

You are invited to the  
18th Annual  
Overeaters Anonymous Retreat  
Sponsored by the  
Southwestern CT Intergroup  
swctoa.org



Join us for a weekend of renewed hope and recovery at the beautiful Incarnation Conference Center in Ivoryton-Deep River, Connecticut.

If you have a desire to stop eating compulsively and would like a deeper spiritual connection you are welcome to join us for this special weekend.

This year's theme is "Living in Balance" Through Steps 10, 11 and 12.

We will have a scholarship raffle to raise money for financial assistance. Anyone can make a gift basket for our raffle or join your group to make a themed basket! Bring it with you to the Retreat or give it to someone attending.

### Tentative Agenda

#### Friday June 19

4:00-7:00 pm - Check-in  
4:30-5:30 pm - Early Meeting  
6:00-7:00 pm - "Bring Your Own Dinner"  
7:15-7:30 pm - Welcome & Introduction  
7:45-8:45 pm - Meeting, Campfire or Lodge

#### Saturday June 20

7:00-8:00 am - Guided Meditation  
8:00-9:00 am - Breakfast  
9:15-10:15 am - Meeting  
10:30-11:30am - Meeting

12:00-1:00 pm - Lunch

1:00-2:00 pm - Meeting  
2:15-3:00 pm - Gentle Yoga or Meditation  
3:00-3:30 pm - Reiki Activity  
3:30-5:30 pm - Free Time  
5:30-6:00 pm - Planning Meeting for 2027  
6:00-7:00 pm - Dinner  
7:15-8:15 pm - Keynote Speaker Meeting  
8:30-9:30 pm - Meeting Campfire or Lodge

#### Sunday June 21

7:00-8:00 am - Meditation  
8:00-9:00am - Breakfast  
9:00-9:20am - Raffle/Closing Notes  
9:30-11:00 am - Meeting  
11:30-12:30pm - Lunch

### Accommodations

The majority of rooms are singles with a twin bed. There are a few doubles with twin beds. Roommate requests can be made on this registration form. Bathrooms and showers are shared facilities and are centrally located.

\*\*\*\*\*THE CENTER IS SMOKE FREE  
AND FRAGRANCE FREE\*\*\*\*\*

### Meals

Meals include Breakfast, Lunch and Dinner on Saturday and Breakfast and Lunch on Sunday. No meal is provided on Friday night so we suggest packing a meal or stopping along the way.

You will be responsible for supplementing your own food plan if necessary with items like metabolics, snacks, specialty proteins, etc.

Refrigerator (in hallway) and Microwave (in dining room) are available for our use. Water, coffee and tea are available at all times. If you wish to support our effort in being green, you may bring your own coffee mug and water bottle.

## REGISTRATION

(Tear off this section - mail with payment.)

Name: \_\_\_\_\_

Name on Badge: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Prefer: Single Room \_\_\_\_\_ Double Room \_\_\_\_\_

Roommate's name \_\_\_\_\_

(Roommates must both be  
registered to be assigned together.)

WILLING TO LEAD A MEETING:

YES \_\_\_\_\_ NO \_\_\_\_\_ POSSIBLY \_\_\_\_\_

### PLEASE INCLUDE:

\_\_\_\_ Check payable to SWCTIG Retreat  
(Southwestern CT Intergroup)

\_\_\_\_ Venmo, Zelle available, contact  
Susan K. - [susankotulsky@aol.com](mailto:susankotulsky@aol.com)

\_\_\_\_ Registration Form

\_\_\_\_ Request Scholarship (must include  
minimum of \$80.00)

Special Needs \_\_\_\_\_

\_\_\_\_ Optional Contribution to Scholarship Fund

### MAIL TO:

Lisa Ballas  
SWCTIG RETREAT  
190 New Haven Avenue #8  
Derby, CT 06418

## REGISTRATION NOTES

- \$240.00 Early Bird Registration, postmarked by February 28, 2026
- \$260.00 after March 2, 2026
- Registration Deadline is May 30, 2026. If needed, a waiting list will be initiated.
- Please identify any special needs at bottom of registration form.
- Refunds will be processed up to May 31, 2026.
- Partial scholarships are available on a first come, first serve basis. Send in a completed Registration form with the amount you can pay (minimum \$80.00), with a note that you are requesting scholarship support.
- We suggest you ask your home meeting first for scholarship support.

### DEADLINE FOR REGISTRATION AND SCHOLARSHIP REQUESTS:

May 30, 2026.

### FOR MORE INFORMATION CONTACT:

Annette C.  
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Lisa B.  
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SWCTIG  
Overeaters Anonymous

## Tranquility Retreat - Living in Balance Steps 10, 11 & 12



June 19, 20, & 21 2026

18th Annual Retreat  
Incarnation Conference Center  
253 Bushy Hill Rd.  
Deep River, CT 06417

Enjoy the serenity in a beautiful,  
natural setting situated on 700  
wooded acres with hiking trails,  
farm and a lake.

Hiking, canoeing, kayaking,  
craft activities available.