

Glen Lake Camp **OA Retreat** in Glen Rose, TX

Sponsored by Tri-County Intergroup OA

November 3 – 5, 2023 “**Having a New Experience of the Heart.**”

An intuitive journey through the 12 Steps.

Our speaker is from LA, CA; Abstinent 6 years with a loss of 250lbs.

★ MASKS OPTIONAL ★

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 rustic air-conditioned/heated dormitory-style cabins with **twin-sized bunkbeds socially-distanced apart.** 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: Melissa K. (469) 767-5705 or Amber B. (817) 798-6289

PLEASE CUT OUT AND MAIL THIS FORM ALONG WITH YOUR CHECK

Registration Deadline: 10-20-2023

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

COST Per Person

\$130.00 Weekend

\$70.00 Saturday Only

Make checks payable to:

Tri-County Intergroup OA

Mail to:

**Tri-County OA
P.O. Box 20962
Waco, TX 76702**

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 \$90, for a total of **\$220.00/person**. **You must email (g.moffett@yahoo.com) or speak with Gail M (254) 405-2120 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 **Melissa K. at (469) 767-5705** to find out if there are funds available this year.

Glen Lake Camp
and Retreat Center
1102 NE Barnard St.
Glen Rose, TX 76043
(254-897-2247)

**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.

2022 OA Fall Retreat Schedule of Activities

Friday, November 3, 2023

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
7:15 - 8:45 pm **SPEAKER** - SMITH BUILDING
9:00 - 10:00 pm **OA Meeting** - SMITH BUILDING
11:00 pm SILENCE

Saturday, November 4, 2023

6:45 - 7:30 am Guided Meditation - SMITH BLDG.
7:45 - 8:15 am Breakfast (with Saturday attendees) DINING HALL
8:15 - 8:45 am Check-In, Saturday only - SMITH BLDG.
8:45 - 11:15 am **SPEAKER** - SMITH BUILDING
11:15 - 11:30 am Tri-County OA Intergroup Meeting -
SMITH BUILDING
11:45 - 12:15 pm Lunch (with Saturday attendees) DINING HALL
1:00 - 1:40 pm **OA Meeting** - SMITH BUILDING
1:45 - 2:15 pm Laughter Yoga & Tai Chi
2:30 - 4:30 pm **SPEAKER** - SMITH BUILDING
5:00 - 5:30 pm Dinner (with Saturday attendees) DINING HALL
6:30 - 8:30 pm **SPEAKER** - SMITH BUILDING
8:30 - 10:30 pm Fun time (games, bonfire) JONES
LODGE & Inspiration Point
11:00 pm SILENCE

Sunday, November 5, 2023

6:45 - 7:30 am Guided Meditation - SMITH BLDG.
8:00 - 8:30 am Breakfast - DINING HALL
8:45 - 11:00 am **SPEAKER** - SMITH BUILDING
11:00 - 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.