

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:

___ Request Scholarship \$ _____

Optional contribution scholarship fund \$ _____

Mail to:

Lisa Ballas

SWCTIG Retreat

190 New Haven Avenue, #8

Derby, CT 06418

Registration

- \$235 early bird registration, postmarked by March 31, 2025.
- \$245 if after March 31, 2025.
- Registration deadline is May 30, 2025 (if needed, a waiting list will be initiated).
- Please identify any special needs, at bottom of form.
- Refunds will be processed up to June 12, 2025, 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 (\$80.00-minimum, may be paid in \$20 installments) 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:

May 30, 2025

If more information is needed contact:

ANNETTE C

203-671-4656 cell

achitt@comcast.net

LISA B

204-314-6033 cell

ballaslm@yahoo.com

SUSAN K

203-615-4452 cell

susankotulsky@aol.com

SWCTIG

Overeaters Anonymous

Tranquility -
Transformation
Through the Steps

Tranquility Weekend Retreat
June 20, 21, 22, 2025

Seventeenth 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, kayaking, karaoke, OA bingo, craft activities are available.

You are invited
to the

17th 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. 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 Tranquility —
Transformation Through the Steps.

We will have our Scholarship Raffle again.
Anyone interested in making a small basket to
donate to the Raffle is appreciated. Bring the
basket to the retreat or give to someone
attending. Any questions please
contact Susan K.

Tentative Agenda

Friday, June 20

4:00-7:00 pm check-in
4:30-5:30 pm meeting
6:00-7:00 pm "Bring your own Dinner"
7:15-7:45 pm welcome and introduction
8:00-9:00 pm meeting campfire or lodge

Saturday, June 21

7:00-8:00 am guided meditation
8:00-9:00 am breakfast
9:15-10:15 am meetings
10:30-11:30 am meetings
12:00-1:00 pm lunch
1:00-2:00 pm meeting
2:15-3:00 pm gentle yoga or meditation
3:00-3:30 pm meeting
3:30-5:30 pm free time
5:30-6:00 pm program planning for 2026
6:00-7:00 pm dinner
7:15-8:15 pm keynote speaker meeting
8:30-9:30 pm campfire or lodge

Sunday, June 22

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 meeting
11:30-12:30 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 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.