

Instructions to Retreat Location Big Country Camp

201 FM 142, Lueders, Texas

From the East

- Take I-20 to Exit 332, Cisco (Route 183)
- Turn north at the stop sign in downtown Cisco
- At the traffic light in Cisco continue straight. This is now Route 6
- Road signs will indicate the towns of Moran and Albany
- At the traffic light in Albany turn left. This is Route 6 / Hwy 180
- In approximately 19 miles Route 6 breaks right heading north
- FM 142 is 2 miles on the right
- A helpful landmark is a bridge over the Clear Fork of the Brazos River immediately preceding FM 142. There are two entrances to the camp, either will be fine to use.

From the West and South

- From I-20 take Exit 286C, FM600. Head north
- You will come to a stop sign at HWY 180 after approximately 20 miles. (Be aware that the stop sign is approaching since FM 600 and HWY 180 are 70mph roads)
- Turn right at the stop sign heading East
- Approximately 7 miles you will turn left at the Route 6 cut-off
- FM 142 is 2 miles on the right



Step 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive overeaters and to practice these principles in all our affairs.

What principles? The twelve steps:

1. honesty
2. hope
3. faith
4. courage
5. integrity
6. willingness
7. humility
8. self-discipline
9. love
10. perseverance
11. spiritual awareness
12. service

What promises? How many can you find? For a start:

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us — sometimes quickly, sometimes slowly. They will always materialize if we work for them. (*Alcoholics Anonymous*, pp. 83-84)

March 5-7, 2010

Principles

and

Promises

Retreat



Hosted by

Big Country Intergroup of
Overeaters Anonymous

Big Country Camp

Lueders, Texas

Principles and Promises Registration Form

Name _____

Address _____

Phone _____

Email _____

Female Male

Special Assistance Required

Please specify _____

I'm interested in CARPOOLING

Registration fee:

\$85 prior to February 1

\$95 after February 1

\$ _____ Scholarship Donation

\$ _____ TOTAL included

Service Opportunities

Greeters & Registration Table

Decoration, Set Up / Clean Up

Entertainment & Activities

Donate Door Prizes

Gift Bags & Give-Aways

Off The Rack (clothing exchange)

Other: _____

Registration forms and checks made out to OA
should be sent to:

Jenny P, 1 Palmer Circle, Merkel TX 79536

Retreat Registration

Fee: \$85 per person; \$95 after February 1st
for bunkhouse. For more private accommodations,
contact Jenny P (325-928-1303) for availability and
cost.

If you wish to go and cannot afford the full price,
email jen4faith@windstream.net to request a schol-
arship.

Registration includes conference materials, supper
on Friday, three meals Saturday, and breakfast on
Sunday.

Schedule of Events*

Friday: March 5

3 pm..... Registration & Check In

5:30 pm..... Dinner Included

7 pm..... Welcome & Speaker's Story

10 pm..... OA Meeting

Saturday: March 6

7 am-8:45 am..... Breakfast

9 am-12 pm..... Morning Workshop

12 pm-1:30 pm..... Lunch Included

1:30-4 pm..... Afternoon Session

4 pm-6 pm..... Afternoon Break

6 pm-7:30 pm..... Dinner

8:30 pm..... OA Meeting

Sunday: March 7

7 am..... Meditation

8am- 9am..... Breakfast

9am - 11:45am..... Morning Workshop

11:45am - 1pm..... Check-out

*Please note this agenda is TENTATIVE.

Campground: www.BigCountryCamp.com/

Intergroup: www.OABigCountry.net

Things to bring

- Program Literature
- Journal & Writing Materials
- Comfortable Walking Shoes
- Bedding (twin bed linens or bedroll)
- Towels
- Toiletries
- Casual Clothing

Snacks will be available, donations accepted. If you
choose to bring your own food, you may do so. Be-
cause the cost of the facilities includes paying for
meals for all persons attending, this will not reduce
the cost of the retreat.

You may bring clothing to donate or exchange.

