

## Registration Form

Per Person (check choices)	USD
<b>Best Value Retreat Registration</b> – postmarked by September 30, 2019	\$110
<b>Standard Retreat Registration</b> Applies to payments postmarked October 1, 2019 and after or at the door.	\$130
<b>Friday Speaker Meet &amp; Greet and Fundraiser.</b> Location provided with completed registration	Free
<b>Lawrie C. Book. Only pre-purchased books will be printed.</b>	\$15
Lodging: twin bed, shared room <b>PER NIGHT Rate</b>	\$70
Lodging: two twin beds, private room. <b>PER NIGHT Rate*</b>	\$120
Lodging: one double bed, private room. <b>PER NIGHT Rate*</b>	\$120
<b>Breakfast Saturday</b> - fruit, eggs, bacon, hot/cold cereal, and yogurt	\$14.50
<b>Lunch Saturday</b> - deluxe salad bar, soup, and fruit	\$15.25
<b>Dinner Saturday</b> - grilled teriyaki salmon, rice, green salad, vegetables, dinner roll and fruit	\$17.00
<b>Breakfast Sunday</b> - fruit, eggs, bacon, oatmeal, cereal, and yogurt	\$14.50
<b>Lunch Sunday</b> - deluxe salad bar, soup, and fruit	\$15.25
<b>Donate to the scholarship fund to help another person attend retreat.</b> (Optional, but deeply appreciated)	\$
<b>Total funds enclosed:</b> Make payable to: <b>Anchorage Alaska Intergroup</b>	\$

\* **One person must rent the room;** they may opt to share it, but only one name and payment for the room. **Splitting costs is between you**

To apply for partial scholarship for retreat registration, to change or cancel registrations, and/or find a roommate contact Janis Elliot 907-441-5629 or Jan Wachsmuth 907-862-0194

### MAIL REGISTRATION & PAYMENT TO:

Janis Elliott  
6555 N Sun Circle  
Wasilla, AK 99654

Make check or money order payable to:  
**AAI**  
or  
**Anchorage Alaska Intergroup**

To receive **Best Value Rate**, registration must be postmarked by **September 30, 2019**

Please print legibly! Thank you.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State/Province \_\_\_\_\_

Zip/PC \_\_\_\_\_

Email \_\_\_\_\_

Phone \_\_\_\_\_

Emergency contact & phone # \_\_\_\_\_

Please note the night(s) for room reservation(s):  
\_\_\_\_\_

Rides \_\_\_\_\_

Other \_\_\_\_\_

#### Service Opportunities

Pre-retreat cleaning	Friday event volunteer
Registration	Greeters
Room check-in and check-out	Cleanup Crew during event
Speaker Transportation if Needed	Airport Pick-up and Delivery of out of town Participants
Setup	Takedown



## Staying Spiritual in the Steps

**Twelve Step Retreat w/ Internationally  
Known Step Speaker**

**October 25, 26 & 27, 2019**

**Holy Spirit Center  
10980 Hillside Drive  
Anchorage, Alaska**

Come join us for a retreat from the busyness of life and enjoy a weekend of growth, fellowship, and recovery. This retreat will give you a chance to recharge your program and more deeply connect to our OA members. Our retreat leader has decades of program and longtime abstinence. He is an engaging speaker and a Big Book devotee! Your attendance is a service to others and helps AAI continue bringing in outside speakers.

 **OVEREATERS  
ANONYMOUS®**  
Anchorage Alaska Intergroup  
OA-Alaska.org

## Retreat Schedule

(subject to change)

### Friday, October 25, 2019

3:00 - 5:00 pm	Setup at Holy Spirit Center
6:00 - 7:00 pm	Setup Speaker Event
7:00 - 9:00 pm	Keynote Speaker's Story, Meet and Greet & Fundraiser. Location with completed registration. 30 guest maximum

### Saturday, October 26, 2019

#### Holy Spirit Center

6:00 - 7:00 am	Any additional Set-Up
7:00 - 8:00 am	Breakfast
7:30 - 8:30 am	Registration
8:30 - 10:30 am	Introduction, Step One, & Developing a Plan of Eating
10:45 - Noon	Steps Two & Three
Noon - 1:30 pm	Lunch & Free Time
1:30 - 3:30 pm	Steps Five to Nine
3:30 - 4:30 pm	Break
4:30 - 5:30 pm	OA Meeting - Cardoner Library
6:00 - 7:00 pm	Dinner
7:30 pm+	Entertainment/Games

### Sunday, October 27, 2019

#### Holy Spirit Center

7:30 - 7:50 am	Meditation w/ Roger
8:00 - 9:00 am	Breakfast
9:00 - 10:30 am	Steps Ten & Eleven
10:45 - Noon	Step Twelve
Noon - 1:30 pm	Lunch
1:30 - 3:30 pm	Interactive Step Four Workshop
3:45 - 4:15 pm	Wrap up & Serenity Prayer
4:30 - 6:00 pm	Cleanup and Takedown
7:30 pm	Speaker to the airport

### Nightly Room Rate

- Lodging is \$120 for private rooms or individual twin bed in shared room for \$70. Rooms are available to rent Friday and Saturday. Private rooms must be rented by a single person, but they may choose to share their room and costs, but that is between them. All bathrooms are community baths accessed from the hallway.

### Reservations

- Register by filling out this form and mailing it to Janis Elliott, 6555 N Sun Circle, Wasilla, AK 99654. If you have questions, please call
  - Janis 907-441-5629
  - Jan W. 907-862-0194

### Scholarships

- If you need help with the cost of attending, please contact Janis or Jan listed above. Scholarship amounts may vary according to donations available.

### Refunds, Cancellation or Late Reservations

- No refunds for Lawrie C.'s book once ordered and printed on Oct 15.
- No refunds or cancellations for prepaid meals after 5:00 pm, October 18.
- Deadline for meal orders is noon, October 18.
- Registration is available at any time.
- Rooms may be reserved until sold out
- Additional information will be added to our website: [www.oa-alaska.org](http://www.oa-alaska.org).

### Check In/Out

- Check in: 3:00 - 5:00 pm Friday or 7:30 - 8:30 am Saturday
- Check out is by 6:00 pm Sunday

**Holy Spirit Center**  
**10980 Hillside Drive**  
**Anchorage, AK 99507**

(907) 346-2343

[www.holyspiritcenterak.org](http://www.holyspiritcenterak.org)

- The Retreat Center is located in the Hillside area near Glen Alps off of O'Malley Road

### Site and Close Amenities

- 15 minutes from downtown Anchorage
- 10 minutes from restaurants, grocery stores, and Dimond Center Mall
- Free on-site parking
- Rides to and from the airport may be available. Please contact Jan W. 907-862-0194. Volunteer driver(s) with vehicle(s) are needed
- Onsite kitchen and shared refrigeration for your own meal prep
- Coffee, tea, and water available all day
- Catered meals listed in registration for Saturday breakfast, lunch, dinner and Sunday breakfast and lunch
- Stations of the Cross Nature Walk
- Sitting areas
- Cardoner Library in the Main Building