



# Annual Retreat

## “Working through the Twelve Steps Together”

The Weekend of June 22<sup>nd</sup> to June 24<sup>th</sup> 2018

*Providence Spirituality Centre*

*1200 Princess St.*

*Kingston, Ontario*

*613-542-8826*



**From Hwy. 401**

Take **Exit 615** – Sir John A. MacDonald Blvd. Go south to Princess St. turn **RIGHT**. Turn **LEFT** at 1200 Princess St. Follow sign **LEFT**. Go around entire building to fully accessible entrance on west side. Drop off your luggage and park in the large parking lot at the back.

### **REGISTRATION DEADLINE: MAY 26, 2018 with full payment.**

Registration forms can be mailed to Aprile Dempsey, 2393 Galbraith Rd., Lanark, Ont. K0G 1K0 or sent with your Group Rep. to Intergroup Meetings or you can give it to Aprile D. at Monday night Bells Corners Meeting. You can also pass it along with any Intergroup Member and ask them to pass it along.

Payment Plans Available, please contact Aprile D at [apriledempsey@gmail.com](mailto:apriledempsey@gmail.com) to make arrangements.

**Registration Form: Home Group** \_\_\_\_\_ **Friday Dinner Yes/No \$15.00 extra enclosed**

Name: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov/State: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Email: \_\_\_\_\_ Payment: Cash: \_\_\_\_\_ Etransfer: \_\_\_\_\_ Cheque: \_\_\_\_\_

**Payment Options:** Payments can be made by etransfer, cash or personal cheque only. Transfers may be made at [apriledempsey@gmail.com](mailto:apriledempsey@gmail.com) **NO REFUNDS!** If you are unable to attend you can find someone to replace you and your payment can be transferred to them. Arrangements can be made with Aprile Dempsey

### **Limited Space • Register Early**

Cost: \$175.00 single room, ( includes 2 breakfasts, 2 lunches and 1 dinner). Eat prior to arrival on Friday  
The facility offers a wide range of choices at the buffet taking into consideration some dietary needs however, are not able to cater to any specific diets. The facility is not able to guarantee cross contamination. Individuals are allowed to bring their own gluten free bread.

# Agenda

**Friday evening:** Check-in 6:30 – 7:30 p.m. First Session 8:00p.m.

**Saturday:** Breakfast 8:00 a.m. Session Starts 9:00 a.m.

**Sunday:** Breakfast 8:00a.m. Session Starts 9:00 a.m. ends at noon Lunch to follow.

## Just for Fun!!!

**50/50** Draw (3 tickets \$5.00 or arm's length for \$10.00) proceeds to Ottawa Intergroup

**Saturday night Clothing Exchange** – Don't pitch them!! Bring them to the retreat and see if one of your fellows can use them.

There will be some old fashioned **board games** available or feel free to bring your own, for those who like staying up late.

## Some items you might want to Bring:

Big Book of Alcoholics Anonymous, OA 12& 12, AA 12&12, Pen, Highlighter, Pad of paper, Reuseable Water Bottle and Coffee Travel Mug, Personal Fan, Toiletries, Cash for 50/50 draw, Clothing for the clothing exchange.

## Step 12 Service Needed

Having had a spiritual awakening as the result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

**Please choose three 1 being preferred.**

Beverage Site Person: \_\_\_\_\_

**\*Decorations:** \_\_\_\_\_

Coffee Person Saturday a.m.: \_\_\_\_\_

Coffee Person Sunday a.m.: \_\_\_\_\_

Clothing Exchange Set Up: \_\_\_\_\_

50/50 Ticket Seller: \_\_\_\_\_

**\*Greeter/Name Tag Person:** \_\_\_\_\_

**\*Meeting Room Set up:** \_\_\_\_\_

Meeting Room Tear Down: \_\_\_\_\_

Room Inspection/Clean up: \_\_\_\_\_

Night Watchperson: \_\_\_\_\_

Water Person: \_\_\_\_\_

Washroom Attendants: \_\_\_\_\_

**\*Room Name Labeller:** \_\_\_\_\_

(\* must arrive for orientation and set up by 6:00 p.m.)

Each of these positions are fairly small jobs, please ask Aprile for details.

Anyone requiring a ride to the retreat please advise Aprile D. and we will do our best to try to make arrangements for you.