

EXPLORING THE 12 STEPS THROUGH THE SPIRITUAL PRINCIPLES

OTTAWA DISTRICT INTERGOUP ANNUAL RETREAT

Galilee Centre in Arnprior, ON

JUNE 13-15, 2025



HOPE
HONESTY
FAITH
COURAGE
INTEGRITY
WILLINGNESS
HUMILITY
SELF-DISCIPLINE
LOVE
PERSEVERANCE
SPIRITUAL AWARENESS
SERVICE

NEW THIS YEAR - 2 STEP REGISTRATION PROCESS !!!!

You must register first with the Galilee Centre to confirm you have a spot and then register with the Ottawa District Intergroup. **The deadline to register with the Galilee Centre is June 1st!**

STEP 1

To register with the Galilee Centre for your room which includes meals please click on the link below.
Cost per person (accommodations and meals) - **Single \$225.25, Double \$173.25**

<https://www.galileecentre.com/products-page/uncategorized/overeaters-anonymous-retreat-june-2025/>

STEP 2

Retreat registration with the Ottawa District Intergroup is **\$20**

Please register by emailing **Judy T.** at judithtoombs@gmail.com and e-transferring the **\$20** registration fee to the same email address.

No day only participation.

The retreat starts on Friday at 7 PM (dinner on your own) and ends on Sunday at 11:30 AM (lunch is not included).

Total cost per person is \$245.25 single, \$193.25 double

Note - You must register first with the Galilee Centre to confirm you have a spot and then register with the Ottawa District Intergroup.