

Our Vision For You:

Nestled amongst the lush forest of the Platte River Valley a group of men and women gather every year to share their experience, strength, and hope and to carry the message of recovery from compulsive overeating. Join us to discover a weekend of laughter, tears and transformation.

To Guide Your Way:

From I-80:

1. Take the NE-50 exit, EXIT 440, toward SPRINGFIELD/ LOUISVILLE.
2. Turn SOUTH onto NE-50 S. towards LOUISVILLE. Continue to follow NE-50 S. for 13.miles.
3. Turn RIGHT onto NE-13E SPUR/ E PARK HWY.
4. Turn RIGHT onto 346TH ST.
5. Arrive at 14421 346th St Louisville, NE – PLATTE RIVER STATE PARK!
6. Follow signs to The MALLET LODGE to register and get your cabin key.

* Map will be mailed with final cabin assignments.

Thoughts on the Retreat

“I went to my first retreat eight years ago and it absolutely changed what recovery meant to me.”

- Kari H.

“I cannot state this strongly enough: Come for the entire weekend; spend the nights; immerse yourself in recovery . . . It makes all the difference.”

- Barb P.

“Some of my best fellowship memories are of times spent at the fall retreats, not to mention the boost it brings to my program!”

- J.L.

“The OA Retreat is life changing. If you really want recovery, that’s the place to find it. “

- Molly K.

“A weekend of recovery can revitalize your entire program, it did for me!”

- Sheila N.

About the Speaker

Denise H. is a 17- year member of Overeater’s Anonymous. Her home group is in Iowa. Denise is looking forward to sharing her vast experience, strength, and hope!

A Vision For You: Seeing your Recovery Grow



Omaha Intergroup’s
2008 Fall OA Retreat

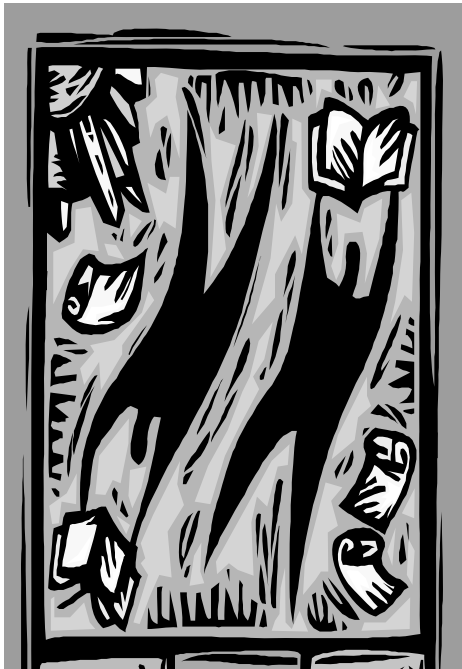
Oct. 10, 11, 12

Platte River State Park
Louisville, NE

What to Bring

Cabin accommodations include grill, oven, stove, microwave, dishware, linens, and refrigerator / freezer. You will want to bring:

- An Open Mind and Heart
- A Big Book
- A Flashlight or lantern
- Toiletries for two nights
- "Fun" money for raffle tickets, craft items and literature
- A journal and pen
- Your food for the whole weekend



Tentative Retreat Schedule

FRIDAY

- Check-in at Mallet Lodge
- Fellowship building
- Speaker's Story
- Large group sharing

SATURDAY

- Big Book Meditations
- Speaker Message
- Large Group Sharing
- Arts and Crafts
- God Walk
- Clothing Exchange
- Fellowship Lunch
- Entertainment Skit
- Raffle
- Talent Show

SUNDAY

- Speaker's Send-Off
- Big Book Signing
- Carrying the Message

*Detailed schedule will be mailed with final cabin assignments.

Registration Form

Of Course I'm Coming! ☺

Name _____

Mailing Address _____

E-mail _____

PAYMENT

_____ \$79 included & mailed by 9/1/08

_____ \$89 included & mailed after 9/1/08

_____ \$ Additional Funds included to be used towards Scholarship Fund'

Please call Debbie S. at 402-873-5921 for information regarding scholarships and / or a payment plan.

LODGING

If possible, I'd like to share a cabin with:

_____ I prefer a quiet / early to bed cabin.

_____ I prefer to stay up late and sleep in!

MAIL FORM & PAYMENT TO:

KARI HEIN

507 N. 75th STREET

OMAHA, NE

Make checks payable to GOII.