

Fall Retreat  
Theme: STOP (Spiritual Time Out, Please)  
Sponsored by  
Central Arkansas Intergroup Overeaters Anonymous  
October 9-11, 2015  
Heifer Ranch  
55 Heifer Rd, Perryville, AR 72126  
Perryville, AR 72126

Schedule

Friday, October 9, 2015

5:00 PM Arrive at Bartel Lodge & get settled

6:00 Dinner

7:00 Welcome Share the Purpose at Eastern European Cottage

Saturday, October 10, 2015

TBA Breakfast

9:00 AM Getting started in Eastern European Cottage (EEC)

12 Noon--Lunch

1:00 PM Back to EEC

3:00 Tour the Heifer Ranch on a wagon (fun)

6:00 Dinner

7:00 Guided Share time at EEC or Heifer Fire Ring

Sunday, October 11

TBA Breakfast

9:00 AM Morning Meditation

10:30 Back to EEC for Good-byes

The purpose of this retreat is to take time for contemplation and reflection on our current program, do step work and connect with our Higher Power. You may participate in as much or as little of the group activities that you choose. Bring comfort items such as folding chair & blanket for the fire ring, journal, writing implements, program literature, walking shoes, comfy clothes & extra \$ for items at the gift shop.

Customize your retreat

Please check your choices. Each room is private. Each room has 2 single beds and a private bath. (If you have someone with whom to share a room, please feel free to split the cost.) We are making this retreat available at cost. We will have a 7th Tradition basket available for your contributions to CAIOA.

Name \_\_\_\_\_ phone \_\_\_\_\_

Roommate's name (if applicable) \_\_\_\_\_ phone \_\_\_\_\_

Home group \_\_\_\_\_

- Friday night \$50 \_\_\_\_\_
- Saturday night \$50 \_\_\_\_\_
- Dinner Friday \$10 \_\_\_\_\_
- Breakfast Saturday \$8 \_\_\_\_\_
- Lunch Saturday \$10 \_\_\_\_\_
- Dinner Saturday \$10 \_\_\_\_\_
- Breakfast Sunday \$8 \_\_\_\_\_

Total \_\_\_\_\_

Please make your check payable to CAIOA and send the check and this printed form to Christy Crouch, 33605 Heather Ridge Drive, Bigelow, AR 72016 by September 3, 2015.

We do have some scholarship money available. If you need a scholarship, please use the space below to tell us.

- I do need a scholarship. I can pay \_\_\_\_\_ for the STOP Retreat.

If you have special dietary restrictions, Heifer can make accommodations. They serve plain grilled and roasted meat, plenty of vegetables, fruit and salad bar at lunch and dinner

- I have the following special dietary restrictions:

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