

Sponsored by Houston Metro Intergroup,  
of Overeaters Anonymous



## **SPRING URBAN RETREAT! - Fortifying Your Abstinence!**

Led by an OA member from California with 19 years of abstinence after 12 Years of Slipping  
She recently spoke at our Fall Convention in 2019.

**Speaker Meeting - Friday, March 6, 2020 ~ 7 PM**

***No registration needed for Speaker Meeting - Everyone Welcome!***

First Cumberland Presbyterian Church - 2119 Avalon Place, Houston, TX 77019

**Workshop - Saturday, March 7, 2020 ~ 9:00 AM to 5:00 PM ~ \$25**

**(Check-In starts at 8:30 AM - Workshop starts at 9:00 AM)**

4900 Fournace Place, 1<sup>st</sup> Floor Conference Room, Bellaire, TX 77401

Please bring Your Big Book and Writing Materials

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**Register online at [www.oahouston.org](http://www.oahouston.org) or by mail – see below**

**Save \$5.00 – Register Early (before February 19, 2020)**

**Registration \$25 after Feb 19, 2020**

Lunch is on your own: nearby restaurants or bring your own, Fridge and Microwave Available on site.

Questions: Peggy F. 832-326-5447

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**REGISTRATION SPACE is LIMITED – Reserve your space today**

Name: \_\_\_\_\_ Phone (required): \_\_\_\_\_

Address \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_

Zip Code \_\_\_\_\_ E-Mail (required): \_\_\_\_\_

Contact Peggy F 832-326-5447 if you need a scholarship. No one will be turned away for lack of funds.

**Registration Fee (before February 15, 2020)**

**\$20 \_\_\_\_\_**

**Donation for scholarships:**

**\$ \_\_\_\_\_**

**Total Amount Enclosed: \_\_\_\_\_**

**Make checks payable to: HMI**

**Mail registration form and check to: Peggy Foreman – 2001 Holcombe #3503, Houston TX 77030**

## **Who Should Come to this Retreat?**

If YOU can't stop slipping and sliding in OA, find your footing here.

If YOU want to learn about more tools to help prevent Relapse, then come to this workshop

If YOU are tired of "a brief recovery followed by a still worse relapse" then this Workshop is for you!

If YOU are sick and tired of being sick and tired, then come on March 6-7th

If YOU have been in OA for years and have not been able to stick and stay and are getting tired of just keep coming back, then come to the Retreat and get to the bottom of the reason behind the relapse.

If YOU want to learn how to choose your Higher Power every day and stop choosing YOUR addiction, then come to the Retreat!

If YOU keep wishing you could start fresh or go back to when your Program worked and your recovery needs a shot in the Arm, Come to the Retreat!

IF YOU are sponsoring those who struggle with RELAPSE and just are not sure what you can do to help them. IF YOU are still White Knuckling your Abstinence, Come learn how to lighten the grip!

IF YOU are ready for a Change! Register TODAY!

**Invite your fellows and Bring your Sponsees!**