

Together, We Grow Our Recovery Through the Power of the OA Steps and Traditions

Jefferson State Intergroup Virtual Retreat

October 2 - 3, 2020

Registration Link:

<https://us02web.zoom.us/meeting/register/tZwpf-upqjorGNeqf-N8eeuuYz7bvmjXV7yb>



Friday, October 2

7-8:30 PM **Keynote: *What Does It Mean to Be a Real Compulsive Eater?
Do I Qualify? (Step 1)***
Pacific Daylight Time

Saturday, October 3*

9:00 - 10:30 ***Getting Abstinent by the Grace of a Higher Power***
10:30 - 10:45 Break
10:45 - 12:15 ***What Do We Mean by Turning Our Life and Our Will Over?***
12:15 - 1:00 Lunch Break
1:00 - 2:30 ***Using the Steps and Traditions to Improve Relationships***
2:30 - 2:45 Break
2:45 - 4:15 ***Relapse Prevention***
4:15 - 5:00 ***Open Sharing – Gratitude and Highlights***

*Each workshop will allow 45 minutes for speaker and 45 minutes for open sharing and Q&A.

7th Tradition donations are appreciated: Please send a check to the Jefferson State Intergroup P.O. Box 215 Phoenix, OR 97535 or use your PayPal account and send to oasouthernoregon@gmail.com. You must have funds in your PayPal account and choose the friends and family option to avoid fees. Thank You! We can't wait to see you at the retreat!



Jefferson State Intergroup Annual Retreat 2020

Southern Oregon and Beyond

This retreat (Oct. 2—3) will be hosted by zoom. In order to join you will need to register in advance.

Space is limited to 90 PARTICIPANTS. Please register early to ensure your place.

To register, go to the registration link:

<https://us02web.zoom.us/meeting/register/tZwpf-upqjorGNeqf-N8eeuuYz7bvmjXV7yb>

Enter the requested information. You may use your first name and the first initial of your last name. You will immediately be sent an e-mail verifying your registration and providing a link unique to you that will allow you to join the meeting. The e-mail will also contain information on how to join with your phone, if that is your preference.

Tips and Tricks for a Successful Retreat Weekend:

- ◆ You may enter or leave and re-enter the retreat at any time. All times are PDT (Pacific Daylight Time).
- ◆ Let others know where you are from by changing your zoom name to include your first name, first initial of your last name and location, eg. Joe V, Ashland, OR
- ◆ We will be using the “Raise Hand” feature in zoom during the Q&A and sharing portion of the retreat following each speakers presentation. To raise your hand, click on the icon labeled "Participants" at the bottom center of your PC or Mac screen. At the bottom of the window on the right side of the screen, click the button labeled "Raise Hand." Your digital hand is now raised. Lower it by clicking the same button, now labeled "Lower Hand." On a mobile device, simply tap "Raise Hand" at the bottom left corner of the screen. The hand icon will turn blue and the text below it will switch to say "Lower Hand" while your hand is raised.
- ◆ Treat the meeting room as you would any in-person meeting room: please dress appropriately, avoid cooking, eating or using the restroom on camera. Breaks for the above will be provided.
- ◆ Please remember the anonymity clause, there is to be no recording or capturing of this retreat in any format.
- ◆ Enjoy the retreat as we grow in our recovery together.

