

155th Serenity Retreat of Overeaters Anonymous San Diego County Intergroup October 9-11, 2009

Please copy and distribute



Join the San Diego County Intergroup of Overeaters Anonymous for a weekend of recovery in the serene surroundings of Pathfinder Ranch near Idlywild. **This is an abstinent retreat. Meals are provided from Friday dinner at 6:00pm to Sunday Breakfast at 8:00am and include vegetarian options.** A refrigerator and microwave available for special foods. Scholarships are available; deadline to apply is September 28th.

Dorm buildings: Bring bedding, pillow, blankets or sleeping bag, towels, and personal items. Contact Milly for private room availability and special needs. Please leave valuables at home. Camp is smoke-free.

Suggestions: AA Big Book, OA Literature, writing materials, lawn chair, flashlight, and mug. No pets or visitors.

Service: If you would like to lead a workshop, yoga, meditation or hiking, sign up at registration.

Directions: From San Diego, take I-15 North to Hwy 79. Take Hwy 79 East to Hwy 371. Turn left at CA-74. Continue for two miles to Devil's Ladder Road. Continue north for ¾ mile to Pathfinder Road. Continue to Pathfinder Ranch. Proceed to Main Hall.

Please do not arrive before 4:30pm, housing is not available until 5pm.

October 2009 Registration (Cut along line & mail. Keep directions above)

Circle one

Enclosed is: \$68.00 deposit or \$136.00 payment in full or \$155.00 after September 28 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 receipt, please send stamped, self-addressed envelope or 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.

Need a ride? Give a ride?

If you need a ride or are willing to provide someone a ride, please circle "Need" or "Give" above, and print your address below.

Contacts

Milly D. (619) 463-9683	Registration msmillydam@cox.net
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