

Glen Lake Camp OA Retreat in Glen Rose, TX

Sponsored by Tri-County OA Intergroup

November 1 - 3, 2019

THE PROMISES REALIZED!

*Our speaker is from Denver, and she's been in OA since 1982.
Focusing on "Removing mental obstacles that interfere
with recovery maintenance and subsequent mental freedom;
learning to increase your capacity for self-love and love for others"*

Registration includes accommodations for 2 nights (Friday and Saturday) and 4 meals (3 on Saturday, 1 on Sunday). If you have special food needs, you may bring an ice chest. There is limited space in refrigerator in Jones Lodge but ice is available.

No dinner will be served Friday. There are several places to eat in Glen Rose or bring your dinner with you. Regular sleeping arrangements are in a rustic air-conditioned/heated dormitory-style cabin with twin-sized bunkbeds. A limited number of hotel-style double rooms are available at an additional cost on a first come, first served basis. This building has a central living area, refrigerator, microwave, and provides linens. There is no individual climate control in each hotel room. See registration form for price.

Special Saturday-only tickets include 3 meals

Things to bring

- Sheets, blankets, and pillow or sleeping bag
- Personal toiletries
- Towels
- **Cushions for hard chairs**
- Writing supplies
- **Your Big Book**
- Flashlight
- Bug repellent
- Comfortable, casual clothes, walking shoes
- Jacket or sweater - *bring to speaker sessions as the temperature is hard to regulate in the Smith Bldg.*
- Games, cards etc.

For more information call: Joy D. (817) 905-4949 or Jaclyn D. (817) 996-8711

PLEASE CUT OUT AND MAIL THIS FORM ALONG WITH YOUR CHECK

Registration Deadline: 10-20-2019

(No refunds. Unused payments may be transferred to another member or our Scholarship Fund)

COST Per Person

\$120.00 Weekend

\$65.00 Saturday Only

Make checks payable to:

Tri-County Intergroup OA

Mail to:

Joy Dobbins

6833 Maize Road, #2201

Fort Worth, TX 76133

NAME:

Address:

City, State and Zip:

Phone:

Email:

Saturday-Only charge includes three meals:

Will you be eating those meals with us?

Yes No

Total Enclosed \$

OA Home Group:

If you desire a **hotel-style room**, you will have a roommate and will need to pay an extra \$88, for a total of **\$208.00/person**. You must email (joydobbins99@gmail.com) or speak with Joy Dobbins (817) 905-4949 to reserve a hotel-style room.

Name of pre-arranged roommate:

CONTRIBUTE! I would like to donate \$_____ to help fund the "Nancy E. Memorial Retreat Scholarship Fund"

Yes, I would like to apply for a 1/2 scholarship. Scholarships are given in exchange for service at the Retreat or if requested for financial need. Please contact **Jaclyn D. (817) 996-8711** to find out if there are funds available this year.

Glen Lake Camp
and Retreat Center
**1102 NE Barnard St.
Glen Rose, TX 76043**

**76 miles southwest of
downtown Dallas (1.5 hours)**

**54 miles southwest of
downtown Fort Worth (1 hour
via Chisolm Trail Parkway)**

**74 miles northwest of
downtown Waco (1.5 hours)**

Directions to Main Campus

From the North through Granbury Take Hwy. 377 South from Benbrook. Continue through Granbury. After crossing the lake, exit off 377 onto 144 South to Glen Rose. After about 15 miles, turn right on Hwy. 67 South and go past the Sonic and Best Western. Turn left onto Hwy. 144 South at Vaughn's Exxon Station. Follow 4 blocks. Glen Lake Retreat is on the left as you make the curve. Follow the OA signs.

From the Dallas area Take Hwy. 67 South through Cedar Hill, Midlothian, Keene, Alvarado and Cleburne. Continue on Hwy. 67 South. As you come into Glen Rose, you'll see a big Exxon station on your left. Keep going up the hill and into Glen Rose. Go past the Sonic and Best Western. Turn left onto Hwy. 144 South at Vaughn's Exxon Station. Follow 4 blocks. Glen Lake is on the left as you make the curve.

2019 OA Fall Retreat Schedule of Activities

(Speaker-guided meditation during sessions)

Friday, November 1, 2019

- 3:00 - 7:00 pm Check-In at JONES LODGE;
room assignment; free time
- 5:00 - 7:00 pm Dinner on your own, in town or bring it
- 7:00 - 7:45 pm **OA Meeting & late register - SMITH BLDG.**
- 7:45 - 9:30 pm **SPEAKER - SMITH BUILDING**
- 9:30 - 11:00 pm Free Time
- 11:00 pm SILENCE

Saturday, November 2, 2018

- 7:45 - 8:15 am Breakfast (with Saturday attendees) DINING HALL
- 8:15 - 8:45 am Check-In, Saturday only - SMITH BLDG.
- 8:45 - 11:45 am **SPEAKER - SMITH BUILDING**
- 11:45 am Tri-County OA Intergroup Meeting -
SMITH BUILDING
- 12:00 - 12:30 pm Lunch (with Saturday attendees) DINING HALL
- 12:45 - 1:30 pm **OA Meeting - SMITH BUILDING**
- 1:45 - 2:15 pm Chair Yoga
- 2:30 - 4:30 pm **SPEAKER - SMITH BUILDING**
- 5:00 - 5:30 pm Dinner (with Saturday attendees) DINING HALL
- 6:15 - 9:15 pm **SPEAKER - SMITH BUILDING**
- 9:30 - 10:15 pm **OA Meeting - SMITH BUILDING**
- 9:30 - 11:00 pm Free time (games, singing, fire) JONES
LODGE
- 11:00 pm SILENCE

Sunday, November 3, 2019

- 7:45 - 8:15 am Breakfast - DINING HALL
- 8:30 - 11:15 am **SPEAKER - SMITH BUILDING**
- 11:15 - noon Clean up, pack up, check out

\$ 1.00 CLOTHING BOUTIQUE
All Weekend (Bring items & Buy others)

From the West on Hwy. 67

Continue on Hwy. 67 almost all the way through Glen Rose. Shortly after the hospital (on your right), turn right on Hwy. 144 South at Vaughn's Exxon Station. Follow 4 blocks. Glen Lake is on the left as you make the curve.

From the South on Hwy. 144

Follow 144 North into Glen Rose. At the flashing light on the town square, turn right. Follow this road (Hwy. 144 North) approximately 1 mile. Glen Lake will be on your right.

From Waco

Take Hwy. 6 West to Valley Mills/Clifton. In Meridian, you'll curve off to the right at a flashing light. At the courthouse, there is a stop sign. Turn left onto Hwy. 144 North and go through Walnut Springs into Glen Rose. Follow 144 North into Glen Rose. At the flashing light on the town square, turn right. Follow this road (Hwy. 144 North) approximately 1 mile. Glen Lake will be on your right.

From the East through Burleson / Cleburne

Take I35W South to the Hwy. 174 exit for Burleson. Go through Burleson, Joshua, and to the edge of Cleburne. Watch for a large sign saying "Glen Rose" and turn to the right onto the service road. Continue west, merging onto Hwy. 67 to Glen Rose. As you come into Glen Rose, you'll see a big Exxon station on your left. Keep going up the hill and into Glen Rose. Go past the Sonic and Best Western. Turn left onto Hwy. 144S at Vaughn's Exxon Station. Follow 4 blocks. Glen Lake is on the left as you make the curve.