

2013 DA RETREAT – CONSCIOUS CONTACT

Date: Friday, March 1, 2013 @ 5:00 pm to Sunday, March 3, 2012 @ 4:00 pm

Location: Scarborough Foreign Mission Society
2685 Kingston Road @ Brimley (TTC- & driving-directions on website below)
(416) 261-7135 or www.scarboromissions.ca/Contact us

Lodging: Individual rooms (all non-smoking) (male & female floors)
(Residential Package Only) IMPORTANT: Some members are severely allergic to scented products, so we need to keep our retreat fragrance-free (and especially chamomile-free – so no tea, and please check hand-creams, soaps, shampoos, etc.) We are very grateful to you for carefully reading the ingredients in your toiletries, so we can all have a safe, happy weekend!

Meals: Buffet breakfast, lunch & dinner on Sat., plus breakfast & lunch on Sun.
(brkfst w/ Residential Pkg. Only) Friday evening: bring your own food or some to share. Fridges & some cooking facilities are available. Eat out or order in! Restaurants recommended nearby: Thai Naka, 2440 Kingston Rd. (647) 349-7070 or Ikki Sushi, 2328 Kingston Rd. (416) 264-3332 (For special food needs, pls e-mail for what accommodations Missions can provide)

Suggested: Bring comfy clothes (& footwear if you plan to join the walks to the Bluffs). If you wish, you can re-read Step 11 ahead of time, so you've a chance to reflect on conscious contact beforehand. The only *requirement* for attendance, however, is a desire to avoid incurring unsecured debt. HP has an individualized reason for each of us to be here!

Cost: Please check off the option you are signing up for:
_____ **A. \$165 [\$Cdn.] for whole-weekend residential package w/ 5 meals**
_____ **B. \$85 [\$Cdn.] for whole-weekend NON-residential package w/ 3 meals**

\$30 deposit (*non-refundable) at sign-up (max. 40 overnights, on "first-come" basis)
Balance due: by cheque – by Feb. 17, 2013; OR in cash – by Feb. 24, 2013
Make cheques payable to: Toronto Area Inter-Group of Debtors Anonymous
Mail to: Toronto Area Inter-Group of Debtors Anonymous, Attn: Retreat Committee,
552 Church Street, P.O. Box 5, Toronto, ON M4Y 2E3

Limited scholarships are available - Requests for scholarships, briefly outlining situation, must be RECEIVED by mail or e-mail by February 16, 2013 – thank you!

Questions: e-mail retreat@debtorsanonymous.ca or speak to Claire, Linda F., Linda B. or Kathy.

----- **Cut Here and Send with your Cheque(s)** -----
D.A. RETREAT REGISTRATION 2013

Full Name & City (print): _____

Day Tel.: _____ Evening Tel.: _____ Email: _____

PACKAGE CHOSEN (please circle): **A - \$165 (residential)** **B - \$85 (non-residential)**

\$30 Deposit*: Received on _____ by _____ Initials _____

\$ _____ Balance: Received on _____ by _____ Initials _____

Full payment: \$ _____ Received on _____ by _____ Initials _____

***If you would like to include a scholarship donation, please indicate amount here \$ _____.
Thank you so much for your support!***

Come join us again this year for a communal celebration of recovery! For 2013, your Retreat Committee felt called to explore Conscious Contact, since that ability to “tap in”, to trust, to be able to “hear” what’s right for us individually, can be incredibly helpful ... and even crucial when it comes to the really tough stuff we all have to get through on our paths to freedom. No matter what Step we’re working, no matter which aspect of our program we’re focussed on, no matter if we’re newcomers or old-timers, there is so much to be gained by honing our skills in seeking conscious contact.

HP can reach us in many different ways through our many different human faculties, so we have tried to include exercises that approach conscious contact by various channels: through our bodies as a whole, through our eyes, through our ears, through our voices, through our hands, through our intuition ... and even through our feet! We all have different levels of strengths in each, so some exercises may feel easy to us, and others a bit more challenging ... but that combination can be good, helping us find reinforcement, solidity, security in what we know, and then helping us stretch beyond those comfort zones a bit, by trying new things. We hope HP has helped us find just the right mix for each and every one of us!

We are delighted to return to the Scarboro Missions, who are again allowing us to offer both residential and non-residential options. The residential package includes Friday and Saturday night accommodation on three floors of private rooms, each with bed, desk, chair & sink, and communal shower & toilet facilities on each floor (the main floor being wheelchair-accessible). Breakfast, lunch & dinner are provided on the Saturday, and breakfast & lunch on Sunday. The non-residential package means you are with us Friday from 5pm till whenever, Saturday from 9 a.m. till whenever, and Sunday from 9 a.m. till roughly 4 p.m., with lunch & dinner included Saturday, and lunch on Sunday. Meals are self-serve buffet-style in their cafeteria, with many different options available. Breakfast offers different breads, spreads, cereals, milks, eggs and bacon; lunch and dinner include hot & cold proteins (no more pork, here) and veg with an extensive soup & salad bar, and both regular and sugar-free desserts. Coffee, teas, juices and fruits are available at all times. We also have a small kitchen of our own exclusively for our use – full fridge, stove/oven, microwave, and dishwasher -- esp. helpful for any of us with special food needs. The Missions are very helpful around dietary restrictions, so please let us know if you have any specific requests, so we can investigate possible accommodations.

***Even the planning sessions for this retreat have felt incredibly HP-guided right from the start ... it has already been an amazing, enlightening and heartening experience in so many ways, and we can’t wait to share it all with all of you! As always, we’ll have abundant fellowship, and food for mind & body ... and hopefully heaps of fun, too! Looking SO very forward to sharing this experience together!
In loving service, your retreat planning committee***

PROPOSED SCHEDULE OF EVENTS

(subject to a few minor tweaks, as HP guides us to!! ☺)

Friday evening from 5 p.m. onward

Free to all members, with a special 8pm DA meeting with Step Eleven readings, to get us prepared for our weekend of seeking Conscious Contact. Before and after that, we will have unstructured time during which both residential and non-residential participants can bring in, order in or make whatever dinners or snacks they like, hang out and just enjoy fellowship, watch a fun film or two, sing, dance or whatever (well, within reason, folks!) or just cozy up in your room or a peaceful corner or the Mission’s chapel if you prefer, and spend a little quiet one-on-one time with HP right from the get-go. This allows an unhurried start to the weekend, especially for those arriving from out-of-town, and gives us all time to gently switch over from “outer world” mode.

Saturday *(for non-residential participants, this day begins at 9 a.m. and includes lunch & dinner)*

A variety of members will take turns speaking on or presenting methods they have found most useful in accessing Higher Power, to discover what HP’s will is, and finding the power to carry that out. Exercises will include different meditation modalities throughout the day, writing/sharing exercises, an afternoon art project, a mid-afternoon break where you can continue work on your colourful creation, head out on a weather-permitting walk to the beautiful Bluffs, or just indulge in some plain old rest-or-recreation time, a “dance your prayer” session in the dark after dinner and the evening’s final speaker, and then semi-structured fellowship time (in previous years, this has encompassed all & any of “candelight cabaret” singing performances, impromptu sing-a-longs, disco dance parties into the wee hours, and movie marathons on the giant screen and/or in the smaller TV salon down the hall -- the Retreat Committee has tried to select a variety of fun and more-serious appropriately-themed talking-to-‘God’-type films for folks to choose from, but if you have any DVD faves you think’d fit too, please feel free to bring ‘em along!)

Sunday *(for non-residential participants, this day begins at 9 a.m. and includes lunch)*

More meditation experiences for us to experience together, some more writing/sharing exercises, and official closing circle (as our out-of-town friends may need to start packing up after lunch). An hour for lunch buffet, and then unstructured time till as late as 4 pm for more meditation, writing, artwork ... or another movie?! There is lots of space for everyone to do what they hear HP telling them to do at that point ... coz by this point in the weekend, we will all be