

156th Serenity Retreat Of Overeaters Anonymous
San Diego County Intergroup

Presents a weekend ABC's of Abstinence Workshop

February 19-21, 2010

At beautiful Warner Hot Springs Ranch

31652 Hwy 79
Warner Springs, CA 92086
(760) 782-4200

Retreat Registration at 5pm and Dinner at 6pm in Anza Ranch House Dining Room
Retreat Workshop fee is \$110.00 or \$120.00 after Jan. 31, 2010*
(Retreat includes 5 meals and the ABC's of Abstinence Workshop)

*Accommodations are made separately through the Ranch
Phone 760-782-4200

Rooms are a special rate of \$99.00 per night + tax and room charges.

Rate applies to single, double or a limited amount of triple rooms.

Ask for the OA Retreat Room Block. This rate is available 2 days prior and 2 days after the retreat.

Room reservations can be made now and must be made by Jan. 31, 2010 to get the special rate.

The ranch has a famous Hot Springs Pool (104 degrees all year long) and a regular pool, dry sauna, tennis, recreation and fitness, and many walking paths that are all included with the room charge.

Golf, horseback riding, glider soaring and spa services are available for an additional fee.

Please visit the website for directions and available services:

WWW.WarnerSprings.com

Please call the ranch for room reservations and fill out the form
below and send in for the retreat and meals.

Join the San Diego County Intergroup of Overeaters Anonymous for a weekend of recovery in the serene surroundings of Warner Springs Ranch near Santa Isabel. This is an abstinent retreat. Meals are provided from Friday dinner at 6pm to Sunday Breakfast at 8am and will include vegetarian options. Scholarships are available for retreat workshop only, deadline to apply is January 31, 2010. All room accommodations are made through the ranch and include bedding, towels and amenities of a hotel. No TV or Telephone service available. No appliances (coffee pots, cooking things, etc.) are allowed in hotel rooms, if found they will be confiscated and held at the front desk. All retreat participants are responsible to find their own roommates. Retreat Registration will need a list of whom you are rooming with by Jan. 31, 2010. Please contact Milly with that information. You may bring non OA family or friends, but the workshop and meals are not included unless they pay in full for the retreat.

The retreat committee or San Diego Intergroup is not responsible for any conflicts or difficulties that may arise while rooming with others

CONTACTS

Milly D. Registration
619-463-9683 msmillvdam@cox.net

Iola B. Retreat Liaison
619-370-4594 iolaishere@yahoo.com

Ron J. Treasurer
858-672-2127 rhohnso8@san.rr.com

Richard C. Scholarships
619-610-8525 live100mph@yahoo.com

Jane Z. Secretary
619-840-1216 solocorno@yahoo.com

Questions or concerns? Contact any of the committee members, preferably by email.

February 2010 Registration Form (Cut along line and mail to address below)

Please circle one:

Enclosed is: \$55.00 deposit or \$110 payment in full or \$120.00 after January 31st or Or scholarship payment

Name _____ Phone _____ Email _____

There are NO refunds. If you are unable to attend this retreat, your payment/deposit will be held for two years, to be applied to a future retreat. To receive a receipt, please send a stamped, self-addressed envelope or circle your email address. Make check payable to Serenity Retreat and mail registration to: Serenity Retreat, P.O. Box 2927, La Mesa, CA 91943. The retreat committee looks forward to welcoming you and helping to make this retreat a wonderful experience.

If you need a ride or are willing to provide someone a ride, please circle NEED or GIVE