

PROPOSED SCHEDULE AND REGISTRATION FORM FOR DA RETREAT .FEB 24-26, 2017

SCARBOROUGH FOREIGN MISSIONS, 2685 KINGSTON RD, TORONTO ON

FRIDAY, FEBRUARY 24TH

7 pm Mildred will introduce the theme – WHAT IS SPIRITUALITY?

Short meditation

8pm onward – having fun (movies, dance, etc.)

SATURDAY, FEBRUARY 25TH

Mildred will have copies of prepared questions

9 – 10am Mildred will talk on Steps 9 and 10

Reflection break – can meet with a partner, group or enjoy solitude to consider the prepared questions

Mildred will schedule some 1 on 1's for this time

10:30 – 12pm Mildred will talk on Steps 11 and 12

Lunch break 12 – 2:30

2:30 – 3:30pm Talk – Living the steps in everyday life

3:30 – 6pm Stations including art (vision boards, meditation books), yoga, nature walks

Mildred will schedule some 1 on 1's for this time

6-7pm Dinner

7 – 8pm Talk – Relationship as spiritual practice

8pm onward – having fun (skits, talents, dance, etc.)

SUNDAY, FEBRUARY 26TH

9 – 10am Talk – Prayer and meditation

10:30am Sharing session – Gathering the fragments, then lunch

Registration Form – Please submit by February 3, 2017 to **DEBTORS ANONYMOUS RETREAT, 307-3270 BATHURST ST., TORONTO ON M6A 3A8**

INCLUDE CHEQUE OR MONEY ORDER PAYABLE TO *DEBTORS ANONYMOUS*.

NAME _____ PHONE _____ E-MAIL _____

____ RESIDENTIAL \$185 includes accommodations Friday and Saturday, meals Saturday and Sunday (as listed on flyer)

____ COMMUTER \$95 Includes meals only (as listed on flyer)

SPECIAL NEEDS? (e.g., food sensitivities, special diet, mobility issues) Contact Retreat committee (as listed on flyer)

SCHOLARSHIPS: Details can be found at debtorsanonyous.ca