

Rooted in Spiritual Principles

St. Louis Bi-State Area Intergroup of Overeaters Anonymous 2026 Fall Retreat

Dates: Sept 25 - 27, 2026

Check in: 4pm Sept 25

Check out: 11am Sept 27

Location: Toddhall Retreat Center

320 Todd Center Dr

Columbia, IL 62236

Included with Registration

- MEALS: 5 meals (Refrigerator/microwave available if you prefer to bring your meals.)
- ROOMS: Single or double occupancy with 2 ADA compliant double rooms
All rooms have a private bathroom with shower - linens, towels, soap, and shampoo are included.
- TENTATIVE ACTIVITIES: session topics on the spiritual principles, two-way prayer workshop, and transforming our lives through the 12 Steps. Other possible activities are evening bonfire release ceremony, morning meditation, whisper walk, yoga, games, journaling, fellowship and more!

ADVANCED REGISTRATION REQUIRED - Two ways to register:

ONLINE at stlouisoa.org or MAIL the form below with check to the Intergroup treasurer: Julie J., 8124 Deerfield Circle Dr, St. Louis, MO 63128.

Make checks payable to St. Louis Bi-State Area Intergroup.

For financial assistance from the We Care Fund, please contact Julie J. at grateful100x@gmail.com. No one should stay away for financial reasons!

QUESTIONS? Contact Mary C. (913)406-5010 or Pat M. (314)581-9960

First name: _____ Last name: _____

Email: _____ Telephone: _____

Emergency Contact: _____ Telephone: _____

Early Bird Registration by June 20, 2026 (Price is per person):

- single \$272 (limited availability)
- double* \$210 ADA room needed

Regular Registration from June 21 - Aug 20, 2026 (Price is per person):

- single \$287 (limited availability)
- double* \$225 ADA room needed
- Saturday only (includes lunch & dinner) \$100 (limited availability)

*Name of roommate: _____ (must register separately)

**If you do not specify a roommate, one will be assigned.*

Optional We Care Fund donation: \$ _____

Are you willing to do service to be on the outreach list of participants?

Registration fees are non refundable