

WASHINGTON DC AREA IG invites you to our

Ninth Annual June Wellspring Retreat

Summer Solstice Weekend ☀ **June 19-21, 2009**

Join your friends in OA.....and meet new ones
Refresh and Renew your Recovery

Workshops, Speakers, Meetings, Relaxation, Fun

Wellspring, a peaceful, natural setting for retreats and workshops, is located just 25 miles from Washington, DC at 11411 Neels Church Rd. in Germantown, MD. Accommodations are in comfortable cabins, nestled in the woods, each equipped with kitchen and lounge. Each room has a twin bed and a bunk bed.

Full benefits: Walks in the woods, meditation, no traffic, lodging in comfortable cabins
Includes four tasty, nutritious meals (3 on Saturday, breakfast on Sunday), fruit & beverages

Commuters: Limited number of spaces available

Check-in begins Friday at 6:00 pm; opening activities are at 8:00 pm. Retreat ends about 11:30 am Sunday.

Registration: Complete the registration form below, make check payable to **OVEREATERS ANONYMOUS** and mail by **May 23**. * Afterwards, *if space is available*, registration requires an additional \$15 fee. To apply for a scholarship, submit registration form with partial payment (at least half price)

Mail to: Howertine Farrell Duncan 4 Mineral Springs Court Gaithersburg, Maryland 20877-3831

About a week before the event, all participants will receive a mailing confirming their registration and with driving directions, menus, service assignments, and other important information.

Questions? Call Judie at 301-460-1118 or e-mail Howertine at Peaceful2820@yahoo.com

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Full Name: _____ Sex: **M / F** Vegetarian: **Y / N**

Home Phone: _____ Day/Cell Phone: _____ E-mail: _____

Address: _____ Apt # _____

City: _____ State: _____ Zip: _____

Room & Board: \$140 Commuters (no meals): \$50 Commuters (with meals if paid by May 23): \$80

Roommate(s): _____

Assign a roommate I would like a single room if space is available (additional \$60 fee required)

Need a scholarship Contribution to scholarship fund: _____ Total amount enclosed: _____

Send registration confirmation by e-mail **Y / N** If prefer postal mail, send self-addressed, stamped envelope

Are you an Early Bird Night Owl OK to put your contact information on the Retreat We Care List? **Y / N**

Everyone will participate in at least one set-up/cook or clean-up task in addition to other service. **Please indicate your other service preference(s):** Registration Greeter/Hugger Opening Speaker

Workshop Leader Entertainment Arts/Crafts Exercise Leader (specify: _____)

Meditation leader (yoga, walking, etc): specify: _____) Last Day Clean-up Other _____

Check if you Need a ride Are driving, and have space for _____ additional passengers

Top areas of interest for workshops Steps 1-3 Steps 4-9 Steps 10-12 Abstinence/Food

Relationships Sponsorship Relapse Spirituality/Meditation Other _____

What best describes where you feel you are in your recovery right now: newcomer not yet abstinent

newly abstinent abstinent long-term abstinence struggling in relapse I am working on step _____