

# OVEREATERS ANONYMOUS WESTERN MASS INTERGROUP PRESENTS: **A GUIDED WALK THROUGH THE 12 STEPS OF OA**

Whether you are a newcomer to Overeaters Anonymous or an experienced member, retreats are a fantastic way to experience recovery. Come join us! Not only can you take a guided walk through the 12 Steps but along the way... you can stroll through the arboretum, smell the flowers inside the Center and in the gardens, take a nap in a rocking chair under a shade tree, watch the fireflies dance in the evening, stretch with yoga, spend some time with a Higher Power, and of course, make new friends along the journey.

## OA Western MA Intergroup 45th Annual Retreat

Fri. June 2<sup>nd</sup> – Sun. June 4<sup>th</sup>, 2023  
at Genesis Spiritual Center,  
53 Mill St, Westfield, MA

For more information contact  
Event Co-Chair, Karen:  
413.636.8237 or  
[retreat@oawmass.org](mailto:retreat@oawmass.org)

**Please do not contact Genesis  
directly for Retreat information.**



**A ticket includes  
accommodations for two nights,  
five healthy meals, & lots of recovery!**

**COST TO ATTEND:  
\$340 per person**

*Single & double rooms are  
available, however space is limited.  
Rooms secured with payment on a  
first-come, first-served basis.  
Payment available by check  
or credit card.*

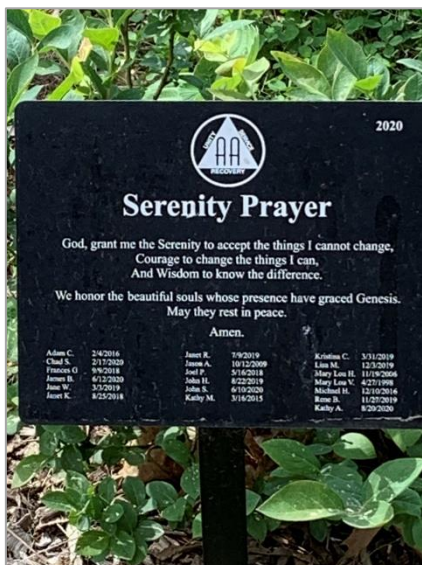


**REGISTER ONLINE at**

<https://OAwesternMAretreat.eventbrite.com>  
or scan QR Code above for online registration

**If you'd prefer to register via mail**, email Retreat Co-Chair,  
Karen ([retreat@oawmass.org](mailto:retreat@oawmass.org)) for printable form.

**For FAQ's (frequently asked questions) about the Retreat see side two.**



## About the Genesis Retreat Center

If you haven't visited Genesis yet open your mind and imagine nineteen and a half acres of picturesque New England landscape which transforms as each season changes. If you have been here, you appreciate the surroundings, the gentleness and serenity as you pull into the long driveway and walk the grounds. Oaks, pines, flowering shrubs, and the 100-year-old Copper Beach Tree sit upon the land as well as numerous floral gardens, an herb garden and a vegetable garden. Scattered amongst the trees are comfortable benches and lounge chairs where you will find guests reading, enjoying the scenery of a calm and contemplative environment often finding a connection to the natural environmentally friendly surroundings.

## FREQUENTLY ASKED QUESTIONS

**What is included in the ticket price?** The ticket includes two nights of accommodations, five healthy meals, and lots of recovery!

**Why is the ticket price this amount?** The amount of the ticket was determined to cover the cost of venue, food, and leader travel expenses. The intention is solely to cover costs and not as revenue generating.

**Can I pay by check?** Yes, you should choose the "pay by check" option & complete your registration on the website. Then mail your check [payable to WMI Retreat] to: WMI Retreat, P.O. Box 2911, Springfield, MA 01101. Your registration is considered "secured" upon check clearing. You'll be notified by email when this occurs.

**Are there fees if I pay by credit card?** Yes. Eventbrite charges a service and processing fee for each ticket. *These fees do not go to OA.* To pay this way choose the "pay by credit card" option then complete your registration on the website. Upon submission your seat is secured.

**What if I cannot afford the ticket?** We're grateful to have the opportunity to offer \$150 scholarships. These are limited to double room accommodation only. They are distributed on a first come, first served basis.

**How can I be considered for a scholarship?** You must register with a \$190 deposit before April 15, 2023, to be considered for a scholarship for the \$150 balance. Preference will be given to those that live in Western MA and that have not received a scholarship in the last two years. Recipients will be notified by e-mail after May 1, 2023. Deposits will be returned if scholarships are unavailable.

**How does a double room work – do I pick a roommate or am I paired with someone?** Either way is an option (*a preferred roommate or being assigned one*). If you have a preferred roommate, you should indicate when you register. Note – both individuals must register with payment to secure the space.

**What food is included with the ticket?** This is still being finalized. The OA Retreat Committee works with the Genesis Retreat Center to provide five healthy meals which will accommodate most OA member's food plans. There will be vegetarian options provided. Meals include Friday, 6/2 – dinner. Saturday, 6/3 - breakfast, lunch, & dinner. Sunday, 6/4 – breakfast.

**Are the meal choices vegetarian, vegan, and/or gluten free?** Due to cost limitations, we are not able to accommodate all food requirements. The meals included will be either meat or vegetarian options.

**What if I have very specific dietary restrictions or need food not provided?** The menu cannot be adjusted per attendee and therefore we recommended to bring what you need. There is a refrigerator and microwave available for your use. Please contact Karen ([retreat@oawmass.org](mailto:retreat@oawmass.org)) for any additional specific questions about the meal plan.

**Will I get more details (aka agenda, menu, etc.) prior to the Retreat?** Yes, Retreat Packets will be emailed after May 15, 2023, to attendees. Information will include directions, check-in specifics, menu details, itinerary, things-to-bring, and more.

**When can I check-in?** Check-in will take place on Friday, June 2nd from 5 p.m. to 6:30p.m.

**When do I need to check-out?** The Retreat ends on Sunday, June 4 with a closing circle at 11:45. Lunch will not be served. Check out is complete by 12:00 p.m. Sunday.

**What if I need to cancel?** Cancellations are not refundable after May 15, 2023. However, you are welcome to find a substitute who can reimburse you if you are unable to attend. If you need to cancel contact [retreat@oawmass.org](mailto:retreat@oawmass.org).

**Where can I learn more about Genesis Spiritual Center including directions?** You can go to the [Genesis Retreat Center](#) for more information. PLEASE do not contact the Genesis Spiritual Center directly with OA Retreat questions.

**All questions should be directed to Retreat Co-Chair (Karen):**  
[retreat@oawmass.org](mailto:retreat@oawmass.org) or 413.636.8237