

Spring Retreat!

PRACTICAL RECOVERY: From Self-Propulsion to Spiritually Propelled!

April 11-13, 2025



**“Steiner Bell Lodge”
at the Wafloy Mountain Retreat
Gatlinburg, Tennessee**

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

To register, click [here](#) or visit:
www.OANashville.org

For questions, please call/text/email:

Patrick O (615) 856-7370 | pkoneil777@yahoo.com



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



**“We have been
rocketed into a fourth
dimension of
existence of which we
had not even
dreamed...”
*Alcoholics
Anonymous, page 25***

How do we stop self-will, self-delusion, and self-propulsion in our program of recovery and instead experience being *spiritually propelled* as promised in the AA Big Book?

There will be five sessions, starting with Friday Fun and ending with an inspired Sunday send-off. A detailed program description is **HERE**.

Retreat Details

Check-in as early as **4:00 pm ET on Friday, April 11**. Arrival after dark can be challenging on the mountain roads, but registration will be open until 10:30 pm.

Please note that no meals will be available on Friday.

We kick off the retreat at 7:30 pm ET with a meaningful, fun activity and then the evening will wrap up with a late-night OA meeting at 9:00 pm ET

The rest of the weekend is devoted to an interactive workshop, a panel, and small group breakout activities. There will be time for other personal experiences such as hiking, meditation, relaxing, and getting to know one another. Checkout will be by 11:00 am immediately after the Sunday morning session.

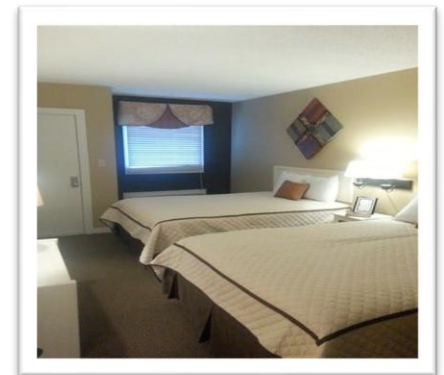
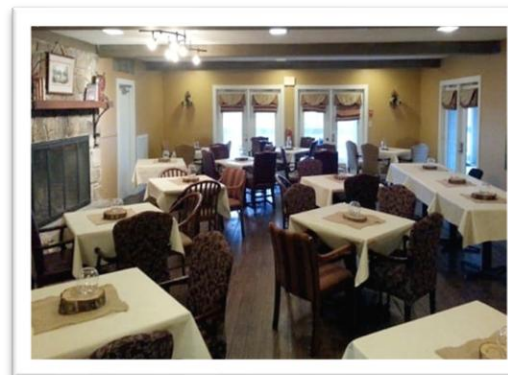
*Additional details will be provided
with reastration confirmation*

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For Scholarship Information, contact:
Susan G. 615-489-9602



PLEASE NOTE: Unfortunately, the facility is not Handicap accessible. The meeting room and some rooms are on the second floor and there is no elevator



Cost Details

1 per room, meals + registration = \$320

2 per room, meals + registration = \$220/pp

3 per room, meals + registration = \$190/pp

4 per room, meals + registration = \$175/pp

All meals + registration (no room) = \$120

Saturday-only registration (no meals/room) = \$40

Room Details: Each room includes 2 queen beds, a private bath, and a balcony. Up to 4 people can be accommodated in each room. However, refrigerators, microwaves, TVs, or phones are not available in the rooms. No toiletries are provided; bring your own.

Registration with Meals & Beverages:

Includes 3 buffet-style meals: Sat & Sun breakfast and dinner on Sat. Saturday lunch is pre-boxed. Vegetarian options are available on request. The tip is included, but bring cash for beverages - All-you-can-drink coffee and tea will be available for \$5. Soda & water will be available for \$1.

Features Include: a large dining area, and kitchen with a commercial refrigerator, and microwave, meeting rooms with a wood-burning stone fireplace, and a scenic porch with rocking chairs. Plus, an outside fire pit and a hiking trail at the end of the parking lot.