

# 176th San Diego OA Serenity Retreat

## March 29-31, 2019

### Mission San Luis Rey in Oceanside, CA

Join your OA fellows in a weekend to:

- Uncover, discover, and discard!
- Do together what we could never do alone!
- Be inspired in recovery by the 12 steps and the Big Book of Alcoholics Anonymous!

**4:30 pm Friday to 1:00 pm Sunday. All Meals included!**

Saturday Only	3 Days, 0 Nights	3 Days, 2 Nights	3 Days, 2 Nights
No Room	No Room	Shared Double Room	Single Private Room
Three Meals	Six meals	Six meals	Six meals
\$65	\$135	\$200	\$270

#### About the Retreat Leader:

Our speaker is from Waterloo, Iowa and has 42 years of continuous abstinence. She has maintained a 120 pound weight loss. They will be using the Big Book of Alcoholics Anonymous to take us through the steps. They will also explain how the Big Book applies to compulsive eaters.

For more information (including partial scholarships) please contact Regina E. at [regina.eldred@gmail.com](mailto:regina.eldred@gmail.com) or (619) 952-3903

**Registration** (include this stub with payment). Mail to: Overeaters Anonymous, P.O. Box 601341, San Diego, CA 92160. Checks payable to **Serenity Retreat**. Include your physical address if you need or can offer a ride.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Address: \_\_\_\_\_

I would like to offer a ride       I would like to receive a ride

I would like vegetarian meals       I would like to volunteer at the retreat