



Step Into A Life Worth Living

October 16-18, 2026

Mount Saint Francis Center for Spirituality
Mount St. Francis, IN

Louisville Metro OA Intergroup's Annual Retreat

We invite you to step forward with courage, connect with others on the same journey, and rediscover the joy of living through the transformative power of the Twelve Steps. This retreat will feature an inspiring keynote speaker who will walk us through each Step, illuminating how they help us heal physically, emotionally, and spiritually.

Enjoy a mix of group activities, open sharing, and opportunities for fellowship that remind us we never walk this path alone. We will have guided morning meditations, a clothing exchange, silent auction and Saturday night entertainment featuring a talent show, fashion show, karaoke and more. Join us to learn the many ways you can deepen your recovery and build a happier, healthier, and more meaningful life.

Arriving at MOUNT SAINT FRANCIS

- Address: 101 St. Anthony Drive, Mount Saint Francis, IN 47146 -- Website <http://www.mountsaintfrancis.org>
- Driving directions can be found at <http://www.mountsaintfrancis.org>. Note, GPS and internet directions may not be reliable.
- The retreat center building is to the right of the Church. The entry door is down the ramp. Look for the OA sign.

CONTACT INFORMATION

Registrar/Treasurer: Catherine R (818) 262-9933; Chairpersons: Kathy C. (502) 693-7599 and Mary Ellen B (937) 272-3575

Committee Members: Alex, Bunny, Candice, Christine N., Joe, Mary G., Mary, S., Sherrie, Traci B., and Teri B.

RETREAT SIGN-IN INFO

The retreat center requests that you **do not arrive on Friday before 5:00 PM**; sign-in begins at 5:00 PM. (If attending only Saturday or Sunday please sign-in before 9:00 AM)

The first session on Friday, October 16th will begin at 6:00 PM and will end around 9:15. On Saturday and Sunday breakfast will be served at 8:30 and the first sessions will start at 9:30. Sessions on Saturday will end around 9:15 PM (there will be a afternoon break with time on your own/optional activities) but we encourage all to stay for the popular evening activities (talent show, karaoke and more!). On Sunday we will wrap up around 11:30.

ADDITIONAL INFORMATION about Activities:

- We'll have a 50/50 Raffle where the winner gets half the money collected. Tickets are \$1 for 1 ticket or \$5 for 6 tickets. The proceeds will go to the General Retreat Fund.
- In addition, there will be a Silent Auction featuring gift baskets sponsored and designed by our local meetings as well as premium items donated by our OA friends (items displayed for auction at the discretion of the committee). Come with cash or your checkbook and be prepared to shop! Proceeds will go to the General Retreat fund.
- Lastly, we'll continue to have a clothing exchange free of charge to you. If you choose to donate clothing, **please make sure it is of nice quality, clean and in good repair**. Bring the clothes on hangers; there will be limited space for folded clothing. Purses, shoes and jewelry are accepted, **provided they are in good condition**. *You may take clothing, free of charge, even if you do not donate clothing.* You also will have an opportunity to show off your new finds in our Saturday evening fashion show!

Additional Information about the Mount:

- Consider bringing a notebook, a pen/highlighter, sweater, and a water container with a lid. **Electrical outlets are limited: Bring an extension cord for technology/electrical items (i.e., phone chargers, C-pap machines).**
- The beautiful campus, with woods and a lake, provides a wonderful place to walk or meditate. You may wish to bring walking shoes, insect repellent and/or a flashlight. **Candles or similar items are not permitted inside or out.**
- Depending on the weather, you may want to bring a personal fan for your room or an extra blanket, as the linens at Mt St Francis are THIN.
- Heads up! The guest room doors do not have locks. Plan ahead for how you will secure any valuables you bring.

About the Food:

- **No dinner will be served on Friday night.** Plan to pack your meal and *bring your drinks*, eat before you arrive or dine at a nearby restaurant. **Also, please note, there is no coffee service on Friday evening and no lunch served on Sunday.**
- Meal times Saturday and Sunday: Breakfast/8:30 am; Lunch/12:30 pm; Dinner/6:00 pm.
- All meals are served buffet style
- A microwave and refrigerator are located in the dining room for your use. Place your name on food stored in the refrigerator.
- Bring your own scales/measuring cups and spoons, if needed.
- Coffee, tea, and sugar-free lemonade are available at meal times **only** on Saturday and Sunday.
- There is no eating allowed in the meeting rooms (or in guest rooms). All food must be consumed in the cafeteria. You may bring a water bottle/cup with a lid into the meeting rooms but coffee and other drinks are not allowed (They're trying to keep their new carpet nice).
- If you are willing to bring whole fruit to share (apples, oranges and/or bananas) please indicate this by checking the SERVICE box below.
- **A final note about the food:** In recent years we have worked very closely with the chef at MSF to tailor the menu to as many unique food plans as possible. Unfortunately, this has become more and more unrealistic, given the rising cost in food and the wide variety of individual preferences. Therefore, this year we will be adhering more strictly to what the Mount typically serves. While we will make an effort to make the healthiest choices possible, if you need specific food items, please plan on bringing them (One example might be skim/almond milk). There is a large refrigerator for this purpose. Thank you for your understanding.

ABOUT REGISTRATION, COSTS and SCHOLARSHIPS

- **DEADLINE:** Registrations **must be received, not postmarked** by **September 25, 2026**. Mount St. Francis does not permit late registrations or registrations at the door. See the Registration Form on pages 3-4 of this form.
- **CANCELLATION POLICY:** Refund minus \$25 if requested by October 1, 2026.
- **DON'T WAIT:** There are limited overnight accommodations, so please mail back reservations ASAP to ensure availability.

- **Your cancelled check will act as receipt of your registration form.**
- **Note: The cost of the retreat has increased slightly from last year. This is a reflection of charges from MSF, primarily due to cost of food.**
- **NEED A SCHOLARSHIP:** The purpose of a scholarship is to enable members to attend the Retreat who could not otherwise attend because of financial reasons. If a scholarship is essential to your attendance, please request one in the space provided on this form. The goal is to honor all requests so please mail your requests back ASAP. All information regarding scholarships is strictly confidential. Your anonymity will be respected at all times.
 - Scholarships are up to \$145 off the registration rate of either a single occupancy room or double occupancy room listed on page 3. (e.g., You could ask for \$25, \$45, \$70...any amount up to \$145.)
 - Scholarships are up to \$70 off the Commuter Plan A registration rate (see page 3). (e.g., You could ask for \$10, \$15, \$25 or up to \$70.)
- **DONATIONS TO SCHOLARSHIP FUND:** *Please consider donating to the scholarship fund to help support a fellow suffering compulsive eater's recovery.* It's easy; just add an amount you can comfortably afford to the amount you enclose for your registration fee. Gratefully, the past retreat participants have generously contributed to the Scholarship Fund. Your donation allows someone who would not otherwise be able to attend to get the recovery offered by this retreat. The goal is to honor all scholarship requests. Any leftover funds after all requests are honored will be used in 2027. All scholarship donations remain strictly confidential.

**See Next Page for Mail-In
2 Page Registration Form**

MAIL-IN REGISTRATION FORM

BOTH pages, with check, MUST be received by September 25, 2026.

Mail to:

**PO Box 42
Buckner, KY 40010
ATTN: Catherine R.**

Make checks payable to: "Louisville Metro Intergroup" (write "Retreat" in the MEMO section)

Name _____
Email _____
Phone _____

- I'm requesting a \$_____ scholarship for an overnight registration - enter amount up to \$145.
- I'm requesting a \$_____ scholarship for a Commuter Plan A registration – enter amount up to \$70.
If you have a special circumstance requiring a scholarship not listed, please contact Registrar, Catherine R. at 818-262-9933.
For more information about scholarships, see page 2 of this document.
- I am including a donation to the scholarship fund. **Amount \$**_____
- I give my consent to list my first name & last initial, email address, & phone # on the Retreat "We Care List." Yes ____ No ____
- I will need vegetarian meals. Yes ____
- **I have food allergies or special food requirements. Yes ____** **Please list at bottom of this form or include a separate sheet of paper.*
- I am registering for a shared/double occupancy room and request _____ as my roommate.
- I am registering for a shared/double occupancy room and request that the registrar assign me roommate. Yes ____
- I need a handicapped equipped bathroom. Yes ____

OVERNIGHT OPTIONS: CHECK BOX FOR PLAN REQUESTED (food & scholarships explained on page 2 of form)

___ \$285.00; Private Room; 2 nights/4 meals; sink in room
\$285.00 less \$_____ (scholarship) = \$_____ Total
___ \$220.00; Shared/Double Occupancy Room; 2 nights/4 meals; sink in room
\$220.00 less \$_____ (scholarship) = \$_____ Total

COMMUTER OPTIONS: CHECK BOX FOR PLAN REQUESTED

___ \$140.00/Commuter Plan A: Attend Fri/Sat/Sun - 4 meals
___ \$75.00/Commuter Plan B: Attend Fri/Sat/Sun – no meals
___ \$125.00/Commuter Plan D: Attend Sat - 3 meals
___ \$65.00/Commuter Plan E: Attend Sat – no meals

\$_____ **Total from above selection (less scholarship if applicable)**

+\$_____ **Amount donated to Scholarship Fund**

\$_____ **TOTAL ENCLOSED**

Write ONE check for total payable to: Louisville Metro Intergroup

***** WILLING TO DO SERVICE!! *****

Your service makes the Retreat successful and introduces you to new people!

Name: _____

(Check any that apply)

- ☐ Bring whole fruit to share (apples/oranges/bananas – circle one, please)
- ☐ Registration Table
- ☐ Greeters
- ☐ Assist with Half Pot Raffle
- ☐ Will bring an item for Silent Auction (Please ensure item is new or in like-new condition)
- ☐ Assist with Silent Auction
- ☐ Assist with Clothing Exchange
- ☐ Clean up
- ☐ Assist with Coffee House/Talent show
- ☐ Willing to act in a skit
- ☐ Talent for the Talent Show (There's lots of kinds of talent. Singing, dancing, poetry, playing an instrument, improv, showcasing a special skill...What talent will you share with us?) _____
- ☐ Bring board games, cards or other activities and encourage others to join you in playing
- ☐ *Any Service Needed*

****My food allergies or special requirements are:***

If you have questions about any aspect of the retreat, please contact Kathy C. or Mary Ellen—phone numbers are listed on page 1.