

## Registration

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Email Address \_\_\_\_\_

Phone \_\_\_\_\_

Special Needs \_\_\_\_\_

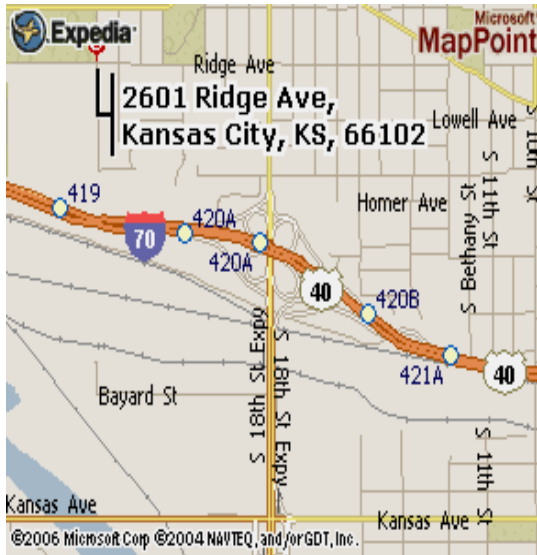
Payment Amount \$ \_\_\_\_\_

Checks payable to **GKCAI Retreat**

Mail To:

Raylene DeSuza  
2304 NE Parvin Road  
Kansas City, MO 64116  
(816) 519-4423

**Sanctuary of Hope**  
**2601 Ridge Ave**  
**Kansas City, KS**  
**66102**  
Phone (913) 321- 4673



From I-70- take the 18th Street exit, go north past the National Guard Armory to Ridge Avenue.

Turn left (west) onto Ridge Avenue. Go to 26th Street. Use the Sanctuary of Hope entrance.

2012  
Annual Retreat  
Greater KC Area  
Intergroup

***What's in Your Toolkit?***

***Restock at the Retreat!***



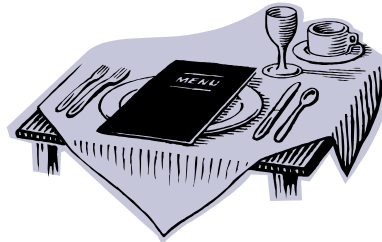
Oct 12th , 13th , 14th  
Friday, Depart 6:00 p.m. for local meeting or remain at the Sanctuary for quiet time.  
Program begins Saturday at 9:00 am and ends Sunday at Noon

# 12 STEPS OF OA

1. We admitted we were powerless over food - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people whenever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as a result of these steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs



# NOURISHMENT



Meals are served buffet style. Menu will be posted on the website when it is finalized [www.kansascityoa.org](http://www.kansascityoa.org)

A refrigerator and microwave will be available for use.

Free coffee, tea, and water!



## What Should I bring?

Your current toolkit - hopefully it includes pen, paper, literature, and book bag!

**PENNIES 4 POKENO!**

***Bedding and towels provided!***

## Registration Options

Double occupancy unless specified.

### Overnight Registration Single Room Additional\*

\$30.00 per night

\$ \_\_\_\_\_



### Friday & Saturday

\$155.00 Room and 5 meals

Fri. D, Sat. B/L/D, Sun. Breakfast (B)

\$ \_\_\_\_\_



### Overnight Saturday

\$90.00 Room and 3 meals

Sat. L/D, Sun. B

\$ \_\_\_\_\_



### Weekend Day Pass 2 Meals

\$40.00 Saturday Lunch (L) and Dinner (D)

\$ \_\_\_\_\_



### Weekend Day Pass No Meals

Before Oct. 1<sup>st</sup> \$20.00 or

At the Door \$25.00

\$ \_\_\_\_\_

Additional donation

\$ \_\_\_\_\_

**Total**

\$ \_\_\_\_\_

Space is limited.

No Overnight or Day Pass with meal registration accepted after Sept. 24<sup>th</sup>.

Room with \_\_\_\_\_

\*A limited number of single rooms