

Don't forget the **Silent Auction Raffle** held after dinner on Saturday evening. Please bring any new or white elephant items you wish to donate for this event. Tickets will be available for purchase at the retreat.

Meals at Maryvale:

(Maryvale strives to provide sugar-free meals, but if sugar has been added to an item, it will be noted at the meal.)

Breakfasts: Oatmeal, boiled eggs, plain yogurt, fresh fruit, toast, peanut butter, milk (1% or skim).

Lunch: Lettuce salad, fresh vegetables (tomatoes, carrots, celery etc.), plain chicken breast, rice, bread or roll & fresh fruit.

Dinner: Roasted pork, lettuce salad, cooked vegetable, baked potatoes, bread or roll, fresh fruit, sugar-free Jello.

NOTE: Coffee, tea, margarine, sugar substitute, & fresh fruit will be available at all meals.

Restaurants in Valley City:

City Lights Supper Club Lounge
Vicky's Viking Room
Bridges Bar & Grill
Kirin House Chinese Restaurant
Chinese Palace Restaurant
Sabir's Dining & Lounge
Dutton's Parlor - Coffee Shop
Taco John's
Budget Burger
Subway

Directions to Maryvale

1. I-94
2. Main Avenue (head either east or west depending on the exit used from I-94)
3. Turn north on 5th Ave NE
4. Continue North on 5th Ave NE through Valley City
5. Turn left at Maryvale sign onto River Road
6. Go 2 miles, turn left at second Maryvale sign, (cross railroad tracks) follow road to your destination.

MARYVALE IS A RETREAT CENTER LOCATED ON THE PRAIRIE IN NORTH DAKOTA. THE ENVIRONMENT IS CONDUCIVE TO A RESTFUL RETREAT AND NESTLED IN THE HILLS AND TREES OF THE QUIET COUNTRYSIDE.

Walking paths surround Maryvale. The Hospitality Center features private rooms, with linens provided, and communal baths and showers. Meals on Saturday and Sunday morning may be purchased and are sugar-free unless noted at the meals.

NOTE: There may be a charge for travel to and from the airport in Fargo, depending on the number of people needing this service.

October 6 - 8, 2017

Red River Valley Intergroup Annual Retreat

**Dancing Partners:
Abstinence & Sponsorship**

& Region IV Fall Assembly/Business Meeting

Maryvale Retreat Center
11550 River Road
Valley City, ND



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Schedule of Events:

Friday, October 6.

5:00 - 7:00 p.m. Registration & supper
(supper not provided)
7:00 - 9:00 p.m. Welcome, mixer/fun time,
speaker- sponsorship

Saturday, October 7.

8:00 a.m. Breakfast
8:45 - 10:00 Speaker - Abstinence
10:15 - 11:45 Red River Valley Intergroup
Business Meeting (Everyone
is welcome to attend.)
12:00 p.m. Lunch
12:45 - 2:45 Speaker - Sponsorship
3:00 - 4:00 Speaker - Sponsorship
4:00 - 5:00 Personal time
5:00 p.m. Dinner
6:00 - 6:45 Silent auction raffle
7:00 - 8:00 Speaker - Sponsorship
(question & answer panel)
8:15 - 9:15 Candlelight meeting
(Blue Lounge)

Sunday October 8th

8:00 a.m Breakfast
9:00 a.m. Speaker - Closing & re-entry
10:00 a.m Clean-up & head home

What to Bring:

Walking clothing & shoes, OA books, writing
material, **raffle items**, and whatever will make
you feel comfortable.

Make Checks payable to:
Red River Valley Intergroup

Send Registrations to:
Lois Stein
PO Box 635
Dilworth, MN 56529-0635
Phone: 701-238-2248
E-mail: lois_ste@msn.com

Note: You may register by e-mail at the above
e-mail address, but we must receive your
payment by September 22 in order to receive
the Registration Package price.

**There is a block of rooms reserved
under Region IV Overeater Anonymous
at the**

Wagon Wheel Inn & Suites.
455 Winter Show Road, Valley City, ND 58072.
Phone: 701-845-5333

Room Rates: \$91.66/per night (includes tax)
2 beds per room

Rooms at the Wagon Wheel will be held until
September 15.



Registration: October 6 - 8, 2017

Name: _____

Address: _____

City, State, Zip: _____

Phone/email: _____

Registration package includes registration,
lodging Friday and Saturday, 3 meals on
Saturday and breakfast on Sunday.

Registration Packages

Received by September 15 - \$125.00

Received by September 22 - \$135.00

**(Any registrations received after
September 22 cannot be guaranteed meals
or lodging at Maryvale.)**

Individual Prices (not packages)

**Registration only:\$40.00
(no meals or lodging)**

**October 6 & 7
Lodging: \$40.00 per night**

**Saturday October 7
Breakfast:\$ 9.00
Lunch:\$10.00
Dinner:\$12.00**

**Sunday October 8
Breakfast:\$ 9.00**

