









It's all about H.A.T.S.!!!!

	H - Higher Power	
	A - Abstinence	
	T - Tools	
	S - Steps	

Middle Tennessee Intergroup of Nashville,
TN

Presents

2010 OA Spring Retreat

May 14-16, 2010

Dubose Conference Center

Monteagle, Tennessee

NEWCOMERS WELCOME



Key Retreat Times (CST)	Retreat Registration Sign Up	Please enter your costs here.
3:00 PM Friday Room Check In Start Time	Registration (\$27.00)	
4:30 PM Friday Registration Check In Start Time	Room Only (Single \$119.50, Double \$83.00, Triple \$55.00, Quad \$48.00)	
6:00 PM Friday Evening Dinner	6 PM Friday Dinner (\$18.00)	
7-9 PM Friday Evening Sessions; 9:15 PM OA Meeting	8 AM Saturday Breakfast (\$8.50)	
9 AM - 6 PM Saturday Daytime Sessions	Noon Saturday Lunch (\$11.00)	
1-2 PM Saturday O.A. Meeting; 5:30 PM Door Prizes	6 PM Saturday Dinner (\$18.00)	
10:30 AM Sunday Retreat End Time & Room Check Out	8 AM Sunday Breakfast (\$8.50)	
10:30 AM - noon Sunday (Help Needed with Cleanup)	Total Amount of Check	

Please make your check or money order payable to: Middle TN Intergroup
Mail Registration and payment to: Sarah Glover, 4605 Nebraska Ave., Nashville, TN 37209
*You may register at the door if you do not need a room or food. **Room and Meal Reservations (including Saturday Only meals) need to be received by April 23, 2009.** This is also the cut-off date for a refund. After this date all fees will be considered a 7th Tradition contribution.*

Directions from Chattanooga (approx 50 miles): Take I-24 West to Monteagle; take Exit #135 (first exit at the top of Monteagle Mtn.), turn right onto Dixie Lee Hwy/Main St.; continue on this road to College St.; Turn right onto College St; Dubose is immediately on your right.

Directions from Nashville (approx 85 miles): Take I-24 East toward Chattanooga; take Exit #134 (first exit at top of Monteagle Mtn.), turn right onto College St. (US 41s/US 64E). Go approx. 1 mile; Follow Fall Creek Falls sign and turn left on Hwy 56 (also College Street); Dubose is immediately on your right

If you have any questions, please contact: Sarah G. 615-383-7860 sarahslg@aol.com ;
 Angie B. 931-215-6832 (angieboo401@yahoo.com); Stephanie W. 615-218-4676 swheatcraft@gmail.com

Name: _____

Name on ID Tag: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone # _____ Email: _____

State how many people in your room & names of roommates. _____

Check food choice:	Temporary Sponsor (mostly Saturday)	Willing to give service?
Chicken ___ Vegetarian ___	Can you be a temporary sponsor? _____	Hospitality ___ Workshop ___ Friday Set Up ___

We will be having a clothing boutique. Please bring clothing donations to the retreat.

P.S. Bring your favorite hat(s) to wear!!!!