



For more information about the retreat or to ask a question contact RayleneK at raykaj@gmail.com

"Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves...* Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem." (AA Big Book, Fourth Edition, Page 45)



We look forward to seeing you at the beautiful and serene Ecumenical Providence Renewal Centre. An urban sanctuary tucked away on 20 private acres of beautifully landscaped gardens.



Visit their website for more information and at: www.providencerenewal.ca

The Key to Abstinence



Is in the Steps

SPRING Retreat

May 3, 4, 5, 2019

Providence Renewal Centre

3005 119th Street NW

Edmonton AB

Hosted by: Northern Lights Intergroup
<https://oaedm.com/>

Registration Deadline April 12, 2019

Please return completed registration forms and payment (cheques or money orders) to:

Northern Lights Intergroup

C/o Rita Gratton
5802 172 Street NW
Edmonton, AB T6M 1B4
Email: rlgratton@shaw.ca

Confirmation will be sent by email. Refund requests will be honored until **April 18th**, and all refunds will be processed after this date.

Meals:

- + Meal times - cafeteria style
Breakfast 8:00 / Lunch Noon / Supper 5:30
- + No outside food permitted in cafeteria
- + Outside meals permitted in the session room
- + Meals **MUST** be pre-registered
- + Advise of dietary restrictions and we will contact the Centre for accommodation

Accommodations:

- + 28 single rooms with communal bathrooms & showers
- + Eight (8) double rooms with private bath
- + Two (2) suites

Morning Meditation & Prayer Sessions:

- + Bring yoga mat, blanket, pillow for floor comfort

Scholarships/Donations

Limited scholarships are available to help you attend. **Donations** (individual or group) for scholarships are appreciated; please forward as soon as possible to accommodate scholarship applications. Scholarship applications are to be submitted to Rita Gratton (rlgratton@shaw.ca) by **April 5th**.

General Schedule

- Friday** Registration 5:00 - 6:30 p.m.
Opening Comments &
Speaker Introduction 7:00 p.m.
- Saturday** Meditation & Prayer 7:00 a.m.
Program Start 9:00 a.m.
Evening Session 6:30 p.m.
- Sunday** Meditation & Prayer 7:00 a.m.
Program Start 9:00 a.m.
Closing remarks 11:00 a.m.



What to bring:

- + AA Big Book
- + OA 12 Steps and 12 Traditions
- + Note book/pens
- + Cash for literature, raffles, and 50/50
- + Toiletries

If you would like to room with a friend, please provide their name here:

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Name
Address
City
Province, PC
Email
Telephone

Retreat Options

Rates:

Full Weekend Package: (Sessions, room, meals)	Shared Bath	\$235.00
	Private Bath	\$285.00

Sessions and Meals Package: (Sessions, 5 meals)	\$145.00
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Sessions Only:	Friday	\$20.00	TOTAL:
	Weekend	\$70.00	

Saturday Meals:	Breakfast	\$14.00	TOTAL:
	Lunch	\$19.00	
	Supper	\$20.00	
Sunday Meals:	Breakfast	\$14.00	TOTAL:
	Lunch	\$19.00	

Accommodations: Single Room/shared bath	Friday	\$58.00	TOTAL:
	Saturday	\$58.00	
Room with private bath	Friday	\$83.00	TOTAL:
	Saturday	\$83.00	
	Total		