

Registration

Name: _____

Name on Badge: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

PREFER: Single Room: _____ Double (twin beds) _____

(Rooms given on a first-registered,
first-served basis)

Roommates Name: _____

(Roommates must both be registered to be
assured of assignment together)

WILLING TO CHAIR OR SPEAK AT A MEETING:

YES NO POSSIBLY

Please make checks payable to:

SECTIG Retreat
(Southeastern CT Intergroup)

Option contribution to a scholarship fund

\$ _____

and mail this registration form with check to:

SECTIG Retreat

83 Hampton Park

Branford, CT 06405-2201

Registration

- \$195 early bird registration, postmarked by March 1, 2018.
- \$215 if after March 1, 2018.
- Registration deadline is June 9, 2018 (if needed a waiting list will be initiated).
- Partial scholarships are available on a first come first served basis. Send in completed registration form with amount you can pay (\$50.00 minimum) and note at bottom of form that you are requesting scholarship support.

We suggest you first ask your home meeting
for scholarship support.

**DEADLINE FOR REGISTRATION FORMS
AND SCHOLARSHIP REQUESTS:
JUNE 9, 2018**

If more information is needed, contact:

BEATRICE
(508) 596-0418
bmahr@aol.com

or

ANNETTE
(203) 671-4656
abchittenden@gmail.com

SECTIG XII

Overeaters Anonymous

Tranquility Through The Twelve Freedoms

Tranquility Weekend Retreat
June 22, 23, 24, 2018

Twelfth Annual Retreat
Incarnation Conference Center
in Ivoryton, CT

Enjoy the serenity.

Beautiful, natural setting situated on
700 wooded acres with hiking trails
and a lake.

You are invited
to the
12th annual Overeaters Anonymous
Tranquility Retreat.

Please join us for a weekend of renewed
hope and recovery at the beautiful
Incarnation Conference Center in
Ivoryton, Connecticut.

Hiking, swimming and canoeing or
kayaking are available.

If you have a desire to stop eating
compulsively and would like a deeper
spiritual connection, **you are welcome to
join us** for this very special weekend.

This year's retreat we will be exploring
the Twelve Freedoms of Overeaters
Anonymous, found in "Voices In Recovery"
on page 205. There are additional
references about the freedoms
mentioned in the indexes of "For Today"
and "Voices In Recovery"

Tentative Agenda

Friday, June 22

4:00-7:00 pm check-in
4:30-5:30 pm meeting
6:00-7:00 pm "Bring your own Dinner"
7:30-8:00 pm welcome and introduction
8:00-9:30 pm meeting
9:45-11:00 pm meetings campfire or lodge

Saturday, June 23

7:00-8:00 am meditation
8:00-9:00 am breakfast
9:30-10:30 am choice 2 meetings
10:45-11:45 am choice 2 meetings
12:00-1:00 pm lunch
1:15-2:15 pm meeting or meditation
2:15-3:15 pm meeting
3:15-5:00 pm free time
5:00-6:00 pm program planning for 2019
6:00-7:00 pm dinner
7:30-9:00 pm speaker meeting
9:30-11:00 pm "Quiet the Heart"
campfire or lodge

Sunday, June 24

7:00-8:00 am meditation
8:00-9:00 am breakfast
9:00-9:20 am raffle/closing notes
9:30-11:00 am panel
11:15-12:00 am game
12:30-1:30 pm lunch

Accommodations

The majority of the rooms are singles
with twin beds. There are a few doubles
with twin beds. Roommate requests may
be made in advance. Bathrooms and
showers are shared facilities and are
centrally located.

***THE CENTER IS A SMOKE-FREE
AND FRAGRANCE FREE FACILITY.***

Meals

Meals included are Breakfast, Lunch, and
Dinner on Saturday and Breakfast and
Lunch on Sunday. No meal will be provided
on Friday night, so we suggest packing a
meal or stopping along the way.

You will be responsible for supplementing
your own food plan if necessary with
things like metabolic, snacks, special
proteins, etc.

Refrigerator and Microwave are available
for our use. Water, coffee and tea are
available at all times. If you wish to
support our effort in being green, you
may bring your own coffee mug and water
bottle.