

The Twelve Steps

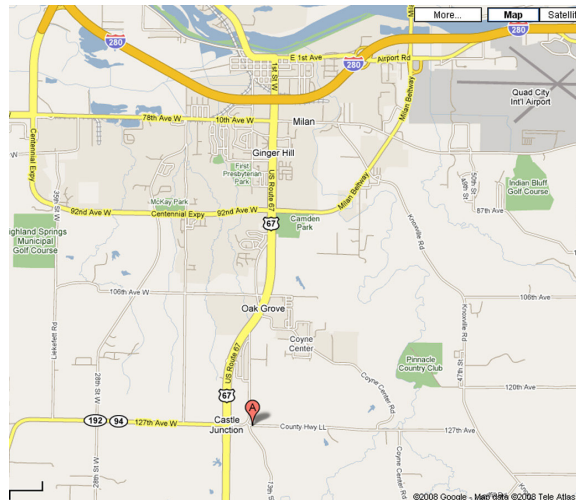
1. We admitted we were powerless over food - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
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.

Treasurer

Quad Cities Intergroup
717 13th Street
Milan, IL 61264

Deadline 5 October 2009

VERLEA EWING
Christian Retreat Center
(Old Camp Milan)
12831 13th Street
Milan, Illinois 61264



The Retreat Center is located on a 9-acre site 2 miles South of the Milan Beltway just off highway 67 to the East on 127 Avenue. Facilities include the Retreat Center building, sheltered multipurpose area, a campfire area, basketball court and playground equipment. The Retreat Center has a complete kitchen

Bedding is not furnished. The bunks have foam mattresses. Bring sleeping bags or blankets and pillows

Quad Cities Intergroup
Annual Retreat

October 9, 10, 11 2009

QCOA

2009

Fall

Into

2009
Fall
Recovery

VERLEA EWING
Christian Retreat
Center
(Old Camp Milan)

October 9, 10, 11 2009

<http://www.qcoa.org>

**2009
Fall
Into
Recovery
Into
Recovery
One Day
at a
Time**

*If you have any Questions
Call the retreat coordinator
KC Barnes @ 563 505 3876*

Schedule

Friday: Arrival... 6pm
Speaker Share...7pm – 8 pm
Meeting...8:30pm
Saturday: Breakfast...8am
Speaker/Workshop 9am
Break...11:30am
Lunch... 12pm
Speaker/Workshop 1:00 pm
Break...3:00 pm
Speaker/Workshop 4:00 pm
Break...5:30 pm
Dinner 6:00 pm
Speaker/Workshop 7:00 pm
Candlelight Meeting 8:00pm
Fireside Fun...9:00 pm
Sunday: Clean Up...8:00 am
Departure...09:00 am
Saturday Daytime Registration (\$ 20.00)
One Overnight Stay (\$ 15.00)

Items to Bring:

- ☺ OA approved literature
- ☺ (i.e. Big Book etc...)
- ☺ Bedding (sleeping bag & or blankets)
- ☺ Towels and personal hygiene supplies.
- ☺ Any Special Food you may need
(Refrigerator is available)
- ☺ Water for drinking (it's not very tasty)

Registration Options

All Weekend	\$ 50.00	
Saturday Only Lunch & Dinner	\$ 30.00	
Saturday W/O food	\$ 20.00	
Friday Night	\$ 15.00	
Saturday Night	\$ 15.00	
Friday Night Meeting Only Suggested Donation	\$ 5.00	

Check one option only

October 9, 10, 11 2009

Send Checks and Registration to :
Treasurer

**Quad Cities Intergroup
717 13th Street
Milan, IL 61264**

Deadline 5 October 2009