

Communing & Communicating with HP

OA – OKC Spring Retreat, March 23 - 25, 2012

St Crispin's Episcopal Conference Center
36302 State Highway 9, Wewoka, OK

Relax and retreat into Step 11 as we commune with nature, our Higher Power, and each other! Enjoy a quiet, peaceful, and energizing weekend amidst the natural beauty of St. Crispin's.

Activities

Recharge your recovery with your OA friends, old and new! St. Crispin's offers a beautiful natural setting with trails, lake (canoeing!), forest, hills, and open space. Bring your bike if you like. Stay as long as you want – do as much or as little as you like.

Lee Ann L. B. will kick off the weekend as Friday nite speaker! Other activities will include a meditative par course (nature walk with meditative stops), body image workshop, silent meditation and journaling workshops, yoga, traditions meeting, evening games, and time for individual discovery! We're cooking and dining together—a set, delicious HOW-abstinent menu that all can enjoy! **Unwind from your regular routine and join in a weekend of great fun & fellowship!**

Rates

Please see the other side of this page for registration rates. Both double and single accommodations are available, and all rates include meals. **Half-price scholarships are available, if needed, to OA OKC members from our Retreat Fund** – please contact Pam F (pamfrank@sbcglobal.net or 405.397.3864) to reserve.

Notes

St. Crispin's provides linens and towels. Bar soap is also provided. Bring personal items and don't forget medications, walking shoes, writing materials and OA books, yoga mat/meditation pillow, lawn chair, and whatever else you need. Please bring old magazines, too, and your favorite sentence or two from Conference-approved literature to use in workshops!

Check in starts Friday, March 23 at 5PM, with dinner at 6PM, and evening events starting at 7PM. So, come when you can, about 1 ½ hours east of OKC (see map on back).



