

Please note that a minimum deposit of \$100.00 is required. Early bird rates must be emailed or postmarked by 2/8/2019. Payment in full is due 3/1/2019.

To register by mail fill out both sides and send it with your check to Serenity Retreat, PO Box 2429, Portland, OR 97208. (PayPal users write transaction # on your form.)

To register online: visit www.oregon-oa.org and click Register for Retreat on home page

Cancellation: we can only refund if you cancel before March 2, 2018. To cancel, please email your request to serenityretreat@oregon-oa.org or call Nicole at (503) 442-2777.

LATE CANCELLATIONS CANNOT BE REFUNDED

First Name Last Name

Street Address

City State / Zip

Phone Email (Print clearly!!)

What	Choose	Price
Early Bird registration by Feb 8, 2019		\$160
Regular registration after Feb 8, 2019		\$180
Commuter with meals only (RV) ¹		\$130
Single or couples room, extra per room ²		\$50
TOTAL REGISTRATION AMOUNT:	\$	
Deposit (\$100/person min.)	\$	
Donation for Scholarship Fund	\$	
Total Payment Enclosed ³	\$	
REMAINDER DUE BY 3/1/2019	\$	

1. limited to 6 RV spots; 2. Only 2 single/couples room (assigned by registration date);

3. Or clearly write out your PayPal transaction number

Confirmation sent by email or postcard. (Email preferred)

Oregon Intergroup of Overeaters Anonymous Offers



at Twin Rocks

March 15-17, 2019

Twin Rocks Conference Center
18705 Highway 101 North
Rockaway Beach, Oregon

For more information, including scholarships,
email serenityretreat@oregon-oa.org
or call Nicole S. at (503) 442-2777

Come join us!

Take your program to the next level with a weekend of fun & fellowship, creative free time, early-morning activities, and group sessions with a lot of inspiration from a fantastic Retreat Leader. The retreat begins on Friday with registration check ins at 4pm and ends Sunday at 1pm after lunch. After you register, you will receive a registration confirmation email with more detailed information about the retreat.

Accommodations

Most guest will be in a dorm style building (3 floors, no elevator) and the rest in dorm-style cabins. All rooms have bunk beds and sleep 4-10 people. The large building has a single bathroom on the first floor and common bathrooms on the second and third level. Cabins have a single bathroom. Please note that rooms are assigned. If you must have a lower bunk or cannot negotiate stairs you must tell us! Please be very specific regarding your needs. Are you able to climb 2-4 steps into a cabin, or none at all? Use a scooter? Let us know. We will do our best to accommodate your needs on a first come/first serve basis. You can pre-view the facilities at:

www.twinrocks.org/facilities/twin-rocks-main-camp/

Please note that no children or pets are allowed at Twin Rocks Retreat Center.

Volunteers

Volunteers are needed throughout the retreat. Please let us know if you are available to do service by checking the box at the bottom of the next page. A selection of volunteer opportunities will be emailed to you.

Scholarship Needed

If money is the only thing holding you back, we encourage you to ask your home meeting for financial support. If they cannot help, you may request a \$50 scholarship from the Oregon Intergroup. These scholarships are given out first come/first serve until the fund runs out. To request a scholarship, email Nicole S at serenityretreat@oregon-oa.org.

Scholarship Given

If you can help others, please donate to the scholarship fund when paying for your registration. No amount is too small. If no one at your meeting is attending the retreat, ask if the meeting will donate scholarship money for this retreat.

If you require any type of accommodation, you must tell us or we may not be able to address your needs. Since all special needs and roommate requests are organized on a first come/first serve basis, it would be in your best interest to register early. If you have special needs and register late, we cannot guarantee that we will be able to accommodate you.

Food

Meals are family style in a dining hall. As a standard, we request a no sugar and no white flour meal selection. If you have other requirements, e.g., vegetarian, vegan, lacto-ovo, lactose or gluten intolerant, or any other food allergies, please indicate that here:

Sleeping and Mobility

Check all that apply:

- Quiet, early-to-bed room
- Up-late-at-night room
- I snore and am okay with others snoring/CPAP noise (check all that apply)
- Lower bunk because _____
- I can only do up to _____ stair-steps
- As close as possible to the meeting room and meals (walking limitation)
- Single room/couples room (\$50 up-front extra charge per room)
- Any other special needs? (attach a separate sheet)

Roommates

If you want to be in the same room with a specific fellow, each of you must complete a separate registration form. If you can, mail the registrations together or register online on the same day. Either way, list all roommates (use a separate sheet if needed). Each room has bunks and can hold 4-10 people.

Roommate #1 _____

Roommate #2 _____

Roommate #3 _____

- I am able to do service at the retreat. Please email me a list of opportunities