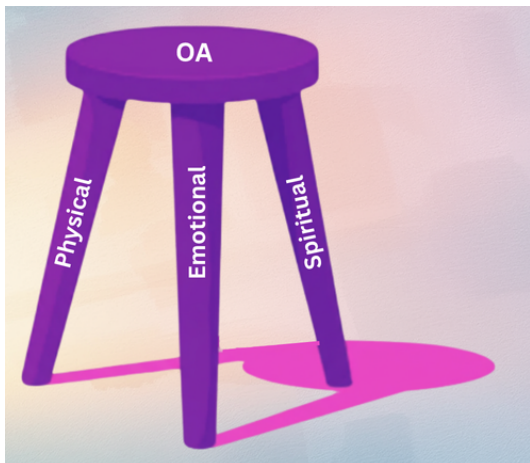




THE ART OF BALANCE

OA MAI 2026 IN-PERSON RETREAT Hosted by OA Milwaukee Area Intergroup

St. Iakovos Retreat Center
920 224th Avenue, Kansasville, WI 53139
October 2-4, 2026
Friday, 5 pm – Sunday, 11:30 am CDT

Do you currently have an OA Program that is balanced physically, emotionally, and spiritually? What do you need to have a balanced program? Would you like to strengthen any or all of that “three-legged stool” you hear about? Then join us for the 2026 retreat.

Check in: Friday, 4 – 7 p.m. * Welcome: Friday, 6:00 p.m. * Check out: Sunday, following end of retreat

Register by **Friday, September 11, 2026**

- By mail using the registration form, make checks payable to OA MAI.
- Online at oamilwaukee.org, under Events, using PayPal.
- By credit/debit card: Check the appropriate box on the mail-in or online registration form and our bookkeeper will call you for your card information.

If you cannot complete the registration form via mail or online, or need help registering, call 414-259-0640 and ask for the bookkeeper to call you for assistance.

Room info: 25 rooms with private bathrooms are available—21 basic & 4 handicapped accessible.

- Basic rooms include two full-sized beds. (Single or Double occupancy)
- Handicap rooms include one double bed and one twin bed. Options are one or two occupants for these rooms. (These rooms will go to those needing handicapped accessible rooms first.).
- If you are rooming with someone, you must provide the name of your roommate on your registration or mark that retreat coordinators can assign a roommate to you.

Meals (three options available only): 5 meals (Friday dinner; Saturday breakfast, lunch, and dinner; Sunday breakfast); 4 meals (Saturday breakfast, lunch, and dinner; and Sunday breakfast); no meals.

- Friday dinner (5-6:30 p.m.): Burger bar with regular and gluten-free buns and variety of toppings, salad bar and fresh fruit
- Saturday and Sunday breakfasts (8-9 a.m.): frittata or omelette, scrambled eggs, breakfast meat, fresh fruit, gluten free breads
- Saturday lunch (12:30-1:30 p.m.): plain chicken, sweet potato, salad bar, fresh fruit
- Saturday dinner (5-6:30 p.m.): beef tips, baked potato, salad bar, fresh fruit

If bringing your own food, a refrigerator, microwave, and toaster are available. A limited number of rooms can have refrigerators in them, if requested; refrigerators for medical needs will have priority.

Details of what to bring and what is provided will be emailed around Sept. 9. Scholarships are available on first-request and MAI scholarship fund availability.

For any questions, call 414-259-0640 and ask for the retreat chair to call you or email retreat@oamilwaukee.org.