

2012 DA "REPEAT RETREAT" - THE PROMISES & HP'S VISION FOR YOU

Date: Friday, March 2, 2012 @ 5:00 pm to Sunday, March 4, 2012 @ 1:00 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.**
(Residential Package 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
** If you've special food needs, pls e-mail for info on what Missions can/can't provide.

Suggested: Bring comfy clothes (& footwear if you plan to join the walks to the Bluffs). You can re-read the Promises ahead of time, so you've a chance to reflect on them & also on your own personal visions ... but the *only* requirement for attendance is a desire to avoid incurring unsecured debt. HP has an individualized reason for each of us to be here!

Cost: _____ **A. \$160 [Cdn.] for whole-weekend residential package w/ 5 meals**
(please check off which package you're choosing) OR "Day Tripper" rates (no overnight accommodation or breakfast)
_____ **B. Friday night only – 5 p.m. till whenever we end! - \$15* (no deposit req'd)**
_____ **C. Saturday only – 9 a.m. till whenever party's over! w/lunch & dinner - \$60**
_____ **D. Sunday only – 9 a.m. till late-aftn w/ lunch & quiet time afterward - \$35**
_____ **E. Friday & Saturday packages together - \$65**
_____ **F. Friday & Sunday packages together - \$40**
_____ **G. Saturday & Sunday packages together - \$80**
_____ **H. Friday, Saturday & Sunday packages together - \$85**

\$30 deposit* (non-refundable) at sign-up (max. 40 overnights, on "first-come" basis)
Balance due: by cheque – until Feb. 19, 2012; OR in cash - until Feb. 26, 2012

Make cheques payable to: Toronto Area Inter-Group of Debtors Anonymous

Mail to: Toronto Area Intergroup of Debtors Anonymous, Attention: Retreat Committee
c/o 519 Church Street Community Centre, 519 Church Street, Toronto, ON M4Y 2C9

Limited Scholarships are Available - Requests for scholarships, detailing situation, must be received by mail or e-mail by February 10, 2012 – thank you!

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

----- **Cut Here and Send with your Cheque(s)** -----

D.A. RETREAT REGISTRATION 2012

Full Name (print): _____

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

PACKAGE CHOSEN (pls circle): **A-\$160** **B*-\$15** **C-\$60** **D-\$35** **E-\$65** **F-\$40** **G-\$80** **H-\$85**

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

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

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

*(B = no deposit)

For scholarship donations, please indicate donation amount _____. Thanks for your support!

The Twelve Promises of Debtors Anonymous*

In the program of Debtors Anonymous, we come together to share our experience, strength and hope so that we may recover from the disease of compulsive debting. When we work DA's Twelve Steps and use the DA tools, we begin to receive these gifts of the program:

1. Where once we felt despair, we will experience a newfound hope.
2. Clarity will replace vagueness; we will intuitively know how to handle situations which used to baffle us.
3. We will live within our means, yet our means will not define us.
4. We will begin to live a prosperous life, unencumbered by fear, worry, resentment, or debt.
5. We will realize that we are enough; we will value ourselves and our contributions.
6. Isolation will give way to fellowship; faith will displace fear.
7. We will recognize that there is enough; our resources will be generous and we will share them with others and with DA.
8. We will cease to compare ourselves to others; jealousy and envy will fade.
9. Acceptance and gratitude will replace regret, self-pity and longing.
10. We will no longer fear the truth; we will move from hiding in denial to living in reality.
11. Honesty will guide our actions toward a rich life filled with meaning and purpose.
12. We will recognize a Power Greater than ourselves as the source of our abundance; we will realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not; they are well within our means. When we work this program with integrity and to the best of our ability, one day at a time, a life of prosperity and serenity will be ours.

(Approved August 19, 2001, 15th Annual World Service Conference)

* (in case you don't have them memorized!)

Come join us again at the beginning of this brand-new year for a communal celebration of recovery!

We are again blessed with five speakers this year, to share with us the ways in which the Promises are manifesting in their own lives ... and from the artists in our midsts, more song, dance & laughter!

We're trusting HP to once more arrange attendees so we've sufficient PRG-experienced members present to allow for a few hours of low-stress, no-prep-required, Visions-oriented PRG's (open to all members, but perhaps especially beneficial to those who haven't had a PRG before).

We will also create special Visions boards this year that focus in on each different area of our daily lives, to help us better understand HP's will for us, so we can then in turn better concentrate our efforts, and rocket forward into the fulfilling futures HP wants for us!

***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)

Friday (for day-trippers, this includes light snacks, and all materials that would have gone with full weekend)

Overview of weekend, ice-breaker activity, our opening speaker, a Promises-based writing/sharing exercise, And thereafter unstructured fellowship time (dance, films, games, other suggestions?!)

Saturday (for day-trippers, this includes lunch & dinner)

Three speakers (after breakfast, after lunch, after dinner) and Visions-based writing/sharing exercises, "Visions" PRG's, specifically-focused Vision Boards**, walk to the Bluffs/mid-afternoon rest-or-recreation time, And semi-structured fellowship time after the evening's final speaker (last year, this included "candelit cabaret" singing performances, which then inspired an impromptu sing-a-long, Which then inspired a dance party that went till all hours, which then inspired a brand-new DA disco dance! ... and we never even got to our movies on the giant screen!)

Sunday (for day-trippers, this includes lunch)

Our last speaker, a final Visions-based writing/sharing exercise, and closing circle,

Followed by lunch & unstructured time for meditation, writing, more Visions board** work, a movie,

And/or if we've sufficient people still available, maybe even a few more Visions PRG's in the afternoon

** old magazines/newspapers from home very-much appreciated!

And BYO-scissors, if you can, labelled with your name, would be absolutely awesome!!