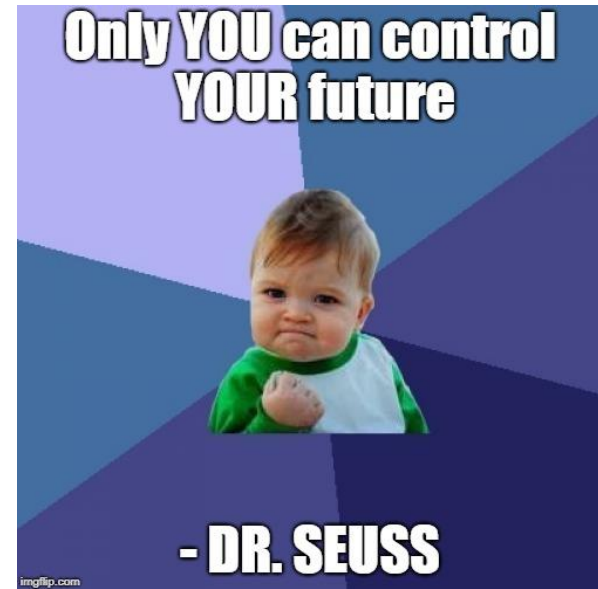


Lake Country Intergroup
Annual Spring OA Retreat
April 26-28, 2019
Renew Your Inspiration

GOD, GRANT ME THE
SERENITY
TO ACCEPT
THE THINGS I
CANNOT CHANGE.....

.....THE THINGS I CAN
COURAGE
TO CHANGE

WISDOM
TO KNOW
THE DIFFERENCE.....



Friday 6:00 pm - Sunday 1:30 pm
We welcome everyone who wants to stop eating compulsively.

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.....3:00 - 6:00 pm
Friday Dinner.....6:00 pm
Saturday Breakfast.....8:00 am
Saturday Session begins.....9:00 am
Sunday Clean-up.....1:00 pm

The Retreat Includes:

- Speakers, Program Inspiration and Meetings
- Six meals
- Two nights' accommodation
 - Rooms in dormitory lodge or Cabins (no attached bathrooms)
- Basket Raffle, 50/50 Raffle
- Free time for outdoor activities, quiet time, fellowship and fun
- Hiking trails and time available for leisure activities
- A Clothing Exchange of clean and gently-used items that no longer fit.
- Book exchange of used OA/AA approved literature

Meals: Abstinent meals included (no white flour or sugar). Vegetarian options 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.

What to Bring:

- Own bedding (sheets, blankets, pillow, sleeping bag)
- Warm clothing, outdoor shoes/boots, and gloves
- Towels, shower shoes, soap, toiletries, ear plugs,
- AA Big Book, OA 12/12
- Notebook, pens, pencils
- Flashlight, umbrella
- Games, Cards
- Musical instruments (hand drums, flutes, guitar, etc.)
- Optional: Food scales/measuring items
- Check book or cash to buy cool auction items and luxurious raffle baskets!

N-Sid-Sen Camp

Located on the East side of Lake Coeur d'Alene in Idaho.
Address: 36395 S. Hwy. 97, Harrison, ID

Driving Directions to N-Sid-Sen Camp:

- Interstate 90 (I-90) eastbound past the city of Coeur d'Alene.
- Take St. Maries Exit #22 - Hwy 97 - and follow the Scenic Route around Lake Coeur d'Alene.
- N-Sid-Sen Camp is located approx. 20 miles from I-90
 - o on Hwy. 97.
- N-Sid-Sen Camp is 1.5 miles past Carlin Bay Marina between mileposts 78 & 77. If you reach Harrison, you've gone about 8 miles too far.

Spring Retreat Registration Form
Lake Country Intergroup of OA
Renew Your Inspiration
April 26-28, 2019

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP _____

PHONE [_____] _____

EMAIL _____

Please check the appropriate boxes:

- Full Weekend Rate (Fri-Sun) \$145.00
- Saturday Only Rate (includes 3 meals) \$75.00
- I would like to donate \$_____ towards a scholarship to help others.
- CPAP machine
- Loud snorer
- I can only climb up to ____ stairs

- My contact information can be shared with other retreat attendees.
- I am an available sponsor

Registration and payment are due no later than

April 08, 2019 (no exceptions).

Cancellation Policy: 15 days prior to Retreat for Full Refund

Mail completed Registration Form and Payment to:

Robin Lamarche
237 W. Ashworth Ave.
Post Falls, Idaho 83854

Make checks payable to **LCI Retreat**
Confirmation will be sent by email or phone

Scholarships are available upon request on a first come-first serve basis. If interested, please contact:

Robin L at: 208-987-0427 or email: roblyn101@hotmail.com