

Falling into Self Love



Friday Eve.
Oct. 18th
~
Saturday
Oct. 19th

The Speaker is a Big Book enthusiast from Seattle, who identifies as anorexic/bulimic and a compulsive overeater. She has led numerous retreats and Self Love is a favorite topic. She is planning this retreat to give everyone time to break, reflect, write, relax, walk around and share.

Location

St. Albert Inn, 156 St. Albert Trail, St. Albert AB, T8N 0P5

Accommodation available for \$125 single or double occupancy

Call the St. Albert Inn directly (780)459-5551 to reserve your room.

Book before Sept. 18th to get rate under: Group #3858 (OA Fall Retreat)

What to Bring

Note Pad Journal / Pen, AA Big Book, OA 12 & 12 and other OA books

Retreat Schedule

Friday Night Oct 18th

6:30 – 7:00 pm Registration

7:00 – 9:00 pm Speaker's Story/Open Share

This is a general outline and subject to changes as we get closer to the retreat.

Saturday Oct 19th

8:30am – Morning Meditation

9am-12 Speaker's Program

12-1pm Lunch at local Restaurants or Picnic-in-Park or Vehicle or Hotel Room*

1- 4:30 Speaker's Program with stretch breaks in-between

4:30 – 6:00pm Supper Break

6:00 – 9:00pm Retreat Wrap Up with Speaker and open sharing

***PLEASE NOTE - No food can be brought into the meeting room.**

The restaurant in the hotel is Michael's at the Inn & lots of other restaurants in walking distance.



Clothing Boutique

Do you have a closet full of clothes that you never wear?

Bring gently used, clean items with you for the
Used Clothing Boutique.

Each item will be sold for \$2.00 with the proceeds going to NLI.

If not able to attend the Retreat contact Nancy @ 780-707-3786 to arrange drop off.

Left over items will be donated.

Registration Fees and Deadlines

If Registered BEFORE Sept 18th

- ❖ Friday night \$20
- ❖ Saturday \$30
- ❖ Both days \$50

If Registered AFTER Sept 18th

- ❖ Friday night \$25
- ❖ Saturday \$35
- ❖ Both days \$60

Make cheques payable to: NLI or Northern Lights Intergroup

Friday Night Only - \$25 (on-site registration)

Mail in Registration to: Bev. S., 418 - 10525 - 156 St. NW. Edmonton, AB, T5P 2R8

Optional: give registration and cheque to Bev at the NLI meeting.

After Oct. 1 please e-mail Bev at stroud96@hotmail.com

Bursaries: Available through NLI, please e-mail Bev at stroud96@hotmail.com

REGISTRATION FORM

FULL NAME _____

PHONE _____

E-MAIL _____