

# 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](http://stlouisoa.org) or MAIL the form below with check to the Intergroup treasurer: Julie J., 5124 Deerfield Circle Dr. Apt 4, 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](mailto: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*