



Central Midlands Intergroup presents

Love and Kindness Retreat

December 12 – 14, 2014

D. Moody Gunter Camp and Retreat Center

1420 Nazarene Road

Batesburg, SC 29006

<http://www.scnazcamp.com>

Friday (Check-in 4-6pm) through Sunday at 11am

How do we show love and kindness to ourselves, to each other and to our Higher Power?
Topics will cover body image, relationships, meditation and more.

REGISTRATION INFORMATION

Retreat registration includes all activities and 5 meals (Friday dinner, 3 on Saturday and Sunday breakfast). This is a recovery retreat so all individuals in a 12 step program are welcome.

\$ 60 per person	early bird discount by August 31, 2014
\$ 80 per person	registration September 1 - October 31, 2014
\$ 100 per person	late registration November 1 – December 5, 2014

Room information:

Roommates – Hotel rooms hold 2 – 4 people. If you would like to have a roommate, please note your roommate or sign up to request a roommate. The cost quoted per room is for 2 nights and includes all people in that room. The number of people per room cannot exceed the allotted number. **The retreat center has a variety of rooms with a variety of amenities. Please note and register early if you need a handicapped room or other amenities.**

Dorm rooms – Dorm rooms have 16, 20 and 24 bunk beds. We are going to only book half the number per room so that you may put two mattresses on one bed and use the other mattress-less slot for your luggage. Great deal at only \$18 for the weekend.

All rooms (motel and dorm) have bathrooms and heating/air. For most hotel rooms and all dorm spots you will need to bring bed linens, a pillow and shower linens. Room rates are per room for the weekend. NOT per person. NOT per night. A great deal!!!

Other information:

The lake is stocked so feel free to bring your fishing gear if you'd like.

No alcoholic beverages are allowed on site. No smoking in buildings.

Wifi is available in a very small area. Verizon phones get reception but other carriers rarely get reception. You may have loved ones call the retreat center in an emergency.

No televisions. This is a retreat!

Room choices

Johnson Motel Rooms - \$ 108 (total cost for two nights – not per person)

- 4 rooms; 2 are upstairs
- 1-2 people in each room
- 1 king sized bed in each room
- Microwave, fridge, coffee maker
- Linens included

Pelham Motel Rooms - \$ 75 (total cost for two nights – not per person)

- 23 rooms, 12 are upstairs, **6 rooms are handicapped**
- Handicapped rooms:
 - 3 have 2 twin beds (sleeps 2)
 - 2 rooms have 3 twin beds (sleeps 3)
 - 1 room has 4 twin beds (sleeps 4)
- All other rooms have 2-4 twin beds. Please specify the number of twin beds and whether you want upstairs or downstairs.
- Bring your own bed linens, pillow and shower linens

Hammond Motel Rooms - \$ 75 (total cost for two nights – not per person)

- 16 rooms, 8 are upstairs, **4 rooms are handicapped (2 twin beds per room)**
- All rooms have 2 twin beds each
- Bring your own bed linens, pillow and shower linens

Bearden Dorm - \$ 18 (total cost for two nights – per person)

- 4 rooms, 16 bunk beds each but we're only placing 8 people in each room
- 1 room is **handicapped accessible (8 people)**
- Bring your own bed linens, pillow and shower linens

Mitchel Dorm - \$ 18 (total cost for two nights – per person)

- 4 rooms, 16 bunk beds each but we're only placing 8 people in each room
- Bring your own bed linens, pillow and shower linens

Stucki Dorm - \$ 18 (total cost for two nights – per person)

- 2 rooms: 1 room has 20 bunk beds and 1 room has 24 bunk beds each but we're only placing 10 and 12 people in each room respectively
- **1 room is handicapped accessible (10 people)**
- Bring your own bed linens, pillow and shower linens

RV Spots - \$ 26 (total cost for two nights – per spot)

- Includes water, sewer and electricity only

REGISTRATION

Name:

Do you have a roommate?

Address:

(Roommates need to register separately)

City, State, Zip:

If so, name(s):

Phone:

Email:

Do you want to volunteer?

Want us to find you a roommate? Please list how many roommates you would like: _____

Please read before completing the form.

Please indicate your first, second and third room choice below and mail payment for your first choice to the address below with a check payable to OA. In the event you do not get your first choice, a refund of the difference will be waiting for you at the retreat. Please contact DJ at deigezoo@gmail.com (preferred) or 803-772-7999 with any questions or concerns.

_____ \$ 108 Johnson Motel (linens included)
_____ \$ 75 Pelham Motel
_____ \$ 75 Hammond Motel
_____ \$ 18 Bearden Dorm
_____ \$ 18 Mitchell Dorm
_____ \$ 18 Stucki Dorm
_____ \$ 26 RV spot

Room price \$ _____

Registration: \$ 60 early bird now – August 31, 2014
\$ 80 regular September 1 - October 31, 2014
\$ 100 late November 1 - December 5, 2014

****Registration includes 5 meals****

Registration \$ _____ + Room \$ _____ =

Total Due - \$ _____

Retreat Registration: Overeaters Anonymous
PO Box 2407, Columbia, SC 29202