

Meals

Friday—no food service

Saturday—full breakfast, lunch & dinner

Sunday—full breakfast and lunch

Coffee and hot tea are available 24 hours a day at no extra cost (bring your favorite mug).

Registration Deadline and Free Gift

Registrations must be received by July 1, 2008. Register by June 1, 2008 and receive a free study edition copy of the Big Book. What is a study edition copy? It is an edition of the Big Book printed especially for students of the book.

The study edition contains the first 164 pages of the Big Book (the instructions for recovery from alcoholism and other addictions) with lined pages opposite text for note taking; special lay flat binding; paragraph numbers along side text for easy reference; the entire original manuscript of the Big Book, including the stories; footnotes explaining historical and obscure references in the text; a word index, a subject index and a dictionary with definitions to obscure and key words taken from a 1937 dictionary (the timeframe the Big Book was written).

*Please check out the beautiful
Redemptorist Retreat Center facilities
at www.redemptoristretreat.org.*

Registrations are transferable but not refundable. Registration deadline is July 1, 2008.

Make checks payable to Madison IG. Send registration with payment to Leslie Ptak, 4801 Splint Road, Madison, WI 53718.

For more information about the retreat, contact Leslie at 608-838-2274, or Leslie63@tds.net.

Please include your contact information so we can send you additional information, if needed, as the weekend of July 25—27, 2008 approaches.

Madison Area Intergroup

PO Box 294

Madison, WI 53701-0294

*Always to extend the hand and heart
of OA to all who share my compulsion;
for that I am responsible.*

Madison Area Intergroup

A Summer Recovery Retreat: A Big Book Study for Overeaters Anonymous in Oconomowoc, Wisconsin

July 25—27, 2008

Registration deadline
is July 1, 2008

Alcoholics Anonymous, our basic text, provides clear-cut direction on how to recover from food addiction and compulsive overeating.

Big Book Study for Overeaters Anonymous in Oconomowoc, Wisconsin — July 25—27, 2008

The instructions for recovery from compulsive overeating are in the book, Alcoholics Anonymous, a.k.a. the Big Book. Join us for a weekend of recovery and fellowship as an experienced presenter shows us how to apply the instructions in the Big Book to recovery from food addiction and compulsive overeating.

Our presenter comes to us from Waterloo, Iowa and she has more than 30 years in Overeaters Anonymous.

Redemptorist Retreat Center
1800 North Timber Trail Lane
Oconomowoc, WI 53066-4897
262-567-6900

The center is located on Crooked Lake in Wisconsin's rolling hills, just off Interstate 94. If you can find the stretch of Interstate 94 that is between Madison and Milwaukee, you can find Redemptorist (directions attached).

There will be a special meeting on Saturday night with time and space for fellowship and enjoyment of the facilities.

Accommodations

There are 43 single rooms which are first come, first served. The rest of the accommodations are two to a room. If you want a specific roommate, please send in your registrations together. The cost of the retreat is the same, \$200, whether you have a roommate or not. This is the policy of the retreat center. There is a commuter rate of \$70 for those who live nearby. Both rates include all meals for the weekend.

Big Book Study Schedule	
Friday— 5 pm	Registration
Friday – 7 pm	Introduction The Dr's Opinion
Saturday – 9 am	Bill's Story There is a Solution More About Alcoholism We Agnostics
Noon—Lunch Break and time on your own	
Saturday – 2 pm	How It Works Into Action
Sunday – 9:30 am	Into Action Working with Others
Noon — Lunch Break, recitation of the Serenity Prayer, and then the retreat ends!!	

Each room has a lavatory, sink and shower. You may wish to bring special towels or pillows although these are provided. We will have access to a full refrigerator. If you have any special food needs, feel free to bring what you need. We understand the need to accommodate special diets, and we are working with Redemptorist to make their food service as "plan of eating" friendly as possible.

If you use a machine at night to treat sleep apnea, it is a good idea to bring an extension cord. Otherwise, expect to move some furniture around in order to reach an outlet.

Big Book Study Registration Form

	Price
<input type="checkbox"/> Single room—first come, first served	\$200.00
<input type="checkbox"/> Double room—if you have someone you want to room with, please send your registration forms in the same envelope.	\$200.00
<input type="checkbox"/> Commuter	\$70.00
Total: _____	

Name: _____

Address: _____

Phone: _____

Email: _____

Special needs: _____

Floor preference—the sleeping rooms are on two floors and there is no elevator. We will try to accommodate your request (circle one): first floor second floor

Make checks payable to Madison IG.
Send registration with payment to Leslie Ptak, 4801
Splint Road, Madison, WI 53718.

For more information about the retreat, contact Leslie at 608-838-2274, or Leslie63@tds.net.

Please include your contact information so we can send you additional information, if needed, as the weekend of July 25—27, 2008 approaches.

DIRECTIONS TO THE RETREAT CENTER

If you can find the stretch of Interstate-94 that is between Madison and Milwaukee, you can find the retreat center.

Redemptorist Retreat Center

1800 North Timber Trail Lane
Oconomowoc, WI 53066-4897
262-567-6900

From Milwaukee:

Going west on I-94 (toward Madison), get off at Sawyer Road, exit 283. Turn left, go under the expressway to the stop sign. At the stop sign, turn right on DR (Delafield Road), go a little over a half mile and you will see the sign for the Redemptorist Retreat Center. Turn left between the two stone pillars, continue on the road about a half mile until you come to a big white building. The office is to the left of the flag pole.

From Madison:

Going east on I-94 (toward Milwaukee), get off at Oconomowoc, exit 282. Turn right on to Hwy 67 (south), go a short distance to the first stop and go lights and turn left on County Road DR (Delafield Road). Go about a half mile and you will see the sign for the Redemptorist Retreat Center. Turn right between the two stone pillars, continue on the road about a half mile until you come to a big white building. The office is to the left of the flag pole.

From Dubuque:

Travel Hwy US-151 North into Wisconsin towards Madison. At Madison, merge onto Hwy US-12E/US-18E for about 9 miles. Merge onto I-39N/I-90W (exit 267B) on the left towards I-94/Milwaukee/Wisconsin Dells. After 3 miles, merge onto I-94E (exit 138A) towards Milwaukee. Follow directions from Madison (above) to get to the retreat center.



From Chicago:

Merge onto -90 EXP/I-94 EXP/Kennedy EXP. Merge onto I-94 W toward Milwaukee (about 76 miles) Take the I-43 S/I894-BYP exit – EXIT 316 – on the left toward Madison/FOND DU LAC.

Merge onto I-894W. Merge onto I-94W via Exit 1B on the left toward Madison

Take the CR-P/Sawyer Rd Exit, Exit 283. Turn Left onto N Sawyer Rd/CR-DR/CR-P.

Turn right into CR-DR/Delafield Rd (Gate access required) Turn left onto N Timber Trail LN. End at 1800 N Timber Trail Lane.