

## Directions:

### Coming from the WEST :

Travel EAST on Yellowhead Trail/AB-16 towards Sherwood Park.

Take exit for Broadmoor Boulevard/Sherwood Drive.

Turn RIGHT on Sherwood Drive, then take another RIGHT onto

Pembina Road. The Sandman will be on your left-hand side.

### Coming from the EAST:

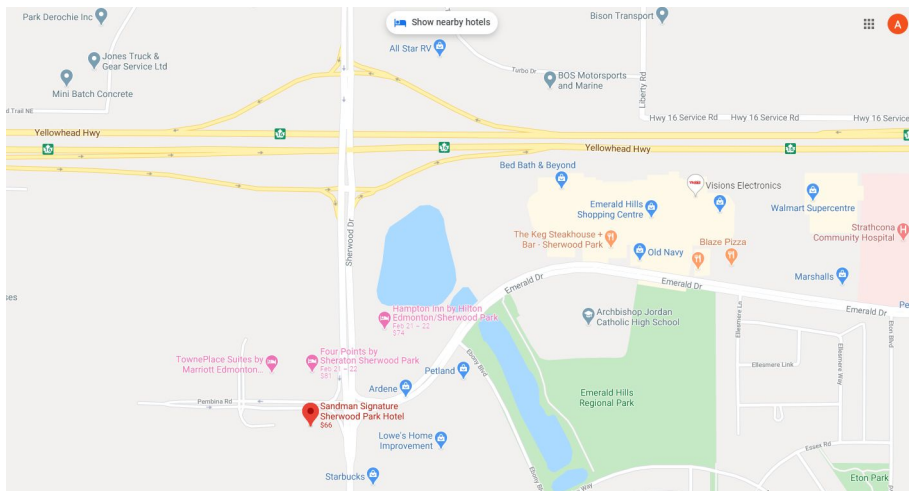
Travel WEST on Yellowhead Trail/AB-16 towards Sherwood Park.

Take exit for Sherwood Drive.

Turn LEFT on Sherwood Drive, then take a RIGHT onto Pembina Road.

The Sandman will be on your left-hand side.

## Map:



## Nearby:

Numerous restaurants, Centennial Park nature area, Emerald Hills

Shopping Centre and Starbucks are all within walking distance.

## Northern Lights Intergroup Annual Spring Retreat

May 1<sup>st</sup> – May 3<sup>rd</sup>, 2020 in Sherwood Park, AB



We welcome everyone who wants to stop eating compulsively to join us at the newly opened **SANDMAN SIGNATURE HOTEL**.

Conveniently located off the Yellowhead Trail at 901 Pembina Road in Sherwood Park, AB



<http://www.oaedm.com/>

Let's join together in fellowship and **"SPRING into the Twelve Steps"** of Recovery !!! This year's retreat will include a *creative corner* and journal fundraiser in addition to the always awesome basket raffle and 50 / 50 draw.

**We'll bring the fun and YOU bring:** Your AA Big Book, writing materials and cash for the basket raffle, 50 / 50 tickets and fundraiser.

**Retreat Schedule ( subject to change ) :**

**Friday (May 1<sup>st</sup>)**

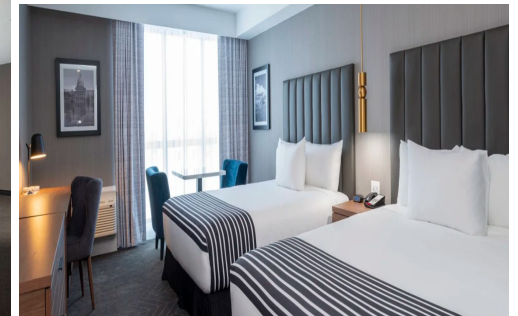
- 5:30 pm Registration
- 7:00 pm Opening & Speaker
- 9:00 pm Sharing & Fellowship

**Saturday (May 2<sup>nd</sup>)**

- 7:00 am Prayer & Meditation
- 9:00 am Morning Session
- 11:30 am Sharing & Fellowship
- 1:30 pm Afternoon Session
- 4:30 pm NLI Elections
- 6:30 pm Evening Session
- 8:30 pm Sharing & Fellowship
- 9:00 pm Basket Raffle & 50/50 Draw

**Sunday May (3<sup>rd</sup>)**

- 7:00 am Prayer & Meditation
- 9:00 am Morning Session
- 11:30 am Sharing & Fellowship
- 12:30 pm Closing & Clean Up



**PLEASE NOTE:** Absolutely **NO OUTSIDE FOOD** is allowed within the meeting room, however, the hotel has a number of spacious sitting areas where you can enjoy your own meals.

***The Sandman Signature Hotel*** is sure to deliver a WOW !! factor to your retreat weekend getaway. Hotel amenities include a swimming pool with slide, a large whirlpool, a spacious exercise room, CHOP restaurant and so much more ! All guest rooms have a fridge (no freezer) and microwave. **Space is limited, so call 780.467.7263 today to reserve your room and be sure to let them know you are with Overeaters Anonymous !!** A block of DOUBLE QUEEN rooms have been reserved for us at a rate of \$130. plus tax. Shared accommodations are encouraged !

## Spring Retreat Registration Form

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

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

\_\_\_\_\_

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

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

**EarlyBird pricing in effect until March 31<sup>st</sup>, 2020.**

Check appropriate boxes:	EARLYBIRD	FULL PRICE
Full Weekend Package	<input type="checkbox"/> \$90	<input type="checkbox"/> \$105
Friday Evening Session	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25
Saturday Full Day	<input type="checkbox"/> \$50	<input type="checkbox"/> \$55
Sunday Morning Session	<input type="checkbox"/> \$20	<input type="checkbox"/> \$25

**Payment by E-Transfer and Cheque are accepted.**

How would you like to receive confirmation of your registration ?  
 Text  Email  Phone

### Scholarships:

A limited number of scholarships are available on a first come, first serve basis. Those needing financial help in order to attend may contact Debra via text @ 780.953.2214 or email: [debra.m@live.ca](mailto:debra.m@live.ca) on or before April 25<sup>th</sup>, 2020. Individual or group donations toward scholarships are most welcome.

If paying by cheque, please make cheques payable to: **Northern Lights Intergroup** and mail your completed registration and payment to:

Angie Ahlstrom  
4325 35 Street NW Edmonton, AB T6L 5J6  
**OR**

If paying by **E-TRANSFER**, you may send your registration and payment via email to:  
[wildfire25@hotmail.com](mailto:wildfire25@hotmail.com)

Please use security question: **name of hotel** and answer: **sandman**

**QUESTIONS ? Text Angie @ 780.974.2695**

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