

A Weekend Retreat

# **Living Abstinently**

## **Happy, Joyous, and Free**

**Hear how others have handled life's difficulties while abstinent**

Hosted by



**Dates: Friday January 30 – Sunday February 1, 2026**

**Where: Loyola Retreat & Ecology Center**

2710 S. Country Club Road

Woodstock, IL 60098

Come for a weekend of friends, fun and freedom from food obsession.

### **Here is what you get for one low price**

- Entry to all program sessions (four speaker sessions)
- Smaller breakout sessions throughout the day
- 2 nights lodging (hotel style room with a private bath and 2 double beds)
- 6 meals (Fri D; Sat. B, L, & D; Sun. B & L)

### **What does it cost?**

|                            | Price per person |
|----------------------------|------------------|
| Single room                | \$230.00         |
| Double room (2 people max) | \$190.00         |

See the registration form on the back.

### **What is the schedule?**

Friday: Check-in begins: 4 PM

Dinner begins: 5:30 PM

First speaker: 7:15 PM

Saturday: Registration and breakfast begin: 8 AM

Sessions, meals and fun continue until 9 PM

Sunday: Breakfast begins: 8 AM

Last speaker: 9:30 AM

Closing ceremony: 11 AM

**Have more questions? See the FAQ's on the back**

## FREQUENTLY ASKED QUESTIONS

### Can I bring my own food?

Yes, there are refrigerators and microwaves available in general areas. However, there is no discount on the room/food price.

### Does the hotel style room include towels and toiletries like a regular hotel?

Yes, there is bedding and towels but bring your own hairdryer and toiletries.

### Can I attend as a commuter? What would the cost be?

Yes, you must register ahead of time. See the prices below. You can also choose to eat at nearby restaurants (but you'll miss out on the fun ☺)

### Do you offer any scholarships?

Yes, Limited scholarships are available. Call or text for information.

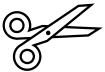
Text: Mara S, (773) 354-7442 or Call: Cheryl M (773) 793-0770

### Can I get there on public transportation?

Yes, take the UP (Union Pacific) Northwest Metra train to Woodstock. Make arrangements with Sheryl L. at 773-301-9150 in advance and she will pick you up.

### Still have questions?

Text: Mara S, (773) 354-7442 or Call: Cheryl M (773) 793-0770



Clip this registration form and mail to the address below. Payment in full is required.  
Space is limited, register by 12/5/2025 to guarantee your spot.

**Yes**, I want to attend all weekend, which includes all 6 meals.

( ) Single Room \$230  
( ) Double Room \$190 ( ) match me with a roommate  
( ) my roommate is \_\_\_\_\_

**Yes**, I want to attend as a commuter. Registration ( ) \$35

Sign me up for the following meals.

Fri ( ) dinner \$ 15  
Sat ( ) breakfast \$11 ( ) lunch \$13 ( ) dinner \$15  
Sun ( ) breakfast \$11 ( ) lunch \$13

( ) I would like to be a volunteer at the retreat. My phone number is below.

( ) I would like to make a 7<sup>th</sup> tradition contribution in the amount of \$ \_\_\_\_\_

Total remitted: \$ \_\_\_\_\_

**Pay by check:** Payable to Turning Point Intergroup. Mail your check with this form to the address below.  
Be sure to include 2026 retreat & your name as it appears on the registration form

**Pay online using Zelle:** Go to [OACHicagoTPI.com](http://OACHicagoTPI.com). Look for the events tab and complete a registration form there online.  
Your registration will be confirmed after your Zelle payment is received.

**Pay with direct Zelle payment:** [TPIzelle@gmail.com](mailto:TPIzelle@gmail.com). Take a photo of your registration form and email it to [TPIzelle@gmail.com](mailto:TPIzelle@gmail.com).

Your name: \_\_\_\_\_

Your E-mail: \_\_\_\_\_

Your phone: \_\_\_\_\_

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