthen your recovery.
- Deepen your relationship with HP.
- Learn from others' experience, strength and hope.
- Participate in workshops on topics you care about.
- See old friends and make new ones.
- Be of service, carry the message.

The Retreat Features:

- Speakers, workshops, program, meetings.
- Fellowship, sharing, fun, entertainment.
- Inspiration, reflection, and free time.
- Four delicious buffet-style meals made without sugar or refined carbs; includes Saturday breakfast thru Sunday breakfast, plus a snack Friday and Saturday evenings.
- Clothing Exchange and Raffle.

About Camp Huston (<http://huston.org>):



- Next to Wallace Falls State Park in the Cascade foothills, about 50 miles from Seattle, the retreat center provides comfortable accommodations in a forested environment.
- Trails on and around the property offer opportunities for a range of outdoor movement.
- Heated sleeping lodges have twin-bedded rooms, a restroom and shower for every four rooms, and a refrigerator, microwave, and lounge with fire-place for casual fellowship.

Scholarships

- You are encouraged to apply for a retreat scholarship if you cannot attend without one. Preference may be given to members who have not received one within the past year.
- Each scholarship covers **HALF** the retreat fee. You must send a payment for your **HALF** of the fee with your registration.
- Must be submitted online or postmarked by December 31, 2018.

Registration Confirmation

- Receipt of your online registration and payment will be confirmed by email. The email will include (PDF): a confirmation letter, a map to Camp Huston, a retreat schedule, a menu, and a list of service opportunities.
- Receipt of your paper registration and payment will also be confirmed by email. If you prefer your confirmation package be returned by US Mail, please include a self-addressed stamped envelope with your registration.

Cancellation/Refund

Your registration fee will be refunded if you:

- Email request to retreat@seattleoa.org by January 18, 2019.
- Send written request via US Mail, postmarked by January 18, 2019
- **NO REFUNDS AFTER JANUARY 18, 2019.**

For More Retreat Information...

- Erin F. 206-300-6080
 - Cate O. 206-225-9230
- Email: retreat@seattleoa.org

Registration

Name: _____

Address: _____

City: _____ State: _____

Zip: _____ Phone: _____

Email: _____

Payment

- [] **Early Bird Overnight:** \$175
Online or postmarked by Dec. 31, 2018.
 - [] **Overnight Scholarship Request:** \$95
Online or postmarked by Dec. 31, 2018.
 - [] **Overnight:** \$190 (*Online by Jan. 18, 2019*)
 - [] **Saturday-only Commuter:** \$75
 - [] **Commuter Scholarship:** \$37.50
Online or postmarked by Dec. 31, 2018.
 - [] **Saturday-only Brown-Bagger:** \$50
 - [] **Donate** \$_____ towards a scholarship.
- TOTAL** amount due: \$_____

Online payment via PayPal.

Pay with check or money order payable to "Greater Seattle Intergroup" enclosed.
Postmarked by January 18, 2019.

Special accommodations?

Please check all that apply.

- [] Mobility issues [] Light sleeper
- [] CPAP user [] Snorer
- [] Vegetarian [] Vegan
- [] Other _____

Interested in a Carpool?

- [] Yes, please. (*Your personal info will likely be shared with your carpool partners.*)

[] Talent to share?

Back by popular demand!

Saturday Night Talent Show!

(The coordinator will contact you)