

# **Overeaters Anonymous Cork Intergroup Spring Retreat “The Big Book – Precisely How We Have Recovered”**

**23<sup>rd</sup> – 25<sup>th</sup> March 2018, Trident Hotel, Kinsale, Co.Cork.**

We are holding our spring retreat with the help of a speaker from ‘A Vision for You’ concept of OA. The weekend will run from Friday evening until Sunday lunch time, with various options for attending. This year, as well as the main speaker, leading us through the Big Book, there will be meetings, meditation and time for some socialising. All meals will be buffet style, and menus will be made available nearer to the time.

The retreat is being held in Trident Hotel, Kinsale, Co.Cork Ireland. Kinsale is 16 miles from Cork City and approx. 13 miles from Cork Airport. ([www.kinsale.ie](http://www.kinsale.ie)). Alternative accommodation is also available in the locality.

**Rooms are available directly through the hotel and are being held until 25<sup>th</sup> January 2018, Rooms are limited so early booking is advisable.**

**Room Rate Inc Breakfast For 2 Nights €130.00 pps**

**Single Supplement €55.00 per night**

**[www.tridenthotel.com](http://www.tridenthotel.com) or (+353)021 4779300 (quote Cork OA Spring retreat)**

**For further information about the retreat or to book your place please contact us on [oacorkspring2018@gmail.com](mailto:oacorkspring2018@gmail.com) and we will let you know where to send your booking form.**

## **Booking Form**

Name \_\_\_\_\_ Address \_\_\_\_\_  
Tel No: \_\_\_\_\_ Email : \_\_\_\_\_

Other Information \_\_\_\_\_

**Option 1:- Retreat Inc Meals €100.00pps \_\_\_\_\_**

**(Arrival Supper (Fri), Lunch & Dinner (Sat), Tea & Coffee)**

**Breakfast included in cost of room if you are staying at the hotel**

**Option 2:- Sat Only Inc Lunch, Tea & Coffee €60.00 \_\_\_\_\_**

**Booking deposit for retreat only - €50.00, Balance Payable By 1<sup>st</sup> Feb 2018**

**€30.00 Of All Deposits is non-refundable, all cancellations must be received 7 days**

**before the event. Otherwise a refund will only be given subject to a replacement being found to take your place. Accommodation to be arranged directly with the Hotel.**