

Retreat Programme

Friday 20th May 2016

6.30pm- 7.30pm Registration

8.00pm - 9.00pm Opening Ceremony:

“My OA story”

*Four members share their very different
OA journeys.*

Saturday 21st May 2016

The Journey of Abstinence

9.00 - 9.30 Registration

9.30 - 10.40 *Speed Dating:*

How I found OA

Housekeeping

10.40 - 11.00 Break

11.00 - 12.00 *How I got Abstinent*

12.00 - 2.00 *Lunch and Luxury*

2.00 - 3.30 *Panel Discussion:*

Relapse and Recovery

3.30 - 4.00 Break

4.00 - 5.00 *Workshop:*

How I Stay Abstinent

5.00 - 7.30 Dinner

8.00 - 10.00 Entertainment Programme

Let the fun begin!

Sunday 22nd May 2016

Focus on our Higher Power

9.00 - 9.30 Registration

9.30 - 10.30 *Spiritual Turning Points:*

The 3rd Step and 7th Step Prayers

Housekeeping

10.30 - 11.00 Break

11.00 - 12.00 *Workshop: Who or What is
my Higher Power?*

12.00 - 1.00 Lunch

1.00 - 2.00 *Tending the Spiritual Fire:*

The Serenity Prayer and the 11th Step

2.00 - 3.00 Closing Ceremony:

*“What am I taking with me
from the Retreat?”*

*“In OA we share a belief that we can each
recover through a spiritual
relationship with a power which is
greater than ourselves alone”.*

The Twelve Steps and Twelve Traditions
of Overeaters Anonymous page 91.
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Registration Enquiries

For further information
please contact one of the following:

Registration:

Maureen (+61) 9786 9185

General Enquiries:

Joanie (+61) 0437 237 285

Email: admin@oa.org.au

Registration Form

NAME:

ADDRESS:

P/CODE: STATE:

PHONE:

EMAIL:

Registration Rates

SATURDAY ONLY PROGRAMME \$40

SUNDAY ONLY PROGRAMME \$30

SATURDAY & SUNDAY PROGRAMME \$60

Please Note: Meals & accommodation NOT included.

TALENT EXTRAVAGANZA PARTICIPATION: YES

GROUP INDIVIDUAL

I am willing to do service at the Retreat.

I would like to have dinner at the Railway Hotel on Saturday night.

Registration closes: **Friday 14th May 2016**

Please deposit the relevant amount into

Westpac Bank: BSB: 033 067

Acc: 144 309

As part of your deposit information please reference:

MR and your initials eg: MR JS

Or make your cheque/money order payable to:

OA MELBOURNE INTERGROUP INC

Please return the completed registration form with
your payment to: **OA RETREAT 2016**

PO Box 1102J

MELBOURNE 3001

To download a copy of the Registration Form go
to: **www.oa.org.au**

Please Note: It is not compulsory to register
before the Retreat but it does assist the committee
to calculate numbers attending prior to the event.