

A map of Middle Tennessee showing major cities and highways. The map is centered on Nashville, TN, and shows a network of roads connecting various towns and cities. Major cities like Clarksville, Hendersonville, Nashville, and Murfreesboro are clearly visible. The map also shows the state boundaries with Kentucky to the north and Alabama to the south.

APRIL 12-14, 2019

THE ROAD TO HAPPY DESTINY

**Steiner Bell Lodge
At
Wafloy Mountain Retreat
Gatlinburg, TN**

A celebration of Physical, Emotional, and Spiritual Recovery
from Compulsive Eating

We welcome newcomers as well as long timers. Many who
have been struggling have said attending a retreat was the
turning point in becoming abstinent.

Everyone can contribute and discover how to live in the
freedom of recovery. Strong bonds are forged at retreats, as
we focus our time and our thoughts on recovery. One day at
a time.

This spring, join the OA Middle Tennessee Intergroup for a
retreat in the beautiful Smoky Mountains. It will be a
weekend of shared experience, strength, and hope.

For more details and information on how to register,
visit:

www.OANASHVILLE.ORG

For questions contact Susan Gilbreath at 615.489.9602
(calls/texts) or sgilbreath@gmail.com

Retreat Details

Check in as early as 4:00pm EST Friday, April 12th and explore the beautiful area on your own. (Note: no meals available Friday) Arrival after dark can be challenging on the mountain roads.

We kick off the retreat at **7:00 pm EST** with a speaker. Games and other activities will follow and the day will wrap up with a late night OA meeting.

The rest of the weekend is devoted to recovery workshops. There will also be time for other activities such as hiking, meditation and simply relaxing and getting to know one another.

Check out will be by 11 am immediately after the Sunday the morning session.

Additional details provided with registration confirmation (including directions to Steiner Bell Lodge)

Setting: The newly restored Steiner Bell lodge sits up on the top of the hill with a breathtaking view of Mount Laconte and the Greenbriar Pinnacle.



NOT ACCESSIBLE

Unfortunately, the facility is not Handicap accessible. The meeting room and some rooms are on the second floor and there is not an elevator. Assistance with luggage will be available .

Registration Fee : \$35

Meals & Beverages: Meals are **\$60** per person and include 4 buffet style meals, Saturday Breakfast, Lunch & Dinner & Breakfast on Sunday. Vegetarian options are available upon request. *(Tip included in cost)*
Bring Cash for beverages - All you can drink coffee and tea will be available for \$5. Sodas and water will be on sale for \$1.



Accommodations: Each warmly decorated room includes 2 queen sized beds, a private bath, and balcony. Rooms can accommodate up to 4. No refrigerators, microwaves, TVs or phones in the room.

Bring your own toiletries (Soap& Shampoo are not provided).

The cost is **\$180** for 2 nights for each room.

Features include a large dining area and meeting rooms with wood-burning stone fireplace and scenic porch with rocking chairs to enjoy the majestic Smoky mountains.



Scholarships are available – Contact Becky 615-423-4627 or Rebecca.montgomery750@gmail.com