

Registration

Please tear-off this section and mail with payment

Name: _____

Name on Badge: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Email: _____

PREFER: Single Room: _____ Double Room: _____

(Rooms given on first registered, first-served basis)

Roommate's name: _____

(Roommates must both be registered to be assured of assignment together)

WILLING TO CHAIR OR SPEAK AT A MEETING:

YES _____ NO _____ POSSIBLY _____

Please include

___ Check payable to SWCTIG Retreat (SWCT Intergroup)

___ Registration form

___ Special needs:

\$ _____ Optional contribution scholarship fund

Mail to:

Sandy Gattilia

SWCTIG Retreat

55 Grove Street, Apt. 21

Vernon, CT 06066

Registration

- \$215 early bird registration, postmarked by March 15, 2024.
- \$235 if after March 15, 2024.
- Registration deadline is June 10, 2024 (if needed, a waiting list will be initiated).
- Please identify any special needs, at bottom of form.
- Refunds will be processed up to June 13, 2024, a week before the Retreat.
- Partial scholarships are available on a first come first serve basis. Send in a completed registration form with the amount you can pay (\$75.00 minimum) and note at bottom of form you are requesting scholarship support.

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

DEADLINE FOR REGISTRATION FORMS AND SCHOLARSHIP REQUESTS:

JUNE 10, 2024

If more information is needed contact:

ANNETTE C

203-671-4656 cell

achitt@comcast.net

BEATRICE P

508-596-0418 cell

bmahr@aol.com

SANDY G

860-454-0432 landline 860-391-7092 cell

sandyhelfant@gmail.com

SWCTIG

Overeaters Anonymous

Tranquility - Recovery is a Balancing Act!

Tranquility Weekend Retreat
June 21, 22, 23, 2024

Sixteenth Annual Retreat
Incarnation Conference Center
253 Bushy Hill Road
Deep River, CT 06417

Enjoy the serenity.

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

Hiking, canoeing and kayaking are available.

You are invited
to the

16th annual Overeaters Anonymous
Tranquility Retreat.

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

We would like our retreat to be Covid-19
free. We would like all participants to be
vaccinated. We ask that if you were exposed
or have symptoms please refrain from coming
and speak to one of us. Masks will be optional.

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
the three legged stool — Spiritual, Emotional
and Physical Recovery.
Of Overeaters Anonymous.

We will have our Scholarship Raffle again.
Anyone interested in making a small basket to
donate to the Raffle is appreciated.
Any questions please contact Beatrice.

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
8:00-9:00 pm meeting
9:00-10:00 pm meeting campfire or lodge

Saturday, June 22

7:00-8:00 am meditation
8:00-9:00 am breakfast
9:30-10:30 am meetings
10:45-11:45 am 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 2025
6:00-7:00 pm dinner
7:30-9:00 pm speaker meeting
9:00-10:00 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
12:00-1:00 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 SMOKE-FREE AND
FRAGRANCE-FREE***

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 (in hallway) and Microwave (in
dining room) 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.