

2015 DA RETREAT – TOUR OF THE TOOLS

Date: Friday, February 27, 2015 @ 5:00 pm to Sunday, March 1, 2015 @ 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 review the 12 Tools ahead of time, so you've a chance to reflect on them 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. \$175 [\$Cdn.] for whole-weekend residential package w/ 5 meals
 B. \$95 [\$Cdn.] for whole-weekend NON-residential package w/ 3 meals

Payment must be made in advance, the deadline is one week prior if paying by cash so February 22, 2015. The deadline is two weeks prior if paying by cheque to allow the cheques to clear so Sun Feb. 15, 2015.

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 1, 2015 – thank you!

Questions: Speak to Manuela, Claire, Sandy, Margaret, Riva or Linda or e-mail
retreat@debtorsanonymous.ca

----- **Cut Here and Send with your Cheque(s)** -----
D.A. RETREAT REGISTRATION 2015

Full Name & City (print): _____

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

PACKAGE CHOSEN (please circle): **A - \$175 (residential)** **B - \$95 (non-residential)**

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!

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 fruit 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.

*It is always amazing how even the planning sessions for this retreat have felt incredibly HP-guided right from the start ... it has already been an 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 & 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, we will kick off the weekend with a powerful Tool, a DA **Meeting**. 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*)

Saturday's events will be about experiencing the 12 DA Tools hands on, walking through a **Record Maintenance** fair, listening to a speaker on **Sponsorship**, witnessing an Open **PRG** and resulting **Action Plan**, participating in a **Phone** meeting, learning about the nuts and bolts of the **Spending Plan**, reading some **AA/DA Literature**, creating our own personal **Awareness** tool through arts and crafts. Reflecting on our experience of Awareness will likely spark our creativity to express itself through skits for evening entertainment.

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

As the weekend winds down we will want to focus on the DA Tools that help us give back to the fellowship, we will come to appreciate **Business Meetings** as one of the DA 12 Tools and hear about members' experience of **Service** at the Group, Intergroup and World levels. And, finally, the DA Tool that allows us to create a safe space for sharing and healing, **Anonymity**.

After the 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