

Come join us for the 24th Annual OA Retreat  
**“There Is A Solution”**

SPONSORED BY ROSWELL GROUP OA  
**September 20-22, 2019**  
**BLESSED TRINITY SHRINE RETREAT CENTER**  
**107 HOLY TRINITY ROAD**  
**FORT MITCHELL, AL 36856**



The Blessed Trinity Shrine Retreat is located in Alabama just across the river from Columbus, Georgia in Fort Mitchell, a town formerly known as Holy Trinity, Alabama. The facility, built in 1965, is located on 1200 acres of woodlands bordering the Chattahoochee River, and includes wooded walking paths, gazebos, a pond, and a grotto. For more information about the facility and directions, visit [http://www.msbt.org/btsr\\_brochure.pdf](http://www.msbt.org/btsr_brochure.pdf) or [www.findthedivine.com/retreatcenter/holytrinity/home.html](http://www.findthedivine.com/retreatcenter/holytrinity/home.html).



**NOTE: Although the retreat center is located within the Central time zone, the center and retreat run on Eastern time. Note that because the facility is between cell phone towers, the time on cell phones sometimes flips back and forth between Eastern and Central time. Note also that only Verizon cell phones work inside the facility; others like AT&T may work outside.**

**Directions:**

***From Atlanta***

85 S to 185 S to Exit 10. 80 W to end. Left on 280/431 S. 431 S to 165 S. Go 14 miles to County Rd 54. Turn left and take next right to BTSR.

***From Montgomery***

85 N to Phenix City/Opelika #431 (Exit 62). Take 431S through Phenix City to 165 S. Go 14 miles to County Rd 54. Turn left and take next right to BTSR.

***From Dothan***

431 N to 165 N. Go 18 miles to County Rd 54. Turn right and take next right to BTSR.

***From Tallahassee***

27 N to 84 W to Dothan. Take 431 N to 165 N. Go 18 miles to County Rd. 54. Turn right and take next right to BTSR.

## REGISTRATION FORM

PLEASE MAKE YOUR CHECK OR MONEY ORDER PAYABLE TO **OA** AND MAIL WITH THIS FORM TO:  
JANET O'ROURKE – 151 VILLAGE TRACE, WOODSTOCK, GA 30188

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL: \_\_\_\_\_ AMOUNT ENCLOSED \_\_\_\_\_

PHONE: \_\_\_\_\_ NAME FOR NAME TAG \_\_\_\_\_

SPECIAL FOOD NEEDS: vegetarian vegan gluten intolerant \_\_\_\_\_

Check if interested in carpooling; an email listing interested parties will be sent in early Sept to facilitate ride sharing

Check if you wish to share your name, address, phone #, and email with retreat attendees for continued contact post-retreat

Check if you have a suite-mate preference and list their name \_\_\_\_\_

### Registration:

Full retreat: \$185 if postmarked by Aug. 5

\$195 if postmarked after Aug. 5

**Rooms can be reserved by sending a non-refundable deposit of \$35 or by sending the full amount. I suggest you act quickly –as I believe we will fill the 40 rooms this year. First come-first served. I will then start a waiting list.**

NOTE: For those who elect to send only a deposit to reserve a room, **the balance is due by August 30.**

### Refunds and Cancellations:

Please call Janet at 678-409-5174 if you have to cancel. **Refunds minus a \$35 non-refundable processing fee will be made until September 1st. After September 1st, your registration fee will be returned only in case of sickness or family emergency,**

### Meals:

5 meals are provided cafeteria style, beginning Saturday morning. Plan on bringing your meal, or stopping to eat on the way **Friday. Please be responsible for your own food plan additions or adjustments.** A microwave and dorm size refrigerator in the dining area and small refrigerator in the foyer of Faith wing are available and accessible 24/7. **Note: No dinner will be provided or available Friday night.**

### Accommodations:

Lodging consists of **40 private rooms** with single beds; bathrooms with tub/shower are shared with one adjoining room (both entrance door and bathroom door are lockable). All rooms have individually controlled A/C and heat. Linens, towels, and washcloths are provided. **No clocks are provided, so bring your own alarm clock if desired.** The retreat center houses a great gift shop onsite. OA literature will **NOT** be sold this year. **Please bring your own OA books, including the AA Big Book and the OA Twelve and Twelve.**

### TENTATIVE AGENDA (Participation is optional for all activities)

NOTE: Retreat runs on Eastern time

#### Friday, Sep 20

**5:00-7:45PM** Check-in /settle in. **Please, no early arrivals**

7:45-8:45 Welcome and Introductions

Explanation of the agenda

9:00 Guided meditation

#### Saturday, Sep 21

**6:45-7:45AM** Sunrise OA meeting, yoga, or other activity

**7:30 Cold cereal and coffee available**

**8:00 Hot breakfast**

9:15-10:30 Speaker followed by sharing

10:30-10:45 Break

10:45 – 11:55 Speaker followed by sharing

**12:00PM Lunch**

1:00-2:15 Speaker – followed by sharing

2:15-2:30 Break

2:30-3:30 Speaker followed by writing

3:30-4:30 Preparation for evening group entertainment  
**(ALL)**

4:30-5:30 Free Time

**5:30 Supper**

7:00-8:30 Entertainment

8:45-9:45 Candlelight OA meeting

#### Sunday, Sep 22

**6:45-7:45AM** Sunrise OA meeting, yoga or other activity

**7:30 Cold cereal and coffee available**

**8:00 Hot breakfast**

9:00-10:15 Speaker followed by sharing

10:30-11:50 Circle sharing – closing remarks

**12:00PM Lunch and departure**

**For More Information Contact:** Janet – 678-409-5174