



OA Promise

I put my hand in yours, and together we can do what we could never do alone.

No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower.

We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.

Lake Country Intergroup Spring OA Retreat

April 4-6, 2025

Friday 3:00 pm - Sunday 1:00 pm

Recovery: It's All In The Footwork



We welcome everyone who wants to stop eating compulsively.

Camp Lutherhaven

On the shores of Lake Coeur d'Alene, Idaho
We invite you to join us for this opportunity to focus on using the tools of OA on your path to recovery.

Friday Registration Begins	3:00 pm
Friday Night Dinner	5:00 pm
<u>Friday Night Session Begins</u>	<u>6:30 pm</u>
Saturday Breakfast	8:00 am
Saturday AM Session Begins	9:00 am
Saturday Lunch	12:00 pm
Saturday PM Session Begins	1:00 pm
Saturday Night Dinner	5:00 pm
<u>Saturday Evening Session Begins</u>	<u>6:00 pm</u>
Sunday AM Check out of Rooms	8:00 am
Sunday Session Begins	8:30 am
Sunday Brunch/Raffle	10:00
Closing session	11:00 am
Clean Up	1:00 pm

The Retreat Includes:

- Speaker, program, inspiration, and meetings
- Five meals
- Two nights' accommodation: No single rooms, double occupancy only: dormitory style rooms with full bathroom.
- Basket Raffle, 50/50 Raffle
- Free time for outdoor activities, crafts, fun, and fellowship
- OA/AA approved literature available to purchase

Meals: Heathy meal options including Vegan/Vegetarian and Gluten free 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. For your safety, those with severe food allergy or intolerance please bring your own special foods for your meals.

What to Bring:

- Bedding (sheets, blankets. pillow, sleeping bag)
- Towels, shower shoes, soap, toiletries, ear plugs
- Appropriate clothing for spring weather, hat, outdoor shoes, sweater or jacket, yoga mat...
- Flashlight, sunscreen, umbrella
- AA Big Book, OA 12/12
- Notebook, pens, pencils
- Optional: food scales/measuring items, reusable water bottle, insulated coffee mug
- Games, cards, musical instruments (hand drums, flutes, guitar, etc.)
- Checkbook or cash to buy tickets for a chance to win the 50/50 raffle or a chance to win a fun basket in the raffle.

Camp Lutherhaven

Address: **3258 West Lutherhaven Rd, Coeur d'Alene, Idaho, 83814**

Driving Directions to Camp Lutherhaven:

- **South from CDA:** Highway 95 southbound out of the city of Coeur d'Alene. Turn left on W Carnie Rd/W Kidd Island Rd, 1.3 mi, Slight right onto W Carnie Rd/W Valhalla Rd, 1.4 mi, turn right onto W Lutherhaven Rd, 0.3 mi, Turn left to stay on W Lutherhaven Rd, **Destination will be on the right.**
- **North to CDA:** Highway 95 North to CDA, Turn Right on W Carnie Rd/W Kidd Island Rd, 1.3 mi, Slight right onto W Carnie Rd/W Valhalla Rd, 1.4 mi, turn right onto W Lutherhaven Rd, 0.3 mi, turn eft to stay on W Lutherhaven Rd, **Destination will be on the right.**

Spring Retreat Registration Form
Lake Country Intergroup of OA

Recovery: It's All In The Footwork

April 4-6, 2025

NAME: _____

ADDRESS: _____

CITY: _____

STATE: _____ ZIP _____

PHONE: [_____] _____

EMAIL: _____

Please check the appropriate boxes:

- Full Weekend Rate (Fri-Sun includes 5 meals) **\$275.00**
(no single rooms, double occupancy only: dormitory style with full bathrooms)
- Day Only Rate (includes 5 meals) **\$178.00**
- I would like to room with _____
- Allergies/Food Allergies _____
 - Vegan Vegetarian Gluten-Free
- CPAP machine Loud snorer
- I can only climb up to ____ stairs
- I would like to donate \$_____ toward a scholarship to help others.
- My contact information can be shared with other retreat attendees.
- I am an available sponsor

Registration and payment are due no later than

March 18, 2025. (no exceptions).

Cancellation Policy: 15 days prior to Retreat for Full Refund

Register Online at:<https://form.jotform.com/242834986741267>

Or mail completed Registration Form with payment to:

Robin Lamarche, 750 Martin Rd, DeSmet, Id 83824.

If paying by check, make check payable to **LCI, and**

Payment also accepted at Donorbox.org, or PayPal

Follow links for payment.

3 Days 2 nights: <https://donorbox.org/events/693440>

3 Days Day Tripper: <https://donorbox.org/events/693850>

PayPal.com, sign in, then payment to **@OALCI**

Confirmation will be sent by email or phone.

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

Robin L at: 208-987-0427 or email: LCIretreat@gmail.com