

Details & Highlights

- The Retreat Program will be presented by a leader who is joining us from out of town
- In addition to a strong weekend-long program focusing on body issues, several special activities are planned
- Check-in begins at 4 p.m. on Friday, Sept. 8
- Friday dinner is at 6 p.m. is the first of five meals included in the weekend price; the last one is Sunday breakfast
- The program begins at 7:10 p.m. on Friday evening
- Before breakfast on Sat. and Sun. mornings, a guided meditation will be offered
- On Saturday afternoon, there will be time for fun, games, and relaxation as desired, or an optional OA meeting
- Bonfire on Saturday night
- Soft drinks and water (OASIS) will be available for a small fee
- The Retreat ends at 11 a.m. on Sunday
- Kitchenette and fridge are available in a community room

Weekend Menu

Sorry – no substitutions may be made

FRIDAY DINNER:

Beef Brisket, Mashed Potatoes, Green Beans, Corn, Dinner Rolls, Salad, Fresh Fruit
soda, iced tea, coffee

SAT. & SUN. BREAKFASTS:

Scrambled Eggs, Bacon or Sausage, Oatmeal, Cold Cereals, Fresh Fruit
milk, juice, coffee

SATURDAY LUNCH:

Baked Potato Bar, Chili, Salad Bar, Assorted Dressings
soda, iced tea, coffee

SATURDAY DINNER:

Lemon Pepper Chicken Breast, Rice Pilaf, California Blend Vegetables, Salad, Dinner Rolls, Fresh Fruit
soda, iced tea, coffee

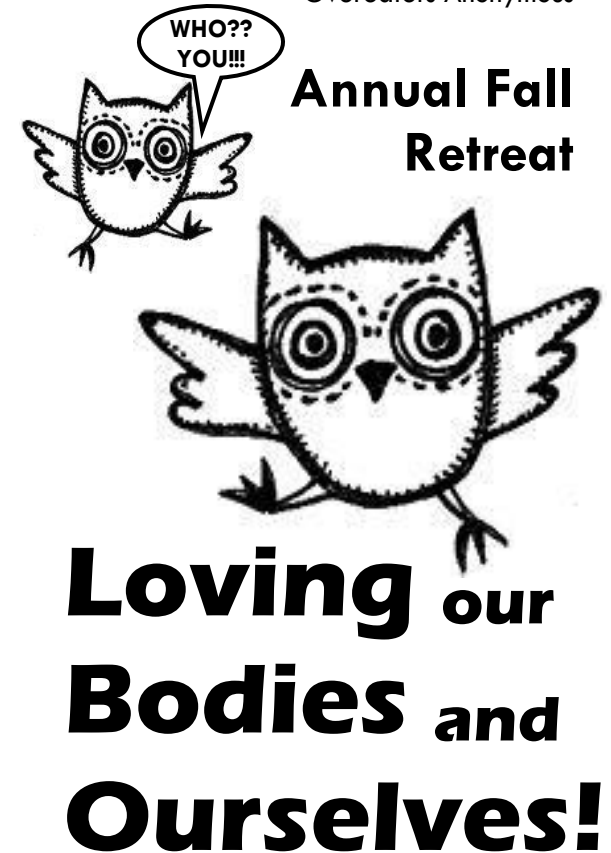
If you have special food needs,

please plan ahead and take care of those items yourself. A refrigerator, microwave and sink will be available. Please provide your own cooking, eating, and clean-up supplies.

Questions?

Contact Betty S.
636-751-3964
oa4me2day@aol.com

St. Louis Bi-State Area Intergroup
Overeaters Anonymous



September 8-10, 2017

Strengthen your program with a weekend dedicated to recovery!

Honor yourself with the gifts of time and fellowship in a peaceful country setting!

*Two Nights ▪ Five Meals Included
Bonfire Saturday Night
Handicap Accessible*

Weekend Pricing

One person in a room*	\$211
Two people in a room	\$201 ea.
Three people in a room	\$191 ea.
Four people in a room	\$181 ea.

*Only 8 single rooms available

Sorry – no refunds can be made

NOTE: Two handicap rooms are available; if you need one please specify on your registration form

About Roommates

You must arrange for your own roommate(s) or be responsible for the “One person in a room” price. Please name your roommate(s) on your registration form, and ask them to do the same.

Saturday Only

9 a.m. to 10 p.m. only **\$69** ea.

Includes:

Program, lunch and dinner,
afternoon activities and bonfire

*We Care Funds & Registration Questions

Limited amounts of “We Care Fund” financial assistance are available. To apply for that, or for any other registration questions, contact the registrar:

Susan T.
314-283-0204
stowns@sbcglobal.net

Sojourn Retreat Center

8350 Highway 30
Dittmer, MO
63023
(636) 274-4000



Directions:

- From I-270, go west on Hwy 30 (Gravois Road)
- Travel southwest until you reach Dittmer (approx. 24 miles, it is west of Hwy NN); the Retreat Center is on the south (left) side of the road

The Retreat Center Offers:

- Rooms featuring two full-size beds, plus a set of bunk beds
- Bed linens
- Handicap accessibility
- Handicap accessible rooms available on a first-come basis
- Areas for walking
- Game room
- Bonfire on Saturday night
- Lake for paddle boating, plus catch-and-release fishing
- Sand volleyball
- Basketball courts
- Kitchenette and fridge available for use
- **PLEASE NOTE: You must provide your own towels!**

Registration Deadline

- All registrations must be received by Thursday, August 31, 2017
- Registrations will be processed on a first-come, first-served basis
- To meet our obligation to the Retreat Center, we must have at least 30 members attend overnight. Please submit your registration as early as possible

REGISTRATION*

ONLINE: Register and pay at
stlouisoa.org

BY MAIL: Make check payable to:
St. Louis Bi-State Area Intergroup

Mail check and this form to:
Retreat Registration
3332 Town & Country Lane
St. Charles, MO 63301

Name(s) _____

Address _____

Email _____

Phone _____

Roommate/s _____

Due for Weekend \$ _____

Due for Sat. only \$ _____

“We Care Fund”
Donation (Thank you!!!) \$ _____

TOTAL ENCLOSED \$ _____