

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

www.codaphilaarea.org

Issue 2

Retreat date: June 4th through June 6th, 2010

February 2010

Welcome to the 21st Annual Weekend Retreat

The warm weather can't get here soon enough!

By Larry R. and Kathy H.
Retreat co-chairs

In just a little while, winter is going to be a distant memory. Soon, warmer weather and the outdoors will be calling us.

When the retreat is here, we will be able to be outside and be with other people in recovery. Instead of record setting snowfall, maybe we can strive for record setting recovery!

Who would've known what a great thing it is to be at a place where just about everyone around you understands where you're really coming from.

People in recovery just seem to "get it". Our stories may be different but we have so much in common. Combine that with workshops, meetings, a great guest speaker, dancing, singing; it all adds up to a weekend of recovery like no other.

Saturday Guest Speaker

We're honored this year to have Vince DiPasquale as our guest speaker. Vince is very well known in the Philadelphia Tri-State area and has been helping people in recovery for over thirty years.

Vince has created an amazing and very Twelve-step friendly place called the "Starting Point" (www.startingpoint.org). The Starting Point is a center in Westmont, New Jersey that coordinates and facilitates many programs including counseling and psychotherapy, workshops, forums, Twelve-Step meetings, and weekend programs.

Vince gives free lectures on various growth & recovery topics on Wednesday evenings at the Starting Point. His lectures are so popular that the Starting Point's large parking lot gets filled early and even street parking tends to be hard to find.

Not only has Vince agreed to be our guest speaker, he has also graciously agreed to do a workshop on co-dependence on Saturday.

(Due to Vince's popularity, it wouldn't surprise me that we'll still have the "parking lot full" problem as word gets out!)

March 31st Early Bird Registration

Take advantage of early registration and save \$\$\$\$.
Get your registration payment to us by March 31st and registration is just \$175. 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 for the retreat via Paypal on the Intergroup's website:

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www.codaphilaarea.org

Click on the link at the top of the home page to get to

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.

Call for Volunteers



We're looking for volunteers to be of service to run workshops and also to help with the retreat. Do you have a workshop idea, or maybe you saw a workshop at another retreat that we should do?

If you're interested in volunteering, contact Larry at codaretreat21@backster.com or (267) 320-6076.

T-Shirt design contest

Update: We've started to receive entries for the T-shirt design contest. Keep them coming!

We're going to need a fancy design on the front of the t-shirts. We've got some ideas that we think are 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 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!

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

We've gotten a lot of positive responses to our "Connecting the Dots" theme. Many people seem to relate to the process of figuring things out - piecing our recovery together. The common thing is that recovery is not an overnight event. It's a long slow process that has its ups and downs. But the process is all about creating your path to recovery....*one dot at a time.*

Grants/Scholarships to the Retreat. Can you help?

Times are tough. The worst recession in our history is still upon us. There are those who would like to go to the retreat but can't afford it. There are also those among us who are generous, in a better position and who would like to help those in need. In the past, there's been no formal way of getting those in need together with those who would like to help. It just always kind of happened by luck or good networking.

We'd like to try this: If you are in need or if you would like to help those in need, contact Larry at (267) 320-6076 or e-mail Larry at codaretreat21@backster.com. Let's see if we can put people together to make it so that all those who want to be at the retreat can be there. Thanks in advance.

Phila Area CoDA Intergroup Website

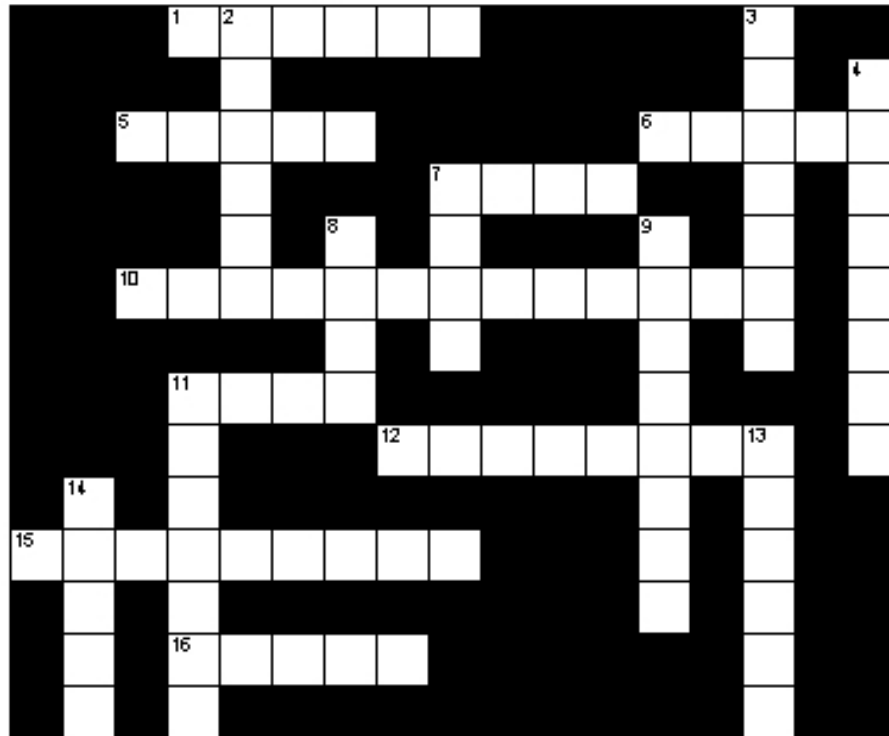
For the latest information on the retreat, go to the Intergroup's website at:

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.

CoDA Crossword Puzzle - February

Answers will appear in next month's newsletter



Across

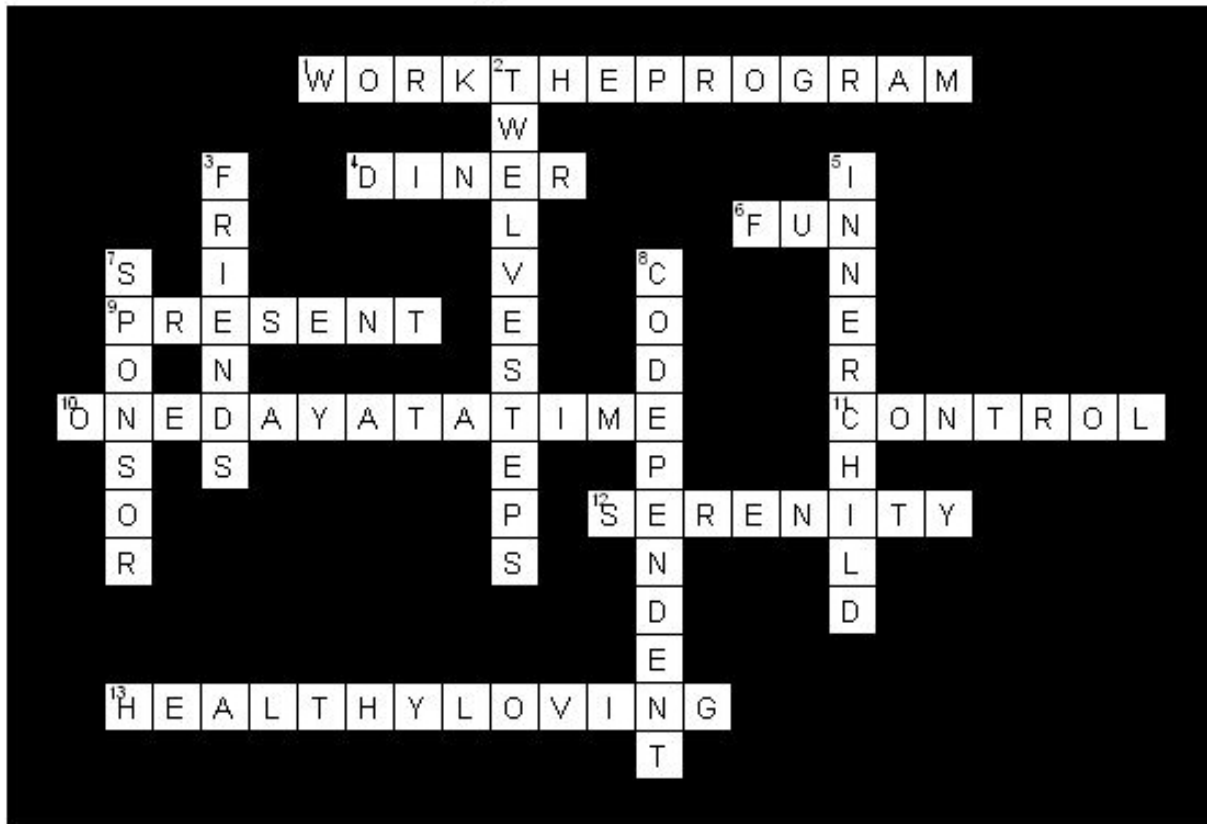
1. I love and _____ myself.
5. self-_____
6. _____ but not lonely
7. _____ it to make it
10. Revised ODAT for the retreat
11. _____ without it, we're done
12. _____ attend them to get healthy
15. _____ over others
16. believe in & _____ yourself

Down

2. _____ important and hard to do
3. _____ options
4. _____ are neither good or bad, they just are
7. _____ often a driving force
8. _____ opp. of hate
9. _____ goes along with serenity
11. _____ is the start of recovery
13. keep it _____
14. _____ I will not (drink, drug, use, etc)

CoDA Crossword Puzzle

Answers to January's Puzzle



Across

1. To get recovery you gotta W__ T__ P_____ [WORKTHEPROGRAM]
4. Place for mtg after the mtg [DINER]
6. You must be present to have this [FUN]
9. Be _____ for your life [PRESENT]
10. Popular Slogan ODAT [ONEDAYATATIME]
11. Power & _____ [CONTROL]
13. Membership requirement: Desire for _____ & _____ relationships [HEALTHYLOVING]

Down

2. One for each month [TWELVESTEPS]
3. Much better than enemies [FRIENDS]
5. Opposite of outer adult [INNERCHILD]
7. Sponsee needs a _____ [SPONSOR]
8. Dependendent on you [CODEPENDENT]