



This beautiful retreat center is located at:

4633 N. 54th St., Phoenix, AZ 85018

1. In Phoenix, from Camelback Road, coming from I-17 or the 101, Turn north on North 54th Street and the Retreat Center is on the right.
2. From Tucson, AZ, take I-10 into Phoenix merge onto AZ-143 N via Exit 153A toward Sky Harbor Airport. Keep left to take AZ 143 N. Take the McDowell Rd East exit. Turn slight right onto E. McDowell Rd. Turn left onto 52nd St. Turn right onto E. Thomas Rd. Turn left onto N. 56th St. Turn Left onto E. Camelback Rd. Take 2nd right onto N. 54th St. and Retreat Center is on right.
3. From Flagstaff, AZ, take I-17 into Phoenix to Camelback Rd. Exit to left (east) and go to N. 54th Street, turn left on N. 54th Street and the retreat center is on your right.

Questions? Contact Chair:
Dianna Phillips—Email: diannainaz@msn.com
PHONE 480.600.1617

Space is Limited!

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Reserve Your Spot by Pre-Registering with a Deposit

Mail check made out to ASDI to:
Rosie Oldham
19243 N. 88th Avenue
Peoria, AZ 85382
rosie.oldham64@gmail.com
602.369.8444



Accommodations

- Retreat Center is handicap accessible.
- Dormitory Style—no bunk beds.
- Bring Sleeping and Bath Linens.
- Bring personal grooming supplies.
- Refrigerator available for storage of personal food/drink items.
- Bring cash for 50/50 drawing and other fun events –gift cards etc.
- Consider bringing extra pillow for seating on chairs.
- Bring warm clothing and comfortable shoes to walk this beautiful campus.

12 STEPPING THROUGH LIFE.... PRACTICAL SOLUTIONS

January 8, 9, 10, 2016

Overeaters Anonymous
Arizona Serenity in the Desert Intergroup
Annual Winter Retreat



Mt. Claret Retreat Center
4633 N. 54th Street
Phoenix, Arizona 85018

Mail to Registrar: Please make all checks payable to: ASDI

Name: _____

Address: _____

Phone: _____

E-Mail: _____

Female _____ Male _____

If handicapped or you have other needs, what are they?

EARLY BIRD DISCOUNT BEFORE DECEMBER 29, 2015

\$ _____ Option 1: 2 nights + four meals (Sat-Breakfast, Lunch, Dinner-Sunday Breakfast) \$165.00 early bird discount due by 12/29/15

\$ _____ Option 2: Commuter early bird special (Sat only) \$65.00 for Saturday includes Registration Lunch and Dinner - early bird discount due by 12/29/15

\$ _____ Deposit of \$50.00 - NON REFUNDABLE for full retreat early bird discount due by 12/29/15—Retreat Final FULL payment must be received by December 29, 2015 to receive Early Bird Discount!

AFTER DECEMBER 29, 2015

\$ _____ Option 1: 2 nights + four meals \$175.00 (due by January 4, 2016)

\$ _____ Option 2: Commuter (Sat only January 9, 2016) \$75.00 for Saturday includes Registration, Lunch and Dinner (due no later than January 4, 2016)

All Final Payments are due to Registrar by January 4, 2016

\$ _____ Optional Donation to ASDI for Retreat Scholarship Fund

\$ _____ TOTAL ENCLOSED (CHECK PAYABLE TO ASDI)
Sleeping Preferences (circle those that apply)

No preference Nite Owl Snores
Early to Bed CPAP

DORMITORY ROOMMATES _____

RETREAT SCHEDULE

Friday, January 8, 2016

**** Dinner on your own!**

3:00-7:00 pm	Check In
7:00 -7:30 pm	Opening
7:30-9:00 pm	Speaker
9:00-9:30 pm	Sharing

Saturday, January 9, 2016

7:00-7:45 am	Group Meditation
8:00 am	Breakfast Dining Hall
9:00 am—10:15 am	Speaker
10:15 am— 10:30 am	Break 15 minutes
10:30 am-11:30 am	Speaker
11:30-12:00 pm	Open Sharing
12:00 pm	Lunch Dining Hall
1:30-2:45 pm	HP Activity/Sharing
2:45-3:45 pm	HP Activity/Sharing
3:45-4:00 pm	Raffle Fun
4:00—5:00 pm	Mens Meeting (Speaker)
4:00-5:00 pm	Womens Meeting
5:00-6:00 pm	Free Time (Meet, Write, Walk, Talk, Rest)
6:00 pm	Dinner Dining Hall
7:30-8:00 pm	Raffle Giveaway Fun
8:00-9:00 pm	Speaker/ Sharing
9:00-10:30 pm	Candlelight Meeting

Sunday January 10, 2016

7:00-7:45 am	Group Meditation
8:00 am	Breakfast Dining Hall
9:00 -10:15 am	Speaker
10:15-11:00 am	Sharing/ Wrap Up
11:00 am-11:30 am	Check Out

AA Promises

If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us - sometimes quickly, sometimes slowly. They will always materialize if we work for them. Alcoholics Anonymous

OA Promise

I put my hand in yours, and together we can do what we could never do alone! No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams.



Together we can do
what we
could never do
alone!

Quick tips!

1. Complete - mail registration form on the left
2. Keep a copy for your records
3. Mail registration with your check (PAYABLE TO ASDI) to Registrar Rosie Oldham
4. \$50.00 initial deposit is NON-REFUNDABLE
5. Final payments are due by Jan. 4, 2016
6. All payments non-refundable after Jan 4, 2016