

Finding the Gift

***In every setback in life
there is always a learning
experience ...
And often an unexpected
gift***

***As you progress on your
Coda journey your life will
magically become richer.
You will find a new
meaning and direction
And you will begin to flow
easily thru life***

**Serenity
Courage
Acceptance**

PLEASE NOTE : THIS YEAR WE ONLY HAVE 32 BEDS

This is lodge style with 2 beds per room in the new lodge at Loon Lake

PLEASE BRING

**Bedding necessities
(Sleeping Bag or bedding and PILLOW)
Hiking Boots/Shoes/Slippers
Toiletries, Flashlight
Towel(s), Bathing Suit
Favorite Stuffed Animal
Snack Food for Sharing
Musical Instruments / guitars**

REGISTRATION FEE COVERS:

Friday and Saturday night Accommodation
Fri: Evening Meal, Sat: all meals
Sunday: breakfast and lunch

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. Truly we will find that special place inside from which we can finally come

FOR MORE INFORMATION Please contact The NORTH VAN CO- DEPENDENTS ANONYMOUS GROUP

Don 604-984-7430

Raymond 604-838-8400

Email: jim@codavancouver.com

I WOULD LIKE TO PARTICIPATE IN THE FOLLOWING WAYS:

(PLEASE CHECK CIRCLE)

- 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)
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I HAVE SPECIAL DIET REQUIREMENTS:

ALL HELP TO RETURN EQUIPMENT TO STORAGE AND CLEAN UP ROOMS AND BATHROOMS BEFORE LEAVING ON SUNDAY

Please Fill out both sides of this form
Make your **Cheque payable to:**
“LOON LAKE RETREAT”

MAIL CHEQUE WITH THIS FORM TO:

**LOON LAKE RETREAT
404 - 78 Richmond St
NEW WESTMINSTER BC V3L-5T2**