

# REGISTRATION FEES AND DEADLINES

**EARLY BIRD** (full weekend) \$210.00 (paid before April 19, 2019)

**REGULAR REGISTRATION** (full weekend) \$220.00 (paid before May 1, 2019)

**FRIDAY NIGHT ONLY** \$20.00 (on-site registration only)

Please register online and consider paying directly with **PayPal**

**Note:** \$10 will be added to the fee to cover PayPal charges.

[www.oa-southernalberta.com](http://www.oa-southernalberta.com)

Or you can send an electronic funds transfer to Darby M,  
darbym1812@gmail.com

**Big book is suggested but not required**

If you have any questions, contact Darby M,  
darbym1812@gmail.com or (403) 710-8360

**Please pre-select your room when registering:**

Map can be found: [www.oa-southernalberta.com/events.html](http://www.oa-southernalberta.com/events.html)

# SOUTHERN ALBERTA INTERGROUP

invites you to join us for our  
Annual Spring Retreat



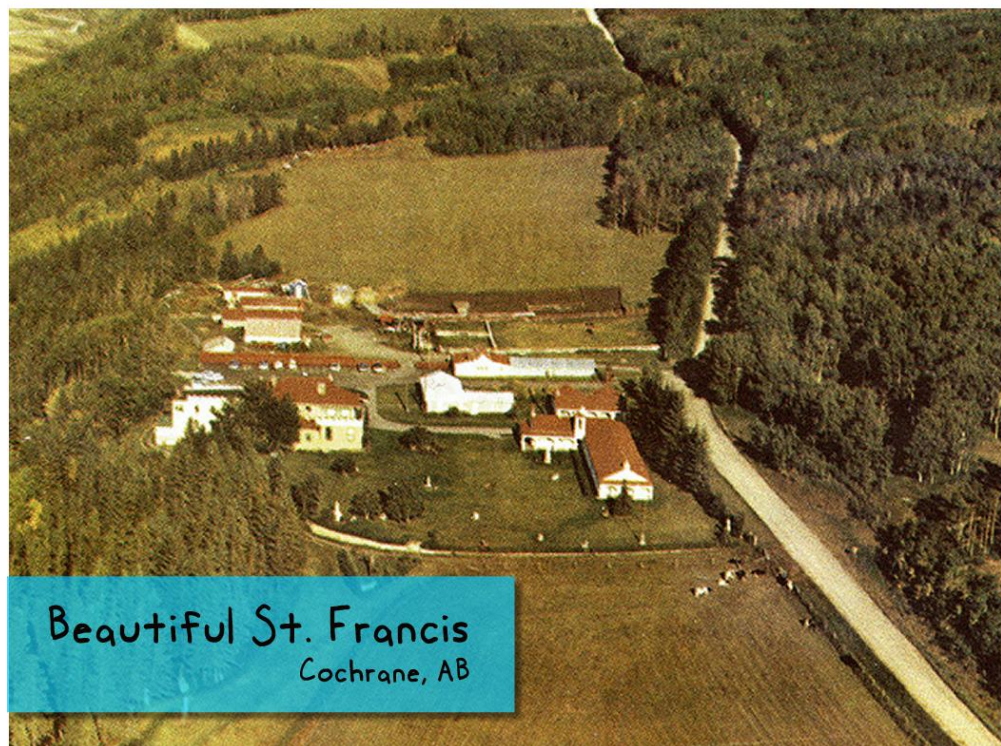
# Spring

INTO **abstinence**

May 10-12, 2019

Mount St. Francis Retreat Centre  
41 -160 Retreat Road Cochrane, AB

[www.mountstfrancis.ca](http://www.mountstfrancis.ca)



Beautiful St. Francis  
Cochrane, AB

# Retreat Schedule

## Friday May 10, 2019

Registration	5:00pm - 6:15pm
Program	6:30pm - 9:15pm
Meeting in Library	9:45pm - 10:45pm

## Saturday May 11, 2019

Meditation / Meeting	7:00am - 8:00am
Breakfast	8:00am - 8:45am
Program	9:00am - 12:00pm
Lunch	12:00pm - 12:45pm
Program	1:00pm - 2:30pm
Meeting	2:45pm - 3:45pm
Yoga Break	4:00pm - 5:00pm (optional)
Dinner	5:30pm - 6:15pm
Program	7:00pm - 8:30pm
Entertainment / Draws	8:30pm - 10:00pm
Meeting	10:15pm - 11:15pm

## Sunday May 12, 2019

Meditation / Meeting	7:00am - 8:00am
Breakfast	8:00am - 8:45am
Program	9:00am - 12:00pm
Cleanup and Departure	11:30am - 12:00pm

This is a general outline and subject to change as we get closer to the retreat. Participants will receive a detailed agenda when they check in for the weekend.

See you there!

**Clothing Boutique:** Have a closet full of clothes that you never wear? Bring gently used items with you for the Used Clothing Boutique. Each item will be sold for \$2.00 with the proceeds going to SAI. Left over items will be donated.

**Raffle Table:** Attendees are encouraged to bring gently used items to be "re-gifted" for the raffle table. All proceeds go to SAI.

**What To Bring:** Everything you need for a weekend away, a comfy cushion or chair, journal / pen, AA Big Book, OA 12 & 12 and other OA books, water bottle/mug, CASH for raffle, 50/50 and boutique items. Yoga mat if interested in the Sat. session.

# Retreat Menu:

## Breakfast: both days

- Oatmeal or sprouted grain/whole grain bread (with toaster)
- Eggs
- Plain or sugar free yogurt
- Cottage cheese
- Sugar-free peanut butter
- Fresh fruit
- Coffee and tea (regular and decaf)
- Cream, milk, sugar, artificial sweetener

WE STRIVE TO BE SCENT FREE

## Lunch:

- Build your own salad bar, including: salad greens, carrots, cucumbers, tomatoes, celery, peppers, chopped egg, tuna, kidney/black beans or chick peas, cooked peas, onions, raw sunflower seeds, cooked brown rice, cheese, sugar free dressings
- Vegetables soup (without pasta or rice)
- Beef with vegetable and barley soup
- Sprouted grain/whole grain rolls with butter (on the side)
- Fresh fruit

## Dinner:

- Seasoned chicken breast
- Steamed brown rice or baked potato
- Steamed broccoli and carrots
- Sprouted grain/whole grain rolls with butter (on the side)
- Salad (mixed greens) with sugar-free dressing
- Fruit salad
- Vegan option: black beans with rice and vegetables

## Breaks:

- Coffee, tea, cream, milk, sugar, artificial sweetener

Don't quit before the miracle happens...