

How to register

Register by mail: Fill out this form, both pages. Send it and your check or PayPal transaction number to Serenity Retreat, PO Box 2429, Portland, OR 97208.

Register by email: Send *all* the information that you would fill out on both pages of this form by email to serenityretreat@oregon-oa.org, along with your PayPal transaction number.

Pay by check enclosed with your registration form or by PayPal to serenityretreat@oregon-oa.org.

Early bird rates are only for registrations emailed or postmarked on or before February 8, 2010.

A deposit of at least \$100.00 is required on all registrations.

Payment in full is due by March 1, 2010.

Cancellation: We can refund *only* for cancellations emailed or postmarked by March 1, 2010. Mail cancellations to the PO Box or email the request to serenityretreat@oregon-oa.org. *Late cancellations cannot be refunded.*

PLEASE PRINT LEGIBLY, THANKS!

Full Name _____

Address _____

Phone (_____) _____

Email _____

PayPal Transaction Number: (if using PayPal) _____

Type of registration	Choose	Price
Early Bird by February 8, 2010		\$147.00
Regular		\$163.00
RV parking and meals only*		\$100.00
Single or couples room, extra cost*		\$50.00
Amount due		\$
Deposit enclosed		\$
Amount Due by March 1, 2010		\$

* Limited to 6 RV spots and 2 single cabins; assigned first come only

Confirmation: will be sent by email. If you don't have an email address, we will send you a postcard. We prefer email to save costs.

Food, sleeping and mobility requests

You must TELL US or we may not be able to accommodate your needs. All special needs and roommate requests are first-come/ first-served.

Meals:

We request no sugar and no white flour for our meals. Do you have other requirements?

- Vegetarian (vegan? lacto-ovo?) _____
- Lactose intolerance _____
- Gluten intolerance _____
- Other special food needs: _____

Sleeping arrangements; check all that apply:

- Quiet, early-to-bed room
- Up-late-at-night room
- Being with other snorers is good; or I don't mind others snoring
- Couple's room or single room
- Lower bunk
- Access to power for C-PAP, etc. Bring your own extension cord!
- As close as possible to meeting room & meals
- A room by myself if at all possible (extra charge & no guarantees!)
- Any other special needs? (attach a separate sheet if needed)

Roommates: Each person **MUST** complete a registration form. Try to send roommate's registrations in one envelope; list all roommates in any case. Use a separate sheet if needed. Each room holds 4-10 people, with bunks.

Roommate #1 _____

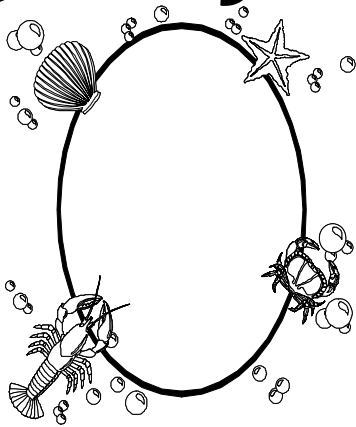
Roommate #2 _____

Roommate #3 _____

I am available to do service:

- ___ Arriving early, will help with registration
- ___ Will lead early morning meeting or meditation: Topic _____
- ___ Will lead free-time meeting or activity: Topic: _____
- ___ Will pick up speaker(s) at airport
- ___ Will take speaker(s) back to airport
- ___ Will help Ways & Means set up
- ___ Will help Ways & Means pack up

O.A. Serenity Retreat



March 19-21, 2010

**Twin Rocks Conference Center
18705 Highway 101 North
Rockaway Beach, Oregon**

Sponsored by Oregon Intergroup of OA

A retreat is a place to focus on recovery and spiritual growth; a weekend devoted to fellowship & spiritual renewal. It can enhance your program and reaffirm your commitment to your recovery.

For more information, email serenityretreat@oregon-oa.org or call Deborah at 503-781-3571 or Dorothy at 503-520-1855.

The retreat includes...

- Meetings, inspiration, group sessions, speakers, fun, and OA fellowship
- Six delicious meals
- Free time to relax, hike, sing, meditate
- Optional late night and early-morning meetings

Registration opens at 4pm; Friday dinner is served at 6pm. The retreat ends after lunch on Sunday.

You can request the schedule and menus by email or phone, and we will send them to you once they are final. This may not occur until very close to the retreat date.

Please note that **no children or pets** are allowed.

Bring along...

- Sleeping bag and pillow
- Towels, soap, and personal items, toiletries, etc.
- A flashlight for late night strolls
- Clothes to accommodate wet, cool and warm weather
- Big Book, 12 & 12, notebook or paper, and pen
- Money to buy raffle tickets!

Accommodations

These are dorm style cabins with bunk beds; they sleep from 4 to 10 people. There are 6 RV spots and 2 single cabins. Most cabins have bathrooms, but the single cabins use the central restrooms.

Meals are family style in a dining hall and the sessions are in a large lecture hall. Volunteers are needed at each meal; signups will be available at check-in.

Rooms are assigned. If you must have a lower bunk, use C-PAP/BI-PAP or cannot negotiate stairs **you must tell us**. Please be very specific regarding your needs. Are you able to climb 2 - 4 steps into a cabin or none at all? Need no dairy in your food? Use a scooter? Let us know. We will do our best on a first come/first serve basis.

About the Twin Rocks Friends Conference Center

Twin Rocks Friends Conference Center is located in Twin Rocks, Oregon, 13 miles north of Tillamook and 2 miles south of Rockaway Beach on Highway 101. A short walk from the beach, it also offers a 24-hour chapel, hiking trails, volleyball, boating, and assorted sporting equipment.