

## Registration Form

Name: \_\_\_\_\_

Mailing Address \_\_\_\_\_

Street \_\_\_\_\_

City \_\_\_\_\_

Prov/State Zip \_\_\_\_\_

Phone Nos.( PLS. INCL. AREA CODE) \_\_\_\_\_

Email: \_\_\_\_\_

Recoveryships Donation \$ \_\_\_\_\_

I need a ride \_\_\_\_\_ I can give a ride \_\_\_\_\_

Rides from ferry terminals and airports may be available

**PLEASE NOTE: We prefer to use email to communicate where possible. [codaretreat@shaw.ca](mailto:codaretreat@shaw.ca)**

**Total Cost: \$159.00**

(This covers Registration, meals and accommodation.)

**Make your cheque payable to:  
Vancouver Island CODA Retreat**

### MAIL CHEQUE

**WITH THIS REGISTRATION FORM TO:**

**VANCOUVER ISLAND RETREAT**

**211- 107 EVANS STREET**

**DUNCAN BC V9L 1P5**

## PLEASE BRING

**Bedding necessities  
Hiking Boots/Shoes/Slippers  
Toiletries, Flashlight  
Towel, Favorite Stuffed Animal  
Snack Food for Sharing  
Musical Instruments  
Recovery Books for a Book Swap**

### REGISTRATION FEE COVERS:

Friday and Saturday night accommodation  
Fri: Evening Meal, 6:00 pm  
Sat: Breakfast, Lunch, Dinner  
Sunday: Breakfast and lunch

### I WOULD LIKE TO PARTICIPATE IN THE FOLLOWING WAYS:

(PLEASE CHECK )

- FACILITATE A WORKSHOP
- PLAY GUITAR OR SING
- HELP WITH ARTS AND CRAFTS
- PUT ON A SKIT
- FACILITATE A MEDITATION SESSION
- CLEAN UP-GENERAL VOLUNTEER
- ASSIST AT THE RETREAT
- OTHER (PLEASE SPECIFY)

#### Together we will:

Restore ourselves by listening to each other and sharing with supportive friends—new and old. Reconnect with nature in a beautiful lakeside setting by walking, swimming and canoeing. Meditate and commune with special friends. Share and experience recovery in meaningful workshops.



**VANCOUVER ISLAND**

**CODA RETREAT**

**Sept 10,11,12, 2010**

@

**Camp Imadene**

### The Journey Continues

Our program of recovery was meant to be taken seriously, but we find balancing our recovery work with **Play, Laughter and Fun** is also important in our daily lives.

Page 79 Co-dependents Anonymous

**250-709-7133**

[www.cdrs.ca](http://www.cdrs.ca)

## The Twelve Promises of Co-Dependents Anonymous

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions...

1. I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible to mend - to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust the guidance I receive from my higher power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.

## RECOVERY FUND

We believe everyone who has a sincere desire to recover should have the opportunity to attend this Retreat.. You can help make it possible . Please consider contributing \$10, \$20, \$30 or more to the Recovery Fund .

Do you need help to come to the retreat, can you pay at least half the cost and are you willing to be “self supporting” for the other half through a service contribution ? Please email the registration contact person:  
[malcolmsimpson@shaw.ca](mailto:malcolmsimpson@shaw.ca)

Recovery funds are matching financial assistance (no more than half the cost for those who cannot otherwise afford to attend). . A Recoveryships will be held in your name only after we have received your funds for the first 50% . Recoveryships are dependant on the generosity of the fellowship and on a first com, first served basis. If matched funds are not available your check will be refunded regardless of the date . All applications are confidential

- **From Victoria:**  
Drive Northbound on the Island Highway (approx. 55 mins)
- Drive through Duncan and turn Left onto the Cowichan Valley Highway (#18)
- Stay to the left (at the fork) and drive through the Town of Lake Cowichan
- As the Trees break and the lake appears Camp is on the Right
  
- **From Nanaimo:**  
Drive Southbound on the Island Highway
- Turn Right onto the Cowichan Valley Highway (#18)
- Stay to the left (at the fork) and drive through the Town of Lake Cowichan
- As the Trees break and the lake appears Camp is on the Right

