

CODEPENDENTS ANONYMOUS MIXED RETREAT AT NODDFA

FRIDAY 18TH JANUARY TO SUNDAY 20TH JANUARY 2019

**Registration is Friday 18th January from 4pm (Dinner 6.30pm) and
Ends Sunday 20th January at 3pm**

NODDFA, Conwy Old Road, Penmaenmawr, North Wales LL34 6YF

(5th Annual NODDFA Mixed Retreat in the N.W.)

After our very successful 4rd Mixed Retreat at the beginning of this year at Noddfa, we are happy to announce our 5th Annual Retreat again at Noddfa in January 2019.

This is a Codependents Anonymous UK Approved Mixed Retreat. CoDA Traditions are observed and only CoDA approved literature is available for sale - for full details of CoDA Approval, please refer to the CoDA UK section of the CoDA UK.

CoDA Website: www.coda-uk.org

The Codependents Anonymous Approved Mixed Retreat will adhere to the 12 Steps and 12 Traditions of Codependents Anonymous, adapted from Alcoholics Anonymous.

Codependents Anonymous is a spiritual program. 12 Step Meetings will be held throughout the weekend and CODA approved Literature will also be available. No outside speakers are involved.

There will be a social gathering on the Saturday evening - please share your talents with us! (though do be mindful of Tradition 6, i.e. no outside enterprises). All activities are optional.

The Retreat will take place at Noddfa. Noddfa is home to a small, extremely kind and friendly spiritual group of religious Sisters and is a venue used by 12 Step and numerous other groups throughout the year. It is a lovely old house with views of the sea and the hills. The grounds are full of trees, colourful shrubs and flowers. There is also a walled vegetable garden, a labyrinth and many other hidden treasures.

NODDFA is a Welsh word meaning 'haven' or 'refuge'. A place of peace and welcome, a place where you can regain energy. This is the venue we have again chosen for our Retreat and we hope it will be a time for you to relax and recharge while taking time to be self-aware.

During your stay, it is not compulsory to attend all the meetings if you do not wish to.

The beach is a 10 minute walk downhill, and obviously it takes longer coming back. The mountains are also accessible and the grounds around Noddfa are vast. Most of the bedrooms are for single occupancy and each floor has ample washing facilities and plenty of tea-making areas. Please bring a towel and a hot water bottle for extra comfort.

The price is £120 for accommodation and food, to be paid directly to NODDFA by cheque or BACS plus a £10 Registration Fee on arrival.

The rooms will be allocated on a first come first serve basis and, to ensure financial manageability, the final cut-off date for booking and full payment will be 7th December 2018 to avoid the Christmas Post.

Please speak with either Sister Patrice or Sister Mary-Jo to book and pay for your place at Noddfa mentioning the January 2019 Coda Mixed Retreat. There are limited places as this is a very popular event, so it is suggested you book as soon as possible.

Please also notify Gillian of your booking and your email address at gillian@akwil.com.

Payment should be made out to NODDFA for the £120 and on the back naming the January 2019 Coda Mixed Retreat or by BACS via NatWest Bank Account Number: 04537696, Sort Code: 52-21-49.

NODDFA details are as follows:

- Phone number: 01492-623473
- Email: noddfapen@aol.com
- Website: www.noddfa.org.uk

Any further CODA queries for the Retreat please contact Gillian on 0161-980-6187 or 07792-236888 and on email at gillian@akwil.com.

The food at Noddfa is wholesome and plentiful (and their soda bread is delicious!). If you need a special diet i.e. vegetarian, vegan, gluten-free, dairy-free etc., please inform Noddfa when you are booking directly with them and also contact Gillian for any further queries and to register your place etc.

We are looking forward to an exciting and uplifting Retreat and to welcome new and previous participants.