

## Registration

Please tear-off this section and mail with payment. Thank You.

Name: \_\_\_\_\_

Name on Badge: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

PREFER: Single Room: \_\_\_ Double (twin beds) \_\_\_  
(Rooms given on a first-registered,  
first-served basis)

Roommates Name: \_\_\_\_\_  
(Roommates must both be registered to be  
assured of assignment together)

WILLING TO CHAIR OR SPEAK AT A MEETING:  
YES \_\_\_ NO \_\_\_ POSSIBLY \_\_\_

Please make checks payable to:  
SECTIG Retreat  
(Southeastern CT Intergroup)

Option contribution to a scholarship fund

\$ \_\_\_\_\_

and mail this registration form with check to:

SECTIG Retreat  
83 Hampton Park  
Branford, CT 06405-2201

## Registration

- \$195 early bird registration, postmarked by March 1, 2019.
- \$215 if after March 1, 2019.
- Registration deadline is June 8, 2019 (if needed a waiting list will be initiated).
- Partial scholarships are available on a first come first served basis. Send in completed registration form with amount you can pay (\$50.00 minimum) and note at bottom of form that you are requesting scholarship support.

We suggest you first ask your home meeting for scholarship support.

**DEADLINE FOR REGISTRATION FORMS  
AND SCHOLARSHIP REQUESTS:  
JUNE 8, 2019**

If more information is needed, contact:

BEATRICE  
(508) 596-0418  
bmahr@aol.com

or

ANNETTE  
(203) 671-4656  
abchittenden@gmail.com

SECTIG XII  
Overeaters Anonymous

# Tranquility - Living the Principles

Tranquility Weekend Retreat  
June 21, 22, 23, 2019

Thirteenth Annual Retreat  
Incarnation Conference Center  
in Ivoryton, CT

Enjoy the serenity.

Beautiful, natural setting situated on  
700 wooded acres with hiking trails  
and a lake.

## **You are invited**

to the

13<sup>th</sup> annual Overeaters Anonymous  
Tranquility Retreat.

Please join us for a weekend of renewed  
hope and recovery at the beautiful  
Incarnation Conference Center in  
Ivoryton, Connecticut.

Hiking, swimming and canoeing or  
kayaking are available.

If you have a desire to stop eating  
compulsively and would like a deeper  
spiritual connection, **you are welcome to  
join us** for this very special weekend.

This year's retreat we will be exploring  
Living the Principles of  
Overeaters Anonymous.

They are Honesty, Hope, Faith, Courage,  
Integrity, Willingness, Humility, Self-  
discipline, Love, Perseverance, Spiritual  
Awareness and Service.

## **Tentative Agenda**

### **Friday, June 21**

4:00-7:00 pm check-in  
4:30-5:30 pm meeting  
6:00-7:00 pm "Bring your own Dinner"  
7:30-8:00 pm welcome and introduction  
8:00-9:30 pm meeting  
9:45-11:00 pm meetings campfire or lodge

### **Saturday, June 22**

7:00-8:00 am meditation  
8:00-9:00 am breakfast  
9:30-10:30 am choice 2 meetings  
10:45-11:45 am choice 2 meetings  
12:00-1:00 pm lunch  
1:15-2:15 pm meeting or meditation  
2:15-3:15 pm meeting  
3:15-5:00 pm free time  
5:00-6:00 pm program planning for 2020  
6:00-7:00 pm dinner  
7:30-9:00 pm speaker meeting  
9:30-11:00 pm "Quiet the Heart"  
campfire or lodge

### **Sunday, June 23**

7:00-8:00 am meditation  
8:00-9:00 am breakfast  
9:00-9:20 am raffle/closing notes  
9:30-11:00 am panel  
11:15-12:00 am game  
12:30-1:30 pm lunch

## **Accommodations**

The majority of the rooms are singles  
with a twin bed. There are a few doubles  
with twin beds. Roommate requests may  
be made in advance. Bathrooms and  
showers are shared facilities and are  
centrally located.

**\*\*\*THE CENTER IS A SMOKE-FREE  
AND FRAGRANCE FREE FACILITY.\*\*\***

## **Meals**

Meals included are Breakfast, Lunch, and  
Dinner on Saturday and Breakfast and  
Lunch on Sunday. No meal will be provided  
on Friday night, so we suggest packing a  
meal or stopping along the way.

You will be responsible for supplementing  
your own food plan if necessary with  
things like metabolic, snacks, special  
proteins, etc.

Refrigerator and Microwave are available  
for our use. Water, coffee and tea are  
available at all times. If you wish to  
support our effort in being green, you  
may bring your own coffee mug and water  
bottle.