

There will be time on Saturday afternoon for fun, games and relaxation as desired.



Please contact: Linda via email at eaglesors@att.net or by phone at (636) 600-0393 with any questions or to volunteer

IMPORTANT DETAILS.....

Check in begins at 4:00 pm
Friday Oct. 31st, 2008

Friday Supper is provided

November 2, 2008

Soft drinks and water (OASIS) will be provided for a small fee

Program begins at 7:30 pm
Friday

Retreat ends at 11:00 am Sunday

Menu: no substitutions

Friday Dinner

Roast Beef, Green Beans, Mashed Potatoes, Corn, Dinner Rolls, Fresh Fruit, Soda/Iced Tea/Coffee

Saturday & Sunday Breakfast

Scrambled Eggs, Bacon, Biscuits with Gravy, French Toast, Fresh Fruits, Cold Cereals, Juice/Milk/Coffee

Saturday Lunch

Baked Potato Bar, Chili, Salad Bar, Soda/Iced Tea/Coffee

Saturday Dinner

Lemon Pepper Chicken Breast, Rice Pilaf, California Blend Vegetables, Dinner Rolls, Soda/Iced Tea/Coffee and Fresh Fruit

If you have additional special food needs, please plan ahead and take care of these needs yourself

St. Louis Bi-State Area
Intergroup of
Overeaters Anonymous

17th Annual Fall
Retreat

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Catch the Spirit

OCT 31 - NOV 2
2008

St. Louis Bi-State Area OA

2008 Retreat Registration Form

Send this section with your check payable to:

St. Louis Bi-State Area Intergroup