

Sunlight

OF THE

Spirit

R3 Assembly

NOV 5-6, 2026

Tri-County OA Retreat

NOV 6-8, 2026

Glen Rose, TX

Our Speaker has 45 years of abstinence from binging and sugar desserts. R3 registration includes lodging for Thursday night and the Friday breakfast and lunch and the assembly. Retreat registration includes accommodations for 2 nights (Friday and Saturday) and 4 meals (3 on Saturday, 1 on Sunday). If you have special food needs, there is limited space in refrigerator in Jones Lodge. No dinner will be served on Friday, however, there are several places to eat in Glen Rose or you can bring your dinner with you. Sleeping arrangements are in rustic air conditioned/heated dormitory-style cabins with twin-sized bunkbeds. A limited number of hotel-style double rooms are available at an additional cost on a first come, first served basis. Both buildings have a central living area, refrigerator, microwave, and the hotel-style building also provides linens/ towels. There is no individual climate control in each room. For more information, call Debbie M 214-435-3676 or Delilah T 817-797-3117

WHAT TO BRING

Items to bring:

Personal toiletries
Cushions for hard chairs
Writing supplies
Flashlight
Towels (for dormitory rooms)

Comfortable, casual clothes and walking shoes
Jacket or sweater - bring to Smith Building Games, cards, etc.
Your Big Book
Bug repellent
Sheets, blankets, and pillow or sleeping bag (for dormitory rooms)

Glen Lake Camp and Retreat Center
1102 NE Barnard St.
Glen Rose, TX 76043
(254-897-2247)

76 miles southwest of downtown Dallas (1.5 hours)

54 miles southwest of downtown Fort Worth (1 hour via Chisolm Trail Parkway)

74 miles northwest of downtown Waco (1.5 hours)

Directions to Main Campus

From the North through Granbury Take Hwy. 377 South from Benbrook. Continue through Granbury. After crossing the lake, exit off 377 onto 144 South to Glen Rose. After about 15 miles, turn right on Hwy. 67 South and go past the Sonic and Best Western. Turn left onto Hwy. 144 South at Vaughn's Exxon Station. Follow 4 blocks. Glen Lake Retreat is on the left as you make the curve. Follow the OA signs.

From the Dallas area Take Hwy. 67 South through Cedar Hill, Midlothian, Keene, Alvarado and Cleburne. Continue on Hwy. 67 South. As you come into Glen Rose, you'll see a big Exxon station on your left. Keep going up the hill and into Glen Rose. Go past the Sonic and Best Western. Turn left onto Hwy. 144 South at Vaughn's Exxon Station. Follow 4 blocks. Glen Lake is on the left as you make the curve.

Thursday, November 5, 2026			
START	FINISH	ROOM	TOPIC
3:00pm	5:00pm	Jones Lodge	Check-in for Assembly
5:30pm	6:00pm	Jones Lodge	Green Dot Meeting
6:30pm	8:00pm	TBD	Dinner
Friday, November 6, 2026			
START	FINISH	ROOM	TOPIC
7:30am	12:00pm	Smith Building	Assembly
12:00pm	12:30pm	Dining Hall	Lunch
1:00pm	4:00pm	Smith Building, Smith Building East and West, MMC	Committee Work, Forum, Assembly
3:00pm	7:00pm	Jones Lodge	Check-in for Retreat
5:00pm	7:00pm	Dinner on your own	
7:15pm	8:45pm	Smith Building	Speaker
9:00pm	10:00pm	Smith Building, East	OA Meeting
11:00pm			Silence
Saturday, November 7, 2026			
START	FINISH	ROOM	TOPIC
6:45am	7:30am	Smith Building, East	Guided Meditation
7:45am	8:15am	Dining Hall	Breakfast
8:15am	8:45am	Smith Building	Check-In for Saturday Only
8:45am	11:15am	Smith Building	Speaker
11:15am	11:45am	Smith Building	Tri-County OA Intergroup Meeting
12:00pm	12:30pm	Dining Hall	Lunch
1:00pm	1:40pm	Smith Building, East	OA Meeting
1:45pm	2:15pm	Smith Building	Laughter Yoga and Tai Chi
2:30pm	4:30pm	Smith Building	Speaker
5:00pm	5:30pm	Dining Hall	Dinner
6:30pm	8:30pm	Smith Building	Speaker
8:30pm	10:30pm	Jones Lodge, Inspiration Point	Games, Bingo, Bonfire (if allowed)
11:00pm			Silence
Sunday, November 8, 2026			
START	FINISH	ROOM	TOPIC
7:00am	7:45am	Smith Building, East	Guided Meditation
8:00am	8:30am	Dining Hall	Breakfast
8:45am	11:00am	Smith Building	Speaker
11:00am	12:00pm		Clean up, Pack up, Check out

REGISTRATION (Registration Deadline: 10-26-2026)

(No refunds. Unused payments may be transferred to another member or our Scholarship Fund)

Region 3 Reps – Assembly and Retreat – Thurs Thru Sunday	
Hotel Style Room	\$400.00
Dormitory Style Room	\$305.00
Assembly and Retreat – No Lodging	\$265.00
Zoom – R3 Assembly	\$ 35.00

Retreat only Friday evening Thru Sunday	
Hotel Style Room	\$235.00
Dormitory Style Room	\$140.00
Meals, no lodging	\$100.00
Saturday only	\$ 80.00

To register via mail: make checks payable to and mail to
Tri-County Intergroup OA
P.O. Box 330513
Fort Worth, TX 76163

To register via email: mail this form and Zelle your payment to treasurer@oa-tricounty.org)

Total Enclosed \$ _____

Name: _____

Phone: _____

Address: _____

Email: _____

City, State and Zip: _____

OA Home Group: _____

Are you a Rep? ☐ Yes ☐ No If yes, Intergroup Name _____

Are you a First Time Rep (Green Dot)? ☐ Yes ☐ No

Will you need a shuttle from the airport to the camp? (Information to follow) ☐ Yes ☐ No

Tri-County volunteers will provide sheets, towels and pillows for those who are flying in. Would you need to borrow bedding, sheets and towels at the camp? ☐ Yes ☐ No

Will you be eating meals with us? ☐ Yes ☐ No

You must email or speak with Happy 817-312-8594 to reserve a hotel-style room. Only 4 double occupancy rooms are available for the retreat this year.

Name of pre-arranged roommate: _____

CONTRIBUTE! I would like to donate \$_____ to help fund the Nancy E. Memorial Retreat Scholarship Fund.

☐ Yes, I would like to apply for a 1/2 scholarship: \$117.50 for hotel style rooms, \$70 for dormitory style rooms. Scholarships are given in exchange for service at the retreat or if requested for financial need. Please contact Debbie M to find out if there are funds available this year.