

McKinney Care & Share Group of Overeaters Anonymous'
21st Annual Silent Retreat

The Keys to Recovery



October 4-6, 2024

Texas Elks Camp on Texoma
(formerly All Saints Camp & Conference Center)
418 Stanton Way – Pottsboro, Texas

Just an hour north of Dallas, Texas Elks Camp is a place of quiet beauty, with lake access, walking trails to magnificent cliffs and quiet streams, oak and juniper trees, beautiful wildflowers, and many species of wildlife.

- ❖ Silence begins Saturday morning after breakfast through Sunday closing meeting
- ❖ Single occupancy - \$220 (limited spaces available, must be paid in full)
- ❖ Double occupancy - \$200 (cabin with shared restroom/shower space)
- ❖ Must be paid in full by **September 20**
- ❖ Includes two nights lodging and 5 meals
- ❖ Registration is non-refundable after September 20, but is transferable to another retreat attendee

To register, complete registration form at:



-or- tinyurl.com/silentfall2024

Ways to pay:

Venmo - McKinney OA – first time code 6621

Zelle - McKinneyOA1212@gmail.com

Check made out to McKinney OA to retreat registrar:

Julia Chalker, 6705 Cedar Cove Drive, Frisco, Texas 75035

If you do not have access to complete the electronic form or need additional information, please contact Cathy Jo at cathyweems@me.com / 903-821-7980, Tonna at tonnabelle@aol.com / 469-222-8818, or retreat registrar Julia C. at jtchalker@yahoo.com / 214-543-1563.

Tentative Retreat Schedule



Friday	Arrival / Registration	4:00 PM - 6:00 PM
	Dinner	6:00 PM - 7:00 PM
	Opening meeting	7:30 PM - 9:00 PM
	Fellowship (campfire/singing, crafts/games, etc.)	9:00 PM
Saturday	Breakfast	8:30 AM - 9:30 AM
	Meeting to Introduce Silence	9:30 AM
	Yoga	10:00 AM - 11:00 AM
	Lunch	12:30 PM - 1:30 PM
	Dinner	6:00 PM - 7:00 PM
Sunday	Breakfast	8:30 AM - 9:30 AM
	Closing Meeting	9:30 AM - 11:00 AM
	Assist with re-setting meeting rooms, checking cabins, etc.	11:00 AM - 12:00 PM



Meals: Nutritious food will be served -- more specifics about the menu will be sent out prior to the retreat. If you have special food needs, you may bring your own food (limited refrigerator space is available).

Suggested items to pack:

- Comfortable clothing and shoes
- Jacket or sweater and umbrella
- Personal toiletries, hair dryer, etc.
- Alarm clock
- Outdoor blanket/wrap
- Flashlight
- Cash for tip for camp staff
- Program literature, step work, etc.
- Games or other fun activities
- Yoga mat
- Bug repellent
- Note cards, stationary, etc. ("love" notes)
- Items for "giving table"

Detailed information with directions, final schedule, tentative menu, etc. will be emailed out a few weeks prior to the retreat.

