

OVEREATERS ANONYMOUS – Dutch Intergroup-
ANNUAL CLOSED RETREAT



Bacharach, Germany
19th - 21st September 2025
“WE CAME TO BELIEVE”



1 GENERAL INFORMATION

Held at Burg Stahleck Youth Hostel (Jugendherberge), a beautiful fairy-tale castle above the town of Bacharach on the Rhine River. Retreat activities start on Friday evening and last until Sunday at lunchtime. All meetings and activities are in English. This is a closed retreat, which means it is open to compulsive eaters and anyone who wants to stop compulsively overeating. However there will be an open part at the retreat for anyone who is interested in OA (family, partners, friends, etc)

2 INFORMATION ABOUT THE HOSTEL

- ♥ The rooms hold up to 4-8 people.
- ♥ Bed linen is provided but you must bring your own towel.
- ♥ Food is typical “youth hostel cuisine” and is served buffet style with a vegetarian option. Unfortunately, the hostel is unable to accommodate food choices beyond that.

3 PRICES

Retreat registration fee

- ♥ Registration fee for retreat activities: € 10,50. Everyone must pay this **in addition to** any food and accommodation costs below.

Accommodation and food

- ♥ Shared room & full board at the castle for the whole weekend: € 88,40 (Sunday lunch included)
- ♥ Meal costs for those who stay somewhere else locally but want to eat at the hostel:

Breakfast: € 8,50

Lunch: € 9,90

Dinner: € 10,50

For Saturday and Sunday lunch, you have the option of either a hot lunch buffet or a lunch package, which is included in the whole weekend booking or which you can book separately if you're staying elsewhere.

7th TRADITION

If you would like to make your 7th Tradition contribution before the retreat, please transfer it separately from your registration and food payments, using the reference '7th Trad'. You can also make your 7th Tradition contribution online during the retreat or in cash.

Please remember to bring extra cash for literature and any additional drinks or other things you may wish to purchase at the hostel.

4 **REGISTRATION PROCEDURE**

- ♥ STARTING DATE REGISTRATION IS 1st MAY 2025
- ♥ Registration fees are non-refundable, but you can ask someone else to take your place
- ♥ Please note, we have booked 50 beds in the hostel. If the 50 beds are booked you can choose to book a hotel or apartment in the village or if you prefer, you can go on the waiting list.
- ♥ Registration is complete when we have received your form and confirmed your booking as well as receiving your registration payment.
- ♥ DEADLINE FOR ROOM BOOKINGS IS 14th July 2025: You need to have completed your registration form and paid for your room by then.

5 **REGISTRATION INFORMATION**

To register for the Bacharach Retreat, please complete the form at <https://forms.gle/OrwXu8E3GTgKjP1q9> by filling in all required information and submitting it. If you have any difficulties completing the form, please contact us at the e-mail address below.

- 1) After you have registered you will receive a confirmation e-mail of your registration
- 2) This e-mail confirmation will contain details for how to make the payment.
- 3) Please make all payments by bank transfer to the account (account number will be provided once you have registered), quoting the payment reference given in the registration confirmation e-mail.
- 4) Money must be in the account by 14th July 2025

5 **FURTHER ACCOMMODATION OPTIONS**

If you want to stay in a single or double room, register later or for another reason not stay at the hostel, we recommend booking a room in a hotel in town. There are several other hotels in the town of Bacharach (the castle is a 15-30 minute walk up the hill from the town). To attend the retreat without accommodation you will need to pay the € 10,50 registration fee. If you stay outside of the hostel, you can still join us for meals at the hostel (for prices, see above). Please let us know on the registration form, which meals you want to attend.

Information packs (directions, program, etc.) will be sent out to registered participants approximately 6 weeks before the retreat (mid-August).

Any additional questions? Please contact: bacharachretreat@gmail.com

✨ Please tell people at your meeting about this retreat and forward this information to your fellows who might be interested.