

Phila Area CoDA Intergroup
Newsletter
for the
21st Annual Weekend Retreat

www.codaphilaarea.org

Issue 1

January 2010

Welcome to the 21st Annual Weekend Retreat

Looking forward to June 4th - 6th 2010

By Larry R. & Kathy H.
Retreat Co-chairs

Welcome, everyone, to the 21st Annual Weekend Retreat sponsored by the Phila Area CoDA Intergroup. Call us crazy, but we love the retreat so much that we actually **VOLUNTEERED** to run it this year. And we're not the first people to do so, certainly not the last. We've also been told that this might be the longest running CoDA retreat in the nation!

We'll be striving to continue the tradition of high quality of retreats before this one. We'll be giving you many opportunities to participate in workshops, attend meetings, visit with old friends and meet new ones and enjoy the facilities of a great campground. It's a fantastic experience having a big group of people, together for a weekend focused on recovery. We're looking forward to seeing you there!

This year's theme is "Connecting the Dots on your Path to Recovery"

Why this theme?

By Larry R.
Grateful recovering co-dependent

Everyone along their journey of recovery gets to figure things out along the way: events, people, places, sights, sounds, smells, attitudes, emotions, everything that has impacted their lives. We're referring to these as the "Dots". And often, when we've figured out enough "Dots" we can start connecting them and making more sense out of our lives than we ever have. This we might refer to as recovery. So, it just seemed fitting to use "Connecting the Dots on Your Path to Recovery" as the theme for this year's retreat.

T-Shirts to wear all year 'round

Retreat attendees in previous years have expressed a desire to be able to wear their retreat t-shirts all year 'round. We're going to do that this year. Instead of having the whole theme on the t-shirt, we'll just be printing "Connecting the Dots" on the front.

T-Shirt Design Contest!

We're going to need a fancy design on the front of the t-shirts. We've got some ideas that we think our good, but we're betting that you can do better, so we've decided to have a contest. We're looking for a "Connecting the Dots" theme that we can print on the front. If you're at all artistic, give it a try. Send us your design ideas by April 22nd. The winner will be decided

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January 17th Early Bird Registration

Take advantage of early registration and save money. Get your registration to us by January 17th and registration is just \$150. Remember, you can also send in a \$100 deposit to lock in your price and pay the balance by May 15th.

You can also pay via Paypal on our website.

www.codaphilaarea.org

Click on the link at the top of the home page to get to the retreat info page. Then click on the Register and Pay Online area to get to the Paypal payment page.

Thanks!

Workshops: The Key to a Great Retreat

We're looking forward to continuing the workshops that have traditionally been in the retreat and adding some new ones. We're also looking for new ideas. We're looking for volunteers to run workshops. Is there a workshop that you think would fit in well with our retreat? Would you like to run a workshop or know someone that you think would run a great workshop?

Let us know.

Contact Larry at codaretreat21@backster.com

or (267) 320-6076 to discuss.

Phila Area CoDA Intergroup Website

For the latest information on the retreat, go to the Intergroup's website at:

www.codaphilaarea.org

The website has lots of great information. You can find meeting lists for the greater Philadelphia area; CoDA resources, and also information about the Weekend Retreat. You can download retreat flyers and retreat registration forms directly from the website. You can pay for your registration there. You can even add your name to the retreat e-mail list. All thanks to Chuck S., the website administrator. Thanks, Chuck, for all the great work administering the website.

T-Shirt design contest (Cont'd)

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by the Intergroup Committee. Please, please! Don't make us use our own design! Make this YOUR RETREAT by wearing YOUR T-SHIRT!

The Prize for the Winner

We debated about the prize for a long time. We had a number of ideas but since everyone just "loves" the camp food so much we decided that a yummy pizza delivered from town right to the winner would be ideal!

Submit your entries:

via email to: codaretreat21@backster.com

or send your entries via postal mail to:

Kathy Haywood
1375 Byberry Rd.
Huntingdon Valley, PA 19006

Submit the winning t-shirt design and a tasty pizza is yours!

GOOD LUCK everyone!

What does "Connecting the Dots" mean to you?

Let us know. We'd be happy to include what it means to you in our next newsletter (as space allows, brief is best).

Why a Newsletter?

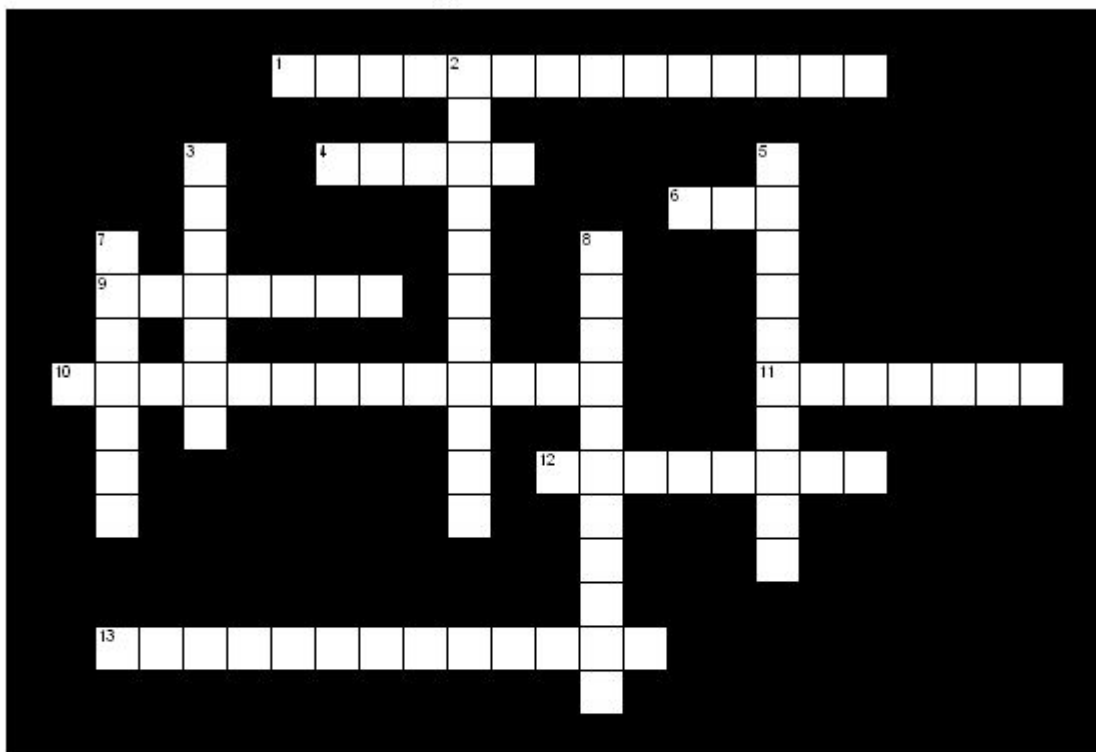
We wanted to stay connected with retreat attendees. Some of you have been coming to the retreat for many, many years. We thought that we'd give the newsletter a try and will be putting a newsletter out on a monthly basis.

Crossword Puzzle in a Newsletter?

We're not just all business. We've decided to have some fun with this and include a crossword puzzle with every newsletter. The crossword puzzle will always include a recovery theme, and we'll be blending other themes in as time goes by. The crossword puzzle will always be on the last page and we'll include the answers to this newsletter's crossword puzzle in the next issue. Good luck in solving the crossword puzzle.

CoDA Crossword Puzzle

Answers will appear in next month's newsletter



Across

1. To get recovery you gotta W__ T__ P_____
4. Place for mtg after the mtg
6. You must be present to have this
9. Be _____ for your life
10. Popular Slogan ODAT
11. Power & _____
12. A prayer; also a goal
13. Membership requirement: Desire for _____ & _____ relationships

Down

2. One for each month
3. Much better than enemies
5. Opposite of outer adult
7. Sponsee needs a _____
8. Dependendent on you