



OA RETREAT! . . . OA RETREAT! . . . OA RETREAT! . . . IN THE ROCKY MOUNTAINS!

WELCOME!

The Planning Committee has been hard at work to bring you the most Enlightening, Moving, Fabulous, Connecting, and Outrageous time of your life! The program chairs are planning a program that has the depth the weight we all have been craving. Thank you for choosing to come the Rocky Mountains to enjoy high altitude recovery! Good choice.



NEW TO OA?

If you are new to OA, new to the Big Book or perhaps this is your first retreat, we are so excited that you have chosen to join us. When you arrive at registration, we will be there to connect with you and answer any questions you might have. We want to emphatically assure you that you are on your way to an experience of fellowship and camaraderie which is indescribably wonderful.



BONFIRE

Friday & Saturday night we fantastic live entertainment around a bonfire, so please pack lots of warm layers, including warm socks, hat, gloves, sweatshirt, rain jacket, and long pants.

Locals: may want to bring warm outside blankets to share for bonfire.



PACKING LIST

- your copy of the AA Big Book (if you have an AAB, we **will** have some for sale and as giveaways)
- toiletries
- brimmed hat
- flashlight or headlamp
- knitted hat or beanie
- sunscreen
- lip balm
- rain jacket
- layers of WARM clothes for bonfire
- long pants, long sleeves, sweatshirts, warm socks, warm gloves, warm hat
- hiking shoes

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- phone charger
- yoga mat
- FYI- we are providing- water bottle, tote, pen and pad of paper

Locals: If you are able, please feel free to donate ice in loaner coolers for the weekend.



HIGH ALTITUDE

“It will never happen to me!” Ha! Even locals have issues in the higher elevated mountain areas! Hydrate prior to arriving, while traveling, upon arrival, again, and again just to be safe! You also may want to bring an OTC (ibuprofen, tylenol, etc) in case you get an altitude headache. Again, hydrate with water more than you think you need!

Here are a few recommendations to prevent High Altitude Sickness:

- Catching up on needed sleep, limiting your activities, and drinking at least 8 to 10 glasses of water to hydrate your body.
- Avoid caffeine-containing fluids to prevent the diuretic effect (increased flow of urine) of caffeine.
- Avoid immediate exercise at high altitude because this increases your muscle oxygen demand and may deprive other organs of oxygen.

The altitude in the Estes Park area is around 8,000 feet, and High Altitude Sickness is something to be aware of. High Altitude Sickness results when someone is not acclimatized ascends to 8,000 feet or higher. See a doctor for any preventative treatment before arriving at high elevation – especially if you have a history of heart problems or respiratory issues.

Shortness of breath, dizziness, fainting, loss of appetite, abdominal pain, nausea, bloating, fatigue, sleeplessness, headaches, dehydration and palpitations are some of the symptoms of High Altitude Sickness. This results from sudden exposure to low levels of oxygen above 8,000 feet. If these symptoms seem to limit your ability to do routine activities, or seem more profound than for others in your group, please contact a physician. Call Estes Park Medical Center at 970-586-2317 if you think you need help. Early evaluation and treatment can correct these problems and allow you to enjoy your time during your visit.



WEATHER

Due to the change in altitude, we will experience a wide variation in temperature. The daily high temperatures in September can reach into the 70's, with lows typically in the 40's. Please remember to plan your wardrobe to accommodate both the warmer and cooler temperatures.

Dress in layers!



BEFORE/AFTER PHOTOS

Share your OA physical recovery by bringing your before and after photos. They will be an inspiration of HOPE to the newcomer, and carry a message of depth & weight (haha!).



ORDER RETREAT T-SHIRTS

Round 2 Retreat T-shirts will be finalized after the retreat. We need at least 10 more to place the next round order. Order at: <http://bonfire.com/estes-retreat/>



VOLUNTEER SIGN-UP

Volunteer Sign up Genius is still open!

Sign up at: <https://www.signupgenius.com/go/10c0d48ada92ba3fc1-oabigbook>



ROOMS

Rooms **ARE** available by calling 1-888-613-9622. Mention Central Colorado Intergroup booking code **#738767**.



OFF SITE DAY PASS

If you choose not to stay on the YMCA campus you will need to pay a \$36 day rate for the weekend to be on the YMCA campus. (\$8 Friday Night, Saturday day \$12 Saturday Night

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Bonfire \$8, Sunday \$8) If you have already registered and are staying off campus you can pay the \$36 by 1) pay at registration, 2) mail a check to OA Retreat, 8610 West 68th Place, Arvada, CO 80004, or 3) Order Offsite Daypass ticket on EventBrite.



ROOMMATES

Need a roommate? If you are looking to share a room email Jodi at jodierubenstein@gmail.com and let her know.

YMCA will only charge 1 card to book the room (no split checks) and the roommates should plan on reimbursing the card holder. Please let us know who your roommates are going to be. Unlisted roommates will not be issued a key and won't receive their 2 free evening meals.

To add your roommates, email: the name that the registration is under, the Reservation number, and your roommate's name(s) to familyreservations@ymcarockies.org. Please also cc. jblue@janbluecpa.com to make sure it is properly recorded. You can also call YMCA Reservation line 1-888-613-9622.



GROUND TRANSPORTATION

Carrie S. is helping match possible carpooling situations carriesarazin@gmail.com or text her at 720-339-0346.

If you're flying into Denver International Airport keep in mind Estes Park is just under 2 hours drive into the mountains. Here's the details you'll need:

Physical Address: 2515 Tunnel Road, Estes Park, CO 80511



Shuttle

DIA Airport Shuttle Schedule and Rates- call 970-586-5151 to schedule your reservations (required). Shuttles run multiple times every day (see times below). They offer door-to-door pickup and drop-off service in Estes Park. They will drop you off at your designated airline at the airport, but the pickup location is the same for everyone. You can find airport pickup location on the East side of the baggage claim level, outside of door 513, on Island 1. Level 5

Round-Trip DIA \$85.00 per person | One Way \$45.00 per person OA members can receive a 10% discount on reservations at estesparkshuttle.com or by calling their office at (970)

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586-5151 . Use the discount code OA 2018. If you have any issues call Jolene at her direct number 970-586-5024. Note: Credit cards recommended on reservation. Drivers do not carry change.

DIA to Estes Park -8am, 10am, 1pm, 4pm, 7pm and 10pm

Estes Park to DIA – 5am, 7am, 10am, 1pm, 4pm, and 7pm

*Estes Park to DIA: Passengers must be ready for pickup 1/2 hour before departure time.



CARS, UBER, AND LYFT

You can also rent a car and UBER/Lyft -- runs \$93-\$124 each way.



MEALS

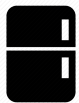
If you're staying on the YMCA campus, your **lodging includes both dinners for Friday and Saturday night**. You are welcome to pay for breakfast and lunch at your discretion.

Aspen Dining Hours: Breakfast: 7am – 9am. Lunch: 11:30am – 1:30pm. Dinner: 5pm – 7pm.

Prices for **on-site guests**: \$7.50 breakfast, \$12.50 lunch, and dinner is included.

Prices for off campus (**daypass**) **guests**: \$10.50 breakfast, \$12.50 lunch, and \$15.50 dinner.

Five of our OA committee members visited the YMCA site in Estes Park, CO., and found that the dining was great! All dishes are labeled with tags such as: gluten free, dairy free, vegetarian and if it contains pork. There is a fresh salad bar at both lunch and dinner, as well as a fresh fruit bar. For other options beyond the dining hall at the YMCA, there is a deli, which provides prepared salads for \$6.50, and other such items. On site, there is also a convenience store. A Safeway grocery store just two miles in town. We have members that are volunteering to take people to this grocery store. See the bulletin board at registration for the carpooling signup.



REFRIGERATORS & MICROWAVES

The **Willome** room is the conference space we'll occupy, has two standard sized refrigerators that our group has access to. Please label your food if you're planning to store your items there. We are planning to bring up a few microwaves that you will have access to.



GOT MORE QUESTIONS?

What can we help you with? Please let us know!

bbweekend@oadenver.org



RETREAT COMMITTEE

Jan B.- Co Chair - Registration – jblue@janbluecpa.com

Carrie S.- Co Chair – chair@oadenver.org

Stacey K.- Hospitality & Newcomer Greeter stacey.koch@comcast.net

Jenn A.- Volunteer Coordinator – jennportraits@mac.com 720-300-6803

Jodie R.- Roommate Coordinator- jodierubenstein@gmail.com

Jordan L.- Entertainment Coordinator – Jordan.Lheureux@ucdenver.edu

Carrie S.- Transportation Coordinator - transportation@oadenver.org

Pam L.- Literature Table-

Wendy M.- MC Host

All up-to-date information is posted on oadenver.org/event/2018bbweekend

This retreat is bound to be over the top and we are so thrilled you are attending!

In loving service,

BB Retreat Committee

bbweekend@oadenver.org



SCHEDULE

Friday - September 14, 2018			
Start Time	Location	Event	Host / Speaker
4:00 - 7:00 pm	Willome - Foyer	Retreat Registration Opens	Jan B. (CO)
6:00 pm	Admin Building	Guaranteed 6:00 PM *Earlier Contingent on YMCA	Jan B (CO) at registration
5:00 - 7:00 pm	Aspen Dining	Dinner 5 - 7pm Dinner is included for YMCA onsite guests \$15.50 for off campus (daypass) guests	
4:00 - 7:00 pm	Willome - West End	Literature for Sale	Pam R. (CO)
4:00 - 7:00 pm	Willome - West End	The Gathering Place new, first retreat come say hello	Stacee K (CO)
7:00 PM		WELCOME Wendy M. Welcomes you! and Spiritual Nutrition with Charles H. (NY)	Jordan L. (CO)
7:10 - 8:00 pm	Willome - East End	Big Book Session Begins "Dr. Opinion" & "There is a Solution" pages 17-24	Kim G. (NJ)
8:00 - 8:10 pm	break	10 minute break and/or questions (ask it basket)	
8:10 - 9:00 pm	Willome - East End	"There is a Solution" pages 25-29 and "More About Alcoholism"	Kim G. (NJ)
9:30 - 10:30 pm	TBD	OA - Meeting Steps 1 & 2	Jordan L. (CO)

Saturday - September 15, 2018			
Start Time	Location	Event	Host / Speaker
6:30 - 7:30 am	Willome - West End	Morning Meditation and Movement	Carrie S. (CO)
7:00 - 8:30 am	Aspen Dining	Breakfast \$7.50/\$10.50 option	
8:00 - 9:00 am	Willome - West End	Literature for Sale	Pam R. (CO)
8:00 - 9:00 am	Willome - West End	Gathering Place - new, first retreat come say hello	Stacee K. (CO)
8:00 - 9:00 am	Willome - Foyer	Registration	Jan B. (CO)
9:00 - 9:20 am	Willome - East End	homework assignment by participants	Kim G. (NJ)
9:20 - 10:00 am	Willome - East End	Session Begins - Step 2 "We Agnostics"	Kim G. (NJ)
	break	10 minute break and/or questions (ask it basket)	Kim G. (NJ)
10:10 - 11:00 am	Willome - East End	Step 3 "How it Works" pages 58-63	Kim G. (NJ)
11am - 1 pm	Aspen Dining	Lunch Aspen Dining: 11:30am - 12:30 pm \$12.50 option	
1:00 - 2:00 pm	Willome - East End	Session Begins - Step 4 Resentments "How it Works" pages 64 to 67	Kim G. (NJ)
	break	10 minute break and/or questions (ask it basket)	
2:10 - 3:00 pm	Willome - East End	Step 4 Fear/Sex "How it Works" pages 68 - 71	Kim G. (NJ)
	break	15 minute break	
3:15 - 4:00 pm	Willome - East End	Steps 5-8 "Into Action" pages 72 - 76	Kim G. (NJ)
	break	10 minute break and/or questions (ask it basket)	
4:10 - 5:00 pm	Willome - East End	Step 9 "Into Action" pages 76-83	Kim G. (NJ)

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5:00 - 7:00 pm	Aspen Dining	Dinner 5 – 7pm Dinner included for YMCA onsite guests \$15.50 for off campus (daypass) guests	
7:00 - 8:00 pm	Willome - East End	"If we can't stop, and we can't stop from starting, what can we do?"	Larry K (IL)
8:00 - 8:30 pm		Trudge in fellowship to Main Fire Ring	OA'ers
8:30 - 10:00 pm	Main Fire Ring	Around the Campfire Jerry R does Jerry G. and more	Jordan L (CO)
10:00 - 11:00 pm	Main Fire Ring	OA Campfire Meeting Steps 3-9	Jordan L (CO)

Sunday - September 16, 2018

Start Time	Location	Name	Host / Speaker
6:30 - 7:30 am	Willome - West End	Morning Meditation and Movement	Carrie S. (CO)
7:00 - 8:30 am	Aspen Dining	Breakfast \$7.50/\$10.50 option	
8:00 - 9:00 am	Willome - West End	Gathering Place Willome - West End Gathering Place - new, first retreat come say hello Stacey K. (CO)	Stacey K. (CO)
8:00 - 9:00 am	Willome - West End	Literature for sale	Pam R (CO)
8:00 - 9:00 am	Willome - Foyer	Registration	Jan B (CO)
9:00 - 10:20 pm	Willome - East End	Session Begins - Steps 10-11 "Into Action" pages 84-88	Kim G. (NJ)
	break	10 minute break and/or questions (ask it basket)	
10:30 - 11:30 am	Willome - East End	Step 12 "Working with Others"	Kim G. (NJ)
11:30 am - 12 pm	Willome - East End	SHARE - TAKE AWAY and TAKE ACTION participants share something they got out of the weekend or one action they are going to take from the weekend.	ALL MEMBERS