

retreat one day at a time

held at Coleg Trefeca*, which is set in beautiful Brecon Beacons National Park
22nd to 24th January 2010

This will be a weekend retreat of 30 people with an emphasis on living "one day at a time". It is an opportunity to get away from the business of life and spend some time on yourself and your life.

One of the biggest challenges we face is to live in the "now" – too often guilt and shame from the past and anxiety for the future can leave us stuck in the present – physically, spiritually and emotionally. This retreat is about learning acceptance and ways of living in forgiveness and harmony with ourselves and others, putting the past behind you and living in the present – our prayer is that this weekend is another landmark and stepping stone in your life's journey. It will be inspirational, challenging and the utmost in fine fellowship.



My world is not such a dark place as I know I am no longer alone – I now understand the recovery program for myself and able to experience the freedom it promises

"This retreat gave me hope and courage to face myself – in getting away from the busy life I lead, to deal with the truth of my past, being in a safe place with like minded people has set me free from the confusion and helped me to forgive"

Discover what others think of our retreats by accessing our website www.welshcouncil.org.uk and clicking on "Our Retreat".

Our objectives are as follows:

- To create an environment to promote recovery and healing from alcoholism and other addictive illnesses for the sufferer, their families and friends;
- To help identify the issues that prevent people from living life to the fullest;
- To create positive lifestyles through personal responsibility and the release of emotional baggage.

The retreat will involve the following:

- Inspirational speakers to motivate and inspire;
- Study of recovery principles using the 12 step programme of recovery with reflections on Scripture and other spiritual and recovery resources;
- Workshops / group work / one-to-one on the theme of the weekend;
- Time for personal reflection, Guided meditation, relaxing and rest times.

Cost for the weekend:

Cost £100 - This includes accommodation, all meals, tea and coffee throughout the weekend and study resource material. Book your place by contacting The Welsh Council on Alcohol and Other Drugs, 58 Richmond Road, Cardiff CF24 3AT; T. 02920 493 895; E. info@welshcouncil.org.uk; Web. www.welshcouncil.org.uk. Cheques should be made payable to: The Welsh Council on Alcohol and Other Drugs (WCAOD)

How to find Trefeca

Coleg Trefeca is in Trefeca village on the B4560 between Talgarth and Llangors. Abergavenny is the nearest railway station (18 miles). Post Code: LD3 0PP. Web site www.trefeca.org.uk