

July / August 2017

Volume 2017, Issue 2

Special points of

interest: Open

Talks, Conventions,
Member Contributions,
and lots more !!

Thoughts from your Intergroup Chair

In April of 2017 I was given the privilege to serve as Chairperson of our Greater Detroit Intergroup.

I have been a member of Overeaters Anonymous since September 1980. I had been involved in service at the meetings and on retreat committees throughout the years. I stepped into service at the Intergroup level in 2010 as Treasurer. After that position, I became the Office Manager. Being in those areas of service and as an attendant at the monthly meetings gave me a new appreciation for the business portion of our fellowship. Observing those that went before me gave me the courage to step into the Chairperson position. Knowing that I would be supported by those currently on the Board and attendees of the monthly meetings helped me to make the decision to serve as your Chair.

According to the Bylaws I am to act as guardian of the Twelve Steps, Twelve Traditions, and Twelve Concepts. I take this very seriously and that means that I need to study and learn more and more about the guidelines that hold our fellowship together.

I am also to establish the meeting agendas and conduct the meetings of Intergroup. This stretches me and takes me out of my comfort zone. I find that the Program helps me in so many ways to perform these duties. The principles of the Program are guides for all of us that attend the Intergroup meetings. Those that have gone before me are such a help. I really see the 'we' of the Program to be of great importance here.

Please let me know if there is anything that the Intergroup can do to be of service to you or your OA meetings. All are welcome and encouraged to join us on the 2nd Tuesday of each month, (except in December), at 7:00 at the OA office in Southfield.

Yours in service,

Sue S., Intergroup Chair

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Why Service is One of the Keys to my Recovery by Andrea C. (formerly Andrea P.)

What is the Saying? Service is slimming. Well, don't believe that saying. It's not entirely true!

"Any form of service—no matter how small—that helps reach a fellow sufferer adds to the quality of our own recovery." – The Tools of Recovery, p. 5.

I first walked through these doors at the end of October 2013. I've been abstinent since July 11, 2014, and have released 75 pounds.

I started small with service because there was a lot to take in and understand about the program (heck, I am still learning!). I put out the books, started talking to other fellow members, shared at meetings, etc. When I became abstinent, I started sponsoring, served as secretary of my home group conscience meeting, led or spoke at meetings and chaired a couple of Spring Retreats.

I do service because it gets me in the doors. It gets me closer to people who are like me. The more I get into the rooms, the more I work my program, work with others and strengthened my connection with my HP (that's my experience anyway).

Most recently, I got involved with InterGroup because I was interested in how things worked higher than a meeting level, I also wanted to offer my marketing skills to help spread the message to other compulsive overeaters. So I developed <http://oagreaterdetroit.org/>. Just like anything, it's a work in progress. However, it is a great resource for newcomers and members and has event information, speaker sponsor information and more.

I encourage you all to do service, one of the Tools of Recovery. It sure has strengthen my recovery!

For more information on how to get started doing service, feel free to talk to your sponsor or text me at 586-943-6900.

An Invitation

Through the Greater Detroit Intergroup (GDEIG), grateful people in various stages of recovery have revived the Loveline newsletter, created our local website, www.oagreaterdetroit.org, organized workshops, and represented the intergroup at various regional and national assemblies. A lot has been accomplished with the steady commitment of people who show up month after month contributing in ways large and small. The intergroup meets at 7:00 PM on the second Tuesday of every month at the Southfield office for approximately an hour. Still, OA meetings in the Detroit area remain under-represented at the intergroup and we are the poorer for that lack of representation.

Meeting reps, and any interested OA members, are critical to our continuity. It is true that tedium is one component of a functioning organization. We are fortunate that we have had people assume the unglamorous tasks of making sure the bills are paid, calls to the office are fielded, and the office is stocked with OA materials for purchase by the membership. And yet such tedium is a positive luxury if you compare it with the excitement of not having anyone to do this work or not knowing how expenses will be covered.

Perhaps you have that experience in your home group of the people who are dependably there week after week and of others whose attendance may be more sporadic but who nevertheless manage to do or say something unexpectedly meaningful when they are present. Maybe getting to the meetings only infrequently to share your knowledge or ask the question no one else thought of will be the extent of your commitment. Perhaps, as a group rep, you would be willing to come regularly, report back to your home group, and provide feedback from the members you represent. You might even be surprised by the desire to join a committee or represent GDEIG at a conference. Whatever our individual level of participation, we can all be of service encouraging each other and spreading the message of recovery. If you have never attended an intergroup meeting or have not attended in some time, consider pledging yourself to attend at least three in the next six months.

OA Greater Detroit InterGroup (GDI) Activities

Thank you to everyone that came on May 20 to the Find/Strengthen an HP Connection Workshop at the OA Office. The workshop was based on a July 5, 2015, avision4you.info Special Edition. During the workshop we listened to the OA recording, which guided us through 3 writing exercises.

At the end of each, members shared on what they wrote. The sharing was a true testament to the power of fellowship and how sharing our experience, strength, and hope helps ourselves and each other. Together we find strength and serenity.

Julie G.

OA Open Talks

Warren – Celtic Cross, Saturday morning, 10:00 am, July 29th, September 30th, and December 30th.

- ✓ Fall Retreat – sponsored by the Ferndale Meeting Group – October 14-15, 2017 Colombiere in Clarkston, MI. Contact: Sue S. 248-683-4354
- ✓ OA Region 5 Convention – October 20-22, 2017 in Cincinnati Airport Marriott, Cincinnati, OH
- ✓ OA Region 6 Convention – October 20-22, 2017 in Toronto, ON oaregion6.org

Recovering One Day At A Time

One day at a time in OA
I found spiritual, physical
and emotional recovery.

Steps, traditions,
tools and principles;
all are available through
this wonderful
Twelve step program.

Guidance to a
point in recovery
with abstinence,
happiness and serenity
is possible.

I thank my Higher Power,
sponsor, husband and all
special people of OA
who touched my life,
making me whole.

I share this message of hope
to still suffering compulsive eaters;
May you find what so many have found in OA
and experience that marvelous journey
called recovery.

Mary Ann B.
Wyandotte, MI

Plan of eating from a member

3, 2, 1

3 healthy, moderate meals,

2 healthy moderate snacks, if needed,

1 day at a time.

No grazing or standing eating..... I am not a cow.

No food as reward..... I am not my Cockapoo.

No food as punishment I am not an inmate in a prison where they withhold food as punishment.

No eating leftovers.....I am not a garbage disposal.

Eat meals & snacks at the table.

Eat slowly & consciously.

No second helpings.

Be aware of portion sizes.

Weigh no more than once a week.

**Can you see that the list of rules are all about your behaviors?
There is no mention of food or ingredients.**

If you have foods that you simply can't leave alone, you will need to keep them out of the house & avoid them when eating out.

Take a problem....any problem through the steps.....

Step 1: I am powerless over people, places and things and my life is unmanageable. I am powerless over the mental obsession that tells me to eat, eat, eat.

I am powerless over ___ (name the problem) _____.

What is G-d's business, my business and none of my business. (99.9% of the time it is none of my business.)

Step 2: I list the attributes of my Higher Power. If I chose to believe in a Higher Power this is who my Higher Power is. In order to have a relationship with my HP I need to know what attributes I can turn to and live with my HP.

Step 3: I make the decision to turn my will and life over to the CARE of this Higher Power. I think of the attributes of my HP and identify which I can use to go through the steps on this situation?

If I have to pretend this, I pretend..act as if. (There is a Higher Power and I am not IT)

Step 4: G-d gave us instincts...to use properly..I misuse them. that is why they are called character defects. See AA 12/12 Step 4 (first two pages). I will always have these instincts..G-d gave them to me to use properly.

What is/are my character defect(s)?

What is the opposite of this/these defects?

If I am unhappy, disgruntled, angry there is something about me that is out of order.

Step 5: I take off my mask and become genuine as I admit this to G-d, myself, another. I stop pretending to be what I'm not. I discuss who and what I am.

Step 6: Am I willing to let go of the character defect(s) and live in the opposite, the character asset(s)? Yes, I am. Maybe I am. No, I'm not.

If Yes, I go to Step 7. If Maybe or No, I pray for the willingness to be willing.

Take a problem....any problem through the steps...continued

Step 7: Who or what am I resentful at? Why? What is my character defect?
When I am resentful and live in the character defect I go directly to compulsive overeating or undereating. G-d removes defects in G-d's time, but there is action that I take to become who G-d wants me to be. Willing to be willing and go to Step 7 living in the opposite as G-d in his time removes the character defect.

When I am resentful:

.. and exchange the defect for the asset

.... and give the defect to G-d

.....and I pray to have the character defect removed

.....and I live in the asset (my action while I'm waiting for G-d to remove the character defect)

.....then I am relieved of the character defect and I'm living in the asset which allows me to

... ..LIVE in Serenity, Calm, with the obsession being relieved.

I turn to Step Seven in the Big Book and pray the 7th Step Prayer. I, also, do the following: Today, I _____am willing to release the need for _____ (insert the character defect).

Read it out loud and draw a line through it. I then follow up with an affirmation that I say daily and live by: Today, I _____ love and embrace the opposite of the character defect and begin living on the positive side.

Step 8: I make a list of those I harmed from Step 4. I discuss this with my sponsor or another OA member. I MUST be clear on who/what the possible amends is about. I am on the list, too

Step 9: I make face to face amends knowing that it is my responsibility to change my behavior and not do the misdeed again. I pray to make the decision daily to live in the asset and not repeat the unpleasant behavior. I make amends to myself by living in the positive, becoming the person G-d wants me to be, loving, caring as I change my attitudes, ideas, and behaviors. When I treat myself well, I treat others well.

I make living amends for situations by living in G-d's will being a loving caring person.

Step 10: All day I monitor my thoughts and actions to live in the assets, not the defects. If I have a misstep, I immediately go to Steps 4-7 to understand/change my thoughts, behavior and the issue. I make amends and correct my behavior.

Step 11: I read meditation books and write a statement of what the message is for me on a daily basis. I pray and meditate. I pray and listen and think of how I can use the messages from the meditation books in my life for the day. I use Don C's t.donco.com. You can get on his mailing list. (<http://doncoa.wordpress.com>)

Step 12: I embrace G-d's directions and help others. I have had a Spiritual Awakening I do not have now as I did 30 years ago, when I walked in the rooms. I live the 12 Step design for living.

It is a design for LIFE.

1. Honesty, Surrender, Trust 2. Hope 3. Faith 4. Courage 5. Integrity 6. Willingness 7. Humility (teachable) 8. Responsibility 9. Responsibility, Love 10. Perseverance 11. Spiritual Awareness 12. Service, Love, Care.

Susie Y.

Please see the list below. If you are planning an OA event / workshop and want to have the announcement in the Loveline please send the info to: Newsletter Chair: Susie Y. at: lnewsletter.editor@gmail.com or Nicki T. at: lnewsletter.content@gmail.com

CUT OFF DATES:

September/October's deadline for submitting articles and announcements is **August 19.**

November/December's deadline for submitting articles and announcements is **October 19.**

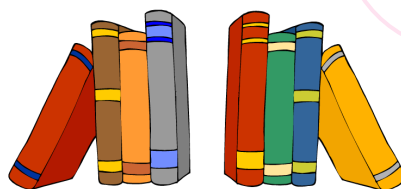
OA now recognizes five (5) annual Fellowship days:

- **OA's Birthday — 3rd Saturday in January**
- **Unity Day — February 25 at 11:30 a.m. Pacific Standard Time**
- **Sponsorship Day — 3rd Saturday in August**
- **International Day Experiencing Abstinence (IDEA) — 3rd Saturday in November**
- **Twelfth Step Within Day — December 12th**



Online Index to OA 12/12

<https://www.oa.org/pdfs/1212Index.pdf>



OVEREATERS ANONYMOUS - THIRD EDITION. Page 71

NO LONGER HELD HOSTAGE BY FOOD

"Recovery this second time has been a journey, an experience made possible by borrowing strength and hope from other members in the Fellowship."

To me, this is an example of the opposite of isolation. Isolation is a killer and this contact with others is essential.

"I believe that food is not my problem; food is my knee-jerk solution to life." *Wow..I can relate to this. Thankfully, I am not living in this problem, today.*

"So my food plan keeps me sober each day." "I have a new relationship with the word "sober" It is a comfort word. One of the definitions of sober is clear headed.

"As I use the Steps to solve difficult situations, my food plan allows me to have a clear head and willing heart to maintain conscious contact with G-d."

This is a powerful set of thoughts. Eating healthy in all ways gives me a clear head. One of the definitions of sober is - clear head. I stay conscious aware of G-d's presence, not just in the morning or evening.

"I had to practice using the Steps to face life head-on." Yes, I "had to" live in the principles of the steps as my design for living to stay in recovery and out of addiction.

"In doing so, I developed trust in my HP and could let go of food as my solution over time." The opposite of fear for me is trust. To trust my HP is the basis of my spiritual life. Food no longer is my HP.

We invite you to submit your writing on the subject of Literature from any OA Book to:
Newsletter Chair: Susie Y. at: lnewsletter.editor@gmail.com or Nicki T. at:
lnewsletter.content@gmail.com

Sponsorship Success

This podcast series is taken from the OA “Sponsorship Success” marathon on March 12, 2017. OA members from various regions share their experience on a variety of topics related to sponsorship. Each speaker also presents two questions, along with the topic, to use for writing exercises, discussion, or meditation.

What is a sponsor?

Does your sponsor fit the description on page 18 of *Alcoholics Anonymous, Fourth Edition* (Big Book)?

What tasks does your sponsor request of you, and do you comply with those requests?

Why should you get a sponsor, and how can you get a sponsor?

What is your greatest fear about getting a sponsor?

Is it okay to ask others how they got their sponsors?

Why be a sponsor? Why be a sponsee?

What would your recovery look like without a sponsor and/or sponsees?

If you do not currently have a sponsor, what can you tell that voice in your head that says you don’t need one?

When can you start sponsoring? When can you start being sponsored?

How do I know if I’m ready to sponsor?

How many sponsees should I have?

What are the sponsorship job descriptions – from sponsor to sponsee and back?

Do you take time out from your job for meals and quiet time?

Have you had on-the-job training?

How can you break down the barriers for both parties?

What is your biggest barrier to becoming a sponsor?

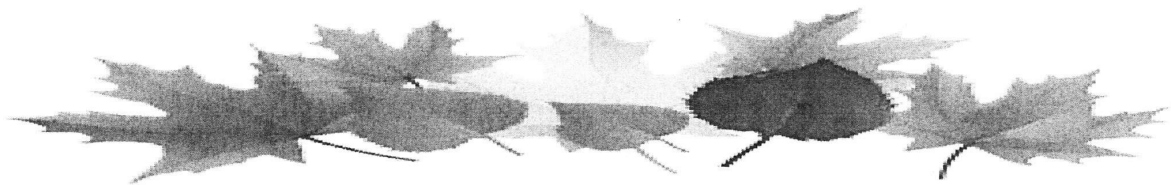
What is your biggest barrier to getting a sponsor?

Find the podcasts online at What’s New at

oa.org/what's-new and on the Podcast page at

oa.org/podcasts.





FALL INTO RECOVERY

OVEREATERS ANONYMOUS FALL RETREAT

SPONSORED BY THE GREATER DETROIT INTERGROUP'S FERNDALE MEETINGS

OCTOBER 14-15, 2017

COLOMBIERE CONFERENCE CENTER

9075 BIG LAKE ROAD, CLARKSTON, MI 48346

GENERAL: (248) 625-5611 CONFERENCE CENTER: (248) 620-2534

EMAIL: COLOMBIERE@COLOMBIERE.COM

COST: \$ 132 SINGLE WITH COMMUNITY BATH
 \$ 122 DOUBLE WITH COMMUNITY BATH

REGISTRATION DEADLINE: SEPTEMBER 8, 2017 (NO REFUNDS AFTER REGISTRATION CLOSES)

COST INCLUDED 4 MEALS:

- SATURDAY LUNCH AND DINNER, SUNDAY BREAKFAST AND LUNCH
- COFFEE, TEA, AND WATER PROVIDED

CHECK-IN: SATURDAY: 9-10 AM PROGRAM BEGINS: 10 AM PROGRAM ENDS: SUNDAY 3 PM

MAKE CHECKS PAYABLE TO: OVEREATERS ANONYMOUS

MAIL REGISTRATION TO: BARB D: 12461 E. OUTER DRIVE, DETROIT, MI 48224 (313) 886-3533

INFORMATION CONTACT: SUE S. (248) 683-4354

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

PHONE _____ EMAIL _____

REQUEST A ROOMMATE! NAME: _____

DON'T FORGET TO BRING YOUR BIG BOOK!

AUCTION SATURDAY NIGHT! BRING GIFTS TO DONATE!

**Greater Detroit Intergroup of Overeaters Anonymous
Business Meeting Second Tuesday of Every Month
(excluding December)
7:00 pm to 8:30 pm
All Members of OA are Welcome!**

The Greater Detroit Intergroup of Overeaters Anonymous is governed by a board of five (5) officers and eleven (11) committee chairs. We also encourage one group Representative to attend from each meeting in the intergroup. Each Meeting Representative has one vote as long as they have at least one year of abstinence when voting.

Each meeting consists of individual three minute reports submitted and read by Board members and Committee Chairs followed by questions and discussion.

The Board consists of:

Chair, Vice Chair, Treasurer,
Corresponding Secretary,
Recording Secretary

The Committees Represented are:

By-Laws, Finance, Help-Line, Literature
Newsletter, Office, Professional Info,
Region Rep/Delegate, Speaker/Sponsor.
12-Steps Within, Website

All members of OA are welcome and encouraged to attend these monthly meetings to listen, learn and discuss the business of the Detroit Intergroup. There are many opportunities to give service within the intergroup, giving back to OA what we have so generously been given.

Step 7: Humbly asked Him to remove our shortcomings.

7th Tradition: Every OA group ought to be fully self-supporting, declining outside contributions.

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

8th Tradition: Overeaters Anonymous should remain forever non-professional, but our service centers may employ special workers.

All InterGroup reps WANTED! Please attend the monthly InterGroup meeting to carry the news back

OA—Greater Detroit
InterGroup

*25511 Southfield
Road*

(248) 559-7722
info@oagreaterdetroit.org

The Newsletter Committee would like contributions from our members—stories or articles that promote OA's program of recovery. Please feel free to submit written pieces describing your experience and the strength and hope that the OA program has given to you. Send your written contributions in MS Word to Newsletter Chair: Susie Y at: lnewsletter.editor@gmail.com or Nicki T. at: lnewsletter.content@gmail.com

WE ARE ON THE WEB!
OAGREATERDETROIT.ORG

Contact Us:

OFFICERS

| | |
|------------------------------|--------------|
| Chair: Sue S. | 248-683-4354 |
| Vice Chair: Bobbi S. | 313-377-2371 |
| Treasurer: Lynn H. | 313-613-8754 |
| Corresponding Sec.: Irene R. | 248 615-2141 |
| Recording Sec.: Holly N. | 248-219-8756 |

COMMITTEE CHAIRS

By-Laws/Region Rep/Delegate:

| | |
|------------------------------|--------------|
| Judy D | 734-782-4212 |
| Literature: Renee G. | 313-354-4982 |
| Finance: | OPEN |
| Help Line: Barbara D. | 313-886-3533 |
| Newsletter: Susie Y. | 248-320-3105 |
| 12 Steps Within: Daisy P | 313-377-0458 |
| Webmaster: Andrea C. | 586-943-6900 |
| Professional Info: Makeda Y. | 313-346-7840 |
| Speaker/Sponsor: Bobbie S. | 313-377-2371 |

Overeaters Anonymous Region 5 Convention



Destination: Recovery

October 20-22, 2017

Cincinnati Airport Marriott

2395 Progress Drive
Hebron, KY 41048



Register today at
www.region5oa.org

Convention Highlights

- Keynote speakers
- Workshops
- Banquet, DJ, dancing
- Clothing exchange
- Marketplace, literature

Convention Pricing

\$120 Early Bird Price (until July 5)
\$140 Pre-registration Price (July 6 — Sept. 5)

More Info:

Tony A. (513) 702-6803
Cheryl R. (513) 379-4510

Service Opportunities

Where would you like to give service at this year's convention? Mark your service areas of interest below and you will be contacted, as needed:

Speaker Group Sessions

Speakers need to have a minimum of 12 months current, continuous abstinence.

Speaker

Fellowship & Outreach

Hugger/Greeter

Registration

Hospitality

Session timer

Sell literature

Marketplace

Clothing exchange

Set up or clean up

Wherever I'm needed

Go where your passion lies!

Scholarships

You may request a scholarship for the cost of registration only. Scholarships do not cover meals, rooms or other expenses.

Would you like to apply for a scholarship? **YES**

"First come basis", so apply early. Preference will be given to those who have not previously attended a Region 5 Convention or have not previously requested a scholarship. Recipient must be a Region 5 resident. Recipients will be notified by the registrar.

Scholarship recipients are asked to perform service at the convention in a capacity that matches his/her abilities. Please indicate the type of service you are willing to provide in the Service Opportunities section (above).

Scholarship Deadline: September 5

Hotel Information

Cincinnati Airport Marriott

2395 Progress Drive
Hebron, KY 41048
(859) 586-0166



NOTE: The Cincinnati Airport Marriott is located near the Greater Cincinnati/Northern Kentucky International Airport in Hebron, Kentucky.

Check in time: 3:00 PM

Check out time: 12:00 PM

Reserve Early!

Special room rates until Sept. 29

⇒ \$99/night + tax for 1 King Bed

⇒ \$109/night + tax for 2 Double Beds

- Complimentary on-site parking
- Complimentary WI-FI (in guest & meeting rooms)
- Newly renovated hotel
- Modern, sophisticated room decor
- Refrigerator in each room
- Exercise room
- Swimming pool
- Microwaves & additional refrigerator in Hospitality Suite

Call the hotel directly for reservations at (859) 586-0166 or use the special link at www.region5oa.org.

When calling hotel, be sure to mention "OA Region 5" to ensure you receive the discounted rate, and your room will be credited to our block reservation.

We look forward to your attendance and hope you will treat yourself to the full convention experience!

Overeaters Anonymous Region 5 Convention



Destination Recovery

October 20-22, 2017

Cincinnati Airport Marriott

2395 Progress Drive
Hebron, KY 41048
(859) 586-0166

Convention Pricing

\$120 Early Bird Price
(until July 5)

\$140 Pre-registration Price
(July 6 — Sept. 5)

online CONVENTION and HOTEL registration at
www.region5oa.org

More Info:

Tony A. (513) 702-6803

Cheryl R. (513) 379-4510

Convention Schedule

Friday Evening

3:00 PM Registration Opens
 7:00 PM Grand Opening/Keynote
 9:00 PM OA Meeting

Saturday

7:00 AM Registration
 8:00 AM Sessions Begin
 12:00 PM Lunch (on your own or pre-purchase)
 1:30 PM Sessions Resume
 6:30 PM Banquet/Keynote
 8:00 - 11:00 PM DJ/Dance

Sunday

8:00 AM Sessions Begin
 10:00 - 11:00 AM Closing

online CONVENTION & HOTEL registration
 at www.region5oa.org



The EARLIER you register, the LOWER your rate!

Support our planning and preparation efforts by registering early. Online registration is the preferred method at www.region5oa.org, or you can mail your registration form (one form per person) along with your check or money order.



Online or mail by July 5:
\$120 (convention + lunch & dinner)
 Online or mail July 6 – Sept 5:
 \$140 (convention + lunch & dinner)
 After Sept. 5: Pay at the door (no meals)

OA Bookstore: Wide variety of OA approved literature available for purchase.

Marketplace: Checkout the great raffle baskets. Don't miss your chance to win raffles for 50/50, convention CDs, and a Lifeline subscription. All funds will go to help support 12 Step work in Region 5.

NOTE: Please ask your Intergroup or meeting to donate a theme basket for the raffle. Intergroups may also rent a table to sell items that follow our 12 Traditions. Contact Cheryl R. at (513) 379-4510 for more information.

Clothing Exchange: Bring your gently used clothing to the convention and find something new. Clothing must be clean. Hangers appreciated.

Hospitality Suite: The available room has tables for fellowship, refrigerator, microwave, beverages and coffee. A great place to hang out when you need a break.

NOTE: Registration must be entered online or postmarked by September 5. After this date, you must register at the door. After September 5, registration may be transferred to another OA member but cannot be refunded.

MAIL registration FORM & FEE to:

OA Region 5 Convention 2017
 P.O. Box 222
 Cincinnati, Ohio 45201-0222
 Make checks payable to OA Region 5. Do not send cash.



- Early Bird (until July 5)**
\$120 (convention + lunch & dinner)
 - * Pre-registration (July 6 – Sept. 5)
 * \$140 (convention + lunch & dinner)
- NOTE:**
 * Saturday is Salad Bar Lunch & Dinner Buffet.
 * Buffet Dinner includes chicken and fish.
 Vegetarian option please check here.

- H \$80 Convention Only (no meals)
- E \$35 Friday Night Only (no meals)
- R \$55 Saturday Only (no meals)

- E** Add select meals for Guest(s):
- * \$22 Saturday Salad Bar Lunch
 - * \$50 Saturday Buffet Dinner Banquet
 Buffet Dinner includes chicken and fish.
 Vegetarian option please check here.

M \$80 Convention Only (no meals)

A \$35 Friday Night Only (no meals)

I **Donation to the Scholarship Fund** \$ _____

L **TOTAL ENCLOSED** \$ _____

F _____

O _____

R Name _____

M Preferred Name on Badge _____

* _____

* _____

City / State / Province / Postal Code _____

Area Code / Phone Number _____

E-Mail Address _____

At the Door Pricing (no meal options):
 \$85 Convention / \$40 Friday Night Only / \$60 Saturday Only

The Power of the Big Book Weekend 2017



A Vision For You weekend of Inspiration, Education, Motivation and Fellowship is back
September 15-17, 2017 in Northern New Jersey

JOIN US:

- Friday Sept 15th, 7:00 pm – Closing, Sunday Sept 17th, 1:00 pm
- Convention Registration: \$160.00 (reg. fee cannot be refunded)
- Includes convention registration plus 4 buffet meals (B,L,D Saturday, B Sunday)
- Hotel Room Pricing: \$164/night Marriott

Location Newark Liberty International Airport Marriott

1 Hotel Rd.

Newark, New Jersey 07114

973-623-0006

CONTACTS:

Melanie C (Pacific Time) clem@peak.org 541-908-1221

Amy G (Eastern Time) 301-300-9325

avision4you.info