

*MetroWest Intergroup of
Overeaters Anonymous presents*

**An OA Retreat
June 7-9, 2019**

**USING THE
SLOGANS TO
WORK THE
STEPS**

**Join us for a weekend of fellowship,
serenity, and recovery at the Sacred
Hearts Retreat Center, Wareham, MA.**

*Located on 118 acres woodlands and waterfront
on the shore of Buzzards Bay.*

WHEN Fri. June 7 through Sun. June 9 *(starts at 7pm)*

WHERE Sacred Hearts Retreat Center, Wareham MA

COST \$175 for the weekend

REGISTER Online at metrowestoa.org/retreat2019

This retreat often sells out so sign up early!

For information on scholarships and how to register, check the back of this flyer



Scholarships Available to a limited number of members with financial need. Preference given to those who have not received one in the past 3 years. To apply check **Scholarship Requested**, submit your completed registration, and a check for \$88.00. Awards are on a **first come, first serve** basis. If not awarded, your prepayment is returned in full. Deadline is May 20, 2019. Often all scholarships are awarded before the deadline.

Check in begins after 5pm and the program begins promptly at 7pm on Friday and concludes Sunday after lunch. We lodge in our own 3 story manor, complete with dining and meeting rooms.

Meals are served cafeteria style and if you chose to bring your own food, shared refrigerator and microwave are available.

Our program consists of a study of how OA Slogans support our recovery in the 12 Steps, led by an experienced OA member with discussion and writing. There are also guided walks, morning and evening yoga and/or meditation, and crafts. In addition, we have access to Sacred Hearts Boat house, beach, and trails.

Rooms are shared and may accommodate 2-4 people. Please indicate roommate requests on your registration, or a roommate will be assigned to you. **Indicate any mobility issues;** there are a very limited number of spaces that are on the ground floor, with a few stairs.

Space is limited to 50 people. No day-trippers. Your registration will be confirmed by e-mail; a waiting list is formed after spaces are filled. Register early. Once registration is accepted, no refunds made after **May 20, 2019**.

For more information, please contact Margaret Ann B. at (617) 943-1470 or Taube at (781) 251-0028, or email at retreat@metrowestoa.org.

Register online at www@metrowestoa.org/retreat2019 **Or**

Complete the form below with **check or money** order payable to:

MetroWest Intergroup, PO Box 600, Needham, MA 02494 Attn: Retreat 2019

Name:

Phone

Full Address:

Email:

Roommate Name:

Roommate Email:

Roommate Phone:

() June 8, Friday after 5pm includes 2 nights/5 meals for **\$175.00**

() Scholarship Requested (no scholarship in the last 3 years) **\$88.00**