



This beautiful retreat center is located at:

4633 N. 54th St., Phoenix, AZ 85018

1. In Phoenix, from Camelback Road, coming from I-17 or the 101, Turn north on North 54th Street and the Retreat Center is on the right.
2. From Tucson, AZ, take I-10 into Phoenix merge onto AZ-143 N via Exit 153A toward Sky Harbor Airport. Keep left to take AZ 143 N. Take the McDowell Rd East exit. Turn slight right onto E. McDowell Rd. Turn left onto 52nd St. Turn right onto E. Thomas Rd. Turn left onto N. 56th St. Turn Left onto E. Camelback Rd. Take 2nd right onto N. 54th St. and Retreat Center is on right.
3. From Flagstaff, AZ, take I-17 into Phoenix to Camelback Rd. Exit to left (east) and go to N. 54th Street, turn left on N. 54th Street and the retreat center is on your right.

Questions? Contact Chair:

Rosie Oldham—rosie.oldham64@gmail.com

PHONE 602-369-8444

Register ONLINE:
www.oaphoenix.org

Space Limited

Mail checks made out to ASDI to:

Eddi Hoedebeck
19659 N. 110th Drive
Sun City AZ 85373
ehoedebeck50@gmail.com
602-386-9102



Accommodations

- Retreat Center is handicap accessible.
- Separate Male/Female Dormitory Style Beds—no bunk beds.
- Bring Sleeping and Bath Linens.
- Bring personal grooming supplies.
- Refrigerator available for storage of personal food/drink items.
- Bring cash for 50/50 drawing and other fun events—gift cards etc.
- Consider bringing extra pillow for seating on chairs.
- Bring warm clothing and comfortable shoes to walk this beautiful campus.

Living Our 12 Step Lives..

Practical Solutions

November 1, 2, 3, 2019

Overeaters Anonymous

Arizona Serenity in the Desert Intergroup

Annual Fall/Winter Retreat



Mt. Claret Retreat Center
4633 N. 54th Street
Phoenix, Arizona 85018

REGISTER ONLINE www.oaphoenix.org

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Female _____ Male _____

If handicapped or you have other needs, what are they?

EARLY BIRD DISCOUNT BEFORE OCTOBER 14, 2019

\$ _____ Option 1: 2 nights + four meals (Sat-Breakfast, Lunch, Dinner-Sunday Breakfast) \$175.00 early bird registration due by Monday, October 14, 2019 (final payment due 10/14/2019)

\$ _____ Option 2: Three day commuter Fri, Sat, Sun. -Includes 4 meals, Sat- Bkfst, Lunch, Dinner and Bkfst Sun. \$105.00 registration by Monday, October 14, 2019 (Final Payment due 10/14, 2019)

\$ _____ Deposit of \$50.00 - NON REFUNDABLE for retreat-
Final Full Payment for Early Bird Discount is due October 14, 2019.

AFTER OCTOBER 14, 2019

\$ _____ Option 1: 2 nights + four meals \$185.00 (final payment due by Monday, October 28, 2019)

\$ _____ Option 3: Three day commuter special, Registration for Friday, Sat and Sunday and 4 meals, Sat-Bkfst, Lunch, Dinner and Sunday Bkfst. \$115.00. (final payment due Monday, October 28, 2019.

All Final Payments are due to Registrar by Monday,

October 28, 2019 (non refundable but can be transferred)

\$ _____ Optional Donation to ASDI for Retreat Scholarship Fund

\$ _____ TOTAL ENCLOSED (CHECK PAYABLE TO ASDI)

Sleeping Preferences (circle those that apply)

CPAP Nite Owl Snoreas Early to Bed

RETREAT SCHEDULE

Friday, November 1, 2019

**** Dinner on your own!**

3:00-7:00 pm	Check In
7:00 -7:30 pm	Opening
7:30-9:00 pm	Speaker
9:00-9:30 pm	Sharing

Saturday, November 2, 2019

7:00-7:45 am	Group Meditation
8:00 am	Breakfast Dining Hall
9:00 am-10:15 am	Speaker
10:15 am- 10:30 am	Break 15 minutes
10:30 am-11:30 am	Speaker
11:30-12:00 pm	Open Sharing
12:00 pm	Lunch Dining Hall
1:30-2:45 pm	HP Activity/Sharing
2:45-3:45 pm	Speaker/Sharing
3:45-4:00 pm	Raffle Fun
4:00-5:00 pm	Men's Focus Meeting (Speaker)
4:00-5:00 pm	Open OA Meeting (Speaker)
5:00-6:00 pm	Free Time (Games, Write, Fun, Moving Activities, Talk, Rest)
6:00 pm	Dinner Dining Hall
7:00-7:30 pm	Raffle Giveaway Fun
7:30-8:30 pm	Speaker/ Sharing
8:30-9:30 pm	Candlelight Meeting

Sunday, November 3, 2019

7:00-7:45 am	Group Meditation
8:00 am	Breakfast Dining Hall
9:00 -10:15 am	Speaker
10:15-11:00 am	Sharing/ Wrap Up/Re-entry
11:00 am-11:30 am	Check Out

Schedule Subject to Minor Changes

AA Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them. *Alcoholics Anonymous*

OA Promise

I put my hand in yours, and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams. *Overeaters Anonymous*



Together we can do
what we
could never do
alone!

Important Tips!

1. Complete - mail registration form on the left or REGISTER ONLINE- www.oaphoenix.org
 2. Keep a copy for your records
- If you mail registration send your check (**PAYABLE TO ASDI**) to registrar: Eddi Hoedebeck, 19659 N. 110th Dr, Sun City AZ 85373
4. \$50.00 initial deposit is NON-REFUNDABLE
 5. Final payments are due by Monday Oct 28, 2019 and are non-refundable but can be transferred.