

croeso i encil ar byw un dydd ar y tro

**Coleg Trefeca, Parc Cenedlaethol Bannau Brycheiniog.
22ain - 24ain Ionawr 2010**

welcome to a retreat on living one day at a time

**Coleg Trefeca, Brecon Beacons National Park.
22nd - 24th January 2010**



Bydd yr encil yn cynnwys:

Astudiaeth o egwyddorion gwellhâd gan ddefnyddio'r rhaglen 12 Cam gyda myfyrdod ar yr Ysgrythur

Gweithdai, gwaith grŵp a sesiynau un-i-un

Siaradwyr ysbrydoledig i ysgogi ac i ysbrydoli

Myfyrdod a chyfle i orffwys

The retreat will include:

Study of recovery principles using the 12 step programme of recovery with reflections on scripture

Workshops, group work and one-to-one sessions

Inspirational speakers to motivate and inspire

Meditation and rest times.





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Croeso....

Rydym yn eich croesawu i'r encil hwn yng Ngholeg Trefeca. Mae'r penwythnos wedi ei drefnu gan aelodau o AA ar gyfer aelodau AA, aelodau NA, Al-Anon a'u teuluoedd - mewn gwirionedd, i bawb sydd eisiau cofleidio rhaglen o wellhâd y 12 Cam.

Ein hamcan yw:

- Creu awyrgylch i hyrwyddo gwellhâd a iachâd o alcoholiaeth a dibyniaethau eraill i'r dioddefwr, ei deulu a'i ffrindiau;
- I helpu adnabod y problemau a'r materion sy'n rhwystro pobl rhag byw bywyd yn ei gyflawnder;
- I greu dulliau cadarnhaol o fyw drwy hyrwyddo cyfrifoldeb personol ag ysgafnhau beichiau emosïynol.

Rydym wedi ymdrechu i sicrhau y bydd pob rhan o'r penwythnos er eich boddhad a'ch mwynhad. Ein dyhead yw sicrhau y bydd y penwythnos yn un cynhwysol ac na fydd yn ynysu, tramgwyddo na chreu unrhyw wystrau i neb.

Ein gweddi yw y bydd y penwythnos hwn yn gam nodedig arall ymlaen i chi ar daith bywyd. Gobeithiwn y bydd yn ysbrydoledig, yn heriol, a'r eithaf mewn cyfeillach. Os gallwn eich helpu mewn unrhyw ffordd dros y penwythnos peidiwch ag oedi cyn gofyn ac fe wnawn yr hyn a fedrwn i'ch cynorthwyo.

Y cwbl a ofynnwn yw y byddwch yn cadw meddwl agored, ymlacio a mwynhau y penwythnos.

Welcome...

We welcome you to this retreat here at Coleg Trefeca. This weekend is run by AA members for AA members, NA Members, Al-Anon members and their families - in fact any one who would like to embrace the 12 step program of recovery.

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.

We have attempted to cover every aspect of the weekend for your enjoyment and satisfaction. Our desire is to ensure also that the weekend is inclusive and does not isolate anyone, offend or cause any obstacles.

It is our prayer that this weekend is another landmark and stepping stone in your life's journey. We hope it is inspirational, challenging and the utmost in fine fellowship. If there is anything that we can help you with over the weekend please do not hesitate to ask and we will do all we can to assist.

All that we ask of you is that you keep an open mind, relax and enjoy the weekend.



Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love.
Where there is injury, pardon,
Where there is doubt, faith,
Where there is despair, hope,
Where there is darkness, light, and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled, as to console;
To be understood, as to understand;
To be loved, as to love;
For it is in giving that we receive-
It is in pardoning that we are pardoned;
And it is in dying that we are born to Eternal life.

A prayer of Saint Francis of Assisi

Look to this day,
For it is life,
The very life of life.
In its brief course lies all
The realities and verities of existence,
The bliss of growth,
The splendour of action,
The glory of power –

For yesterday is but a dream
And tomorrow is only a vision.
But today, well lived,
Makes every yesterday a dream of happiness,
And every tomorrow a vision of hope.

Look well, therefore, to this day.

Sanskrit Proverb



One day at a time: A peaceful mind

“By this time in all probability we have gained some measure of release from our more devastating handicaps. We enjoy moments in which there is something like real peace of mind. To those of us who have hitherto known only excitement, depression, or anxiety - in other words, to all of us-this newfound peace is a priceless gift.”

I am committed to learning how to live my life one day at a time - to “let go and let God”, to have a mind that is open and a heart that is willing to receive God’s grace in all areas of my life. In this way, I can experience the peace and freedom that come as a result of surrender. It has been proven that an act of surrender, often originating in desperation and defeat, can grow into an ongoing act of faith, and that through this faith comes freedom and victory.

Is there anything blocking me from living in “THE DAY” or even the “NOW”?

The Big Book clearly states that if we are painstaking about this phase of our development, we will be amazed before we are halfway through....we will comprehend the word serenity and we will know peace.....allowing God to do for us what we could not do for ourselves.....allowing the promises to be fulfilled in our lives.



Prayer for the day

Dear God, I pray as I live today that I will allow your peace to fill me and surround me. Please help me to think positive, loving thoughts and to act peacefully towards everyone I meet. Help me to be a channel of your peace to serve others with love. I affirm that I am committed to living one day at a time and believe I have been set free from all that holds me back to live an abundant and peaceful life.

One day at a time: Letting go

“My peace I leave with you, my peace I give to you”

Anxiety is often our first reaction to conflict, problems, or even our own fears. In those moments, detaching and getting peaceful may feel that we are being disloyal (to others or ourselves) or in fact apathetic. We may think: if I really care - I'll worry; if this seems really important to me - I must stay upset. We can convince ourselves that outcomes will be positively affected by the amount of time we spend worrying.

Our best problem solving resource is peace. Solutions arise easily and naturally out of a peaceful state. Often fear, distress, worry and anxiety block solutions. Anxiety gives power to the problem, not the solution. It does not help to harbour turmoil - **it does not help!**

Peace is available if we choose it. In spite of chaos and unsolved problems around us, all is well and all will be well. **Things will work out!** – there is no storm that has not blown over – we can state that “This too shall pass”. We can surround ourselves with the resources of the Universe: water, trees, mountains, animals, a sunset, a walk, a sleep, a prayer, a friend.....

We can relax and let ourselves feel and experience peace.



Prayer for the day

Dear God, I pray that as I live one day at a time, you would help me to let go of all anxious thoughts and any turmoil in my life – to detach with love. Help me to cultivate a peaceful life in thought and action, to trust that timely solutions and goodness will arise naturally and harmoniously out of the wellspring of peace. I affirm that I am committed to no longer participating in confusion and strife instead a lifestyle of peace and love. I now let go of all resentment, fear, anger, blame and toxic thinking and experience your love, your peace and your forgiveness and live this day with purpose and faith.

Desiderata

Go placidly amid the noise and haste and remember what peace there may be in silence. As far as possible without surrender be on good terms with all persons. Speak your truth quietly and clearly; and listen to others, even the dull and ignorant; they too have their story. Avoid loud and aggressive persons, they are vexations to the spirit. If you compare yourself with others, you may become vain and bitter; for always there will be greater and lesser persons than yourself. Enjoy your achievements as well as your plans.

Keep interested in your career, however humble; it is a real possession in the changing fortunes of time. Exercise caution in your business affairs; for the world is full of trickery. But let this not blind you to what virtue there is; many persons strive for high ideals; and everywhere life is full of heroism. Be yourself. Especially do not feign affection. Neither be cynical about love; for in the face of all aridity and disenchantment it is perennial as the grass. Take kindly the counsel of the years gracefully surrendering the things of youth.

Nurture strength of spirit to shield you in sudden misfortune. But do not distress yourself with imaginings. Many fears are born of fatigue and loneliness. Beyond a wholesome discipline be gentle with yourself. You are a child of the universe no less than the trees and the stars; you have a right to be here. And whether or not it is clear to you, no doubt the universe is unfolding as it should.

Therefore be at peace with God, whatever you conceive Him to be, and whatever your labours and aspirations, in the noisy confusion of life keep peace with your soul. With all its sham, drudgery and broken dreams, it is still a beautiful world. Be careful. Strive to be happy. **Found in Old St. Paul's Church Baltimore: Dated 1692**

“Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that frightens us.

We ask ourselves: Who am I to be brilliant, gorgeous, talented, fabulous? Actually, who are you not to be? You are a child of God.

Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. You were born to shine and manifest the glory of God that is within you. It is not just some of us – it is everyone and as we let our light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.” **Nelson Mandela**

Take time to **THINK** – it is the source of wisdom.

Take time to **DREAM** – it is the fountain of the future.

Take time to **PLAY** – it is the way to stay young.

Take time to **REFLECT** – it is the way to know God.

Take time to **SMILE** – it is the road to happiness.

Take time to **LAUGH** – it is the music of the soul.

Take time to **LOVE** – it is God's greatest gift.

Take time to **PRAY** – it is the greatest power on earth.

from "gates of repentance"

Now is the time for turning. The leaves are beginning to turn from green to red to orange, the birds are beginning to turn and are heading once more toward the south. The animals are beginning to turn to storing their food for the winter. For leaves, birds and animals, turning comes instinctively. But for us, turning does not come so easily.

It takes an act of will for us to make a turn. It means breaking old habits. It means admitting that we have been wrong, and this is never easy. It means losing face. It means starting all over again. And this is always painful. It means saying I am sorry. It means recognising that we have the ability to change. These things are terribly hard to do.

But unless we turn, we will be trapped forever in yesterday's ways. Lord, help us to turn from callousness to sensitivity, from hostility to love, from pettiness to purpose, from envy to contentment, from carelessness to discipline, from fear to faith.

Turn us around, oh Lord, and bring us back to you. Revive our lives as at the beginning. And turn is toward each other, Lord, for in isolation there is no life.

"The most beautiful people we have known are those who have known defeat, known suffering, known struggle, known loss, and have found their way out of the depths. These persons have an appreciation, a sensitivity and an understanding of life that fills them with compassions, gentleness, and a deep loving concern. Beautiful people do not just happen.

And after your death, when most of you for the first time realize what life here is all about, you will begin to see that your life here is almost nothing but the sum total of every choice you have made during every moment of your life. Your thoughts, which you are responsible for, are as real as your deeds. You will begin to realize that every word and every deed affects your life and has also touched thousands of lives." **Dr. Elisabeth Kubler-Ross, M.D.**



The gratitude prayer

Thank you God for another day
For the chance to live in a decent way
To feel again the joy of living
And the happiness that comes from giving
Thank you for friends that can understand
And the peace that flows from your loving hands
Help me to wake to the morning sun
With thy prayer "Thy will be done"
For with your help, I will find the way
Thank you dear God for AA

Gweddi tangnefedd The serenity prayer

Duw dyro imi dangnefedd
I dderbyn yr hyn na allaf ei newid,
Gwroldeb i newid yr hyn a allaf,
A'r doethineb i wybod y gwahaniaeth.

God grant me the serenity
To accept the things I cannot change,
The courage to change the things I can,
And the wisdom to know the difference.

I will forgive by letting go of judgements...

Today...

I choose to forgive all those who have hurt me, not for their sake but for mine. I have sought to forgive all my offenders before but my bitterness continues to surface like waste rising from the bottom of a polluted lake. It's time to cleanse the poisons that have polluted my life. I know that the offenders from my past will continue to live as uninvited guests within my memory unless I can release my resentment, with their hurtful roles in my life. Each replay of old scenes keeps my wounds raw and unhealed.

Today...

I will truly forgive my past foes by letting go of my need to judge. Today I will visualise myself releasing those who have hurt me, out of my court of judgement into God's court of judgement. After all, God is better able to dispense justice than I am. My spirit lightens as my emotional baggage that I have carried for so long falls away. In releasing those I have held prisoner, I now see that I was the real prisoner.

Step three prayer...

God, I offer myself to Thee,
To build with me and do with me as Thou wilt.
Relieve me of the bondage of self that I may better do Thy will.
Take away my difficulties, that victory over them may bear witness to those I would help of
Thy Power, Thy Love and Thy way of life. May I do Thy will always!

Dear God...

Please help me to think more positively today, to be more tolerant, loving, caring and sharing.

Please help me keep my thinking free of all self pity, dishonesty and self seeking motives.

Direct my thinking on any problems that may come today so I may make the right decisions intuitively.

Make me aware of my defects of character and please take them away from me.

Help me to stay sober today as I am an alcoholic, powerless over alcohol and my life is unmanageable.

Please grant me sanity, knowledge, wisdom and guidance of your will for me and the power to carry it out.

Please take my will and my life into your care today, so I can better do your will and practice these principles in all my affairs.

To live the question...

"I want to beg of you as much as I can....to be patient towards all that is unsolved in your heart and try to love the questions themselves....do not now seek answers which cannot be given to you because you would not be able to live them. And the point is to be able to live everything. Live the questions now. Perhaps you will then gradually without noticing it, live along some distant day into the answer....take whatever comes with great trust, and only if it comes out of your own will, out of some need of your innermost being, take it upon yourself and hate nothing."



God of my life...

I welcome this new day.

It is your gift to me.

I thank you for the gift of being alive this day.

I thank you for the chance to begin life all over again.

Lord, this day is full of promise and opportunity; help me to waste none of it.

This day is full of mystery and of the unknown, help me to face it without fear or anxiety,

This day is full of beauty and adventure; help me to be fully alive to it all.

During this day may I become...

A more thoughtful person,

A more prayerful person,

A more generous person.

A more forgiving person.

Help me not to be turned in on myself, but to be sensitive and helpful to others.

Let me do nothing today that will hurt anyone, but let me help, at least a little, to make life more pleasant for those I meet.

When night comes, may I look back on this day without regrets, and may nobody be unhappy because of the things I have done, or anything I have failed to do.

Lord bless this day for me, and for all of us. Amen.



Healing God...

I welcome you into my hidden corners, please help me to open the doors of my soul rooms that are so tightly locked.

Awaken in me all that is true.

Bring to life all my deadness.

Enthuse the depressed emotions.

Re-energize my inner weariness.

Bathe the grime of my ego-centeredness.

Clarify my confusions.

Fire my neglected loves.

Brush off my dusty dreams.

Nurture my spiritual hungers.

Ease my sore relationships.

Deepen my sense of self esteem.

Stir up my connection with the world.

Tenderly gather in your arms all that still needs healing, all that remains wounded and wanting.

May I grow each day into greater wholeness with a stronger, purer inner freedom.

Thank you...

Thank you God for what you have given me:

This day unlike any other, my friends with whom I share

Most of all, the sobriety you have given me.

Thank you God for what you have left me:

My hope and my willingness, my gratitude and my love,

Most of all, the peace that you have left me.

Thank you God, for loving me and
bringing me to this place at this time,

With my sobriety and my life

I am willing to trust you.



Detachment...

I will not worry, fret or be unhappy over you.

I will not be anxious concerning you.

I will not be afraid for you.

I will not blame you, criticize or condemn you.

I will remember first, last, and always that you are God's child, that you have his Spirit in you.

I will trust his Spirit to take care of you, to be a light to your path to provide for your needs.

I will think of you always as being surrounded by God's care, as being kept safe and secure in Him.

I will be patient with you.

I will have confidence in you.

I will stand by in faith and bless you in my prayers, knowing that you are finding the help that you need.

I have only good feelings in my heart about you for I am willing to let you live your life as you see fit.

Your way may not be my way, but I will trust the Spirit of God to show you the way of your highest good.

Acceptance...

At last, acceptance proved to be the key to my drinking problem. After I had been around A.A. for seven months, tapering off alcohol and pills, not finding that the program was working very well, I was finally able to say, "Okay, God. Is it true that I-of all people, strange as it may seem, and even though I didn't give my permission-really, really am an alcoholic of sorts. And it's all right with me. Now what am I going to do about it?"

When I stopped living in the problem and started living in the answer, the problem went away. From that moment on, I have not had a single compulsion to drink.

And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation-some fact of my life-unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment.

Nothing, absolutely nothing happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.

Alcoholics Anonymous (Page 448 - 449)



Encil Coleg Trefeca

Gwener

22ain Ionawr 2009

| | |
|-------|------------------------------|
| 16.00 | Cofrestru |
| 18.00 | Cinio |
| 19.00 | Cyfarfod croeso - cyflwyniad |
| 20.30 | Cyfarfodydd grwpiau bychan |
| 21.30 | Cyfarfod o'r grŵp mawr |

Coleg Trefeca Retreat

Friday

22nd January 2009

| | |
|-------|--------------------------------|
| 16.00 | Registration |
| 18.00 | Dinner |
| 19.00 | Welcome meeting - Introduction |
| 20.30 | Small group meetings |
| 21.30 | Large group meeting |

Sadwrn

23ain Ionawr 2009

| | |
|-------|----------------------------|
| 08.00 | Brecwast |
| 09.00 | Cyfarfod o'r grŵp mawr |
| 10.30 | Cyfarfodydd grwpiau bychan |
| 12.30 | Cinio |
| 14.00 | Cyfarfod o'r grŵp mawr |
| 15.30 | Amser rhydd / gweithdy |
| 16.45 | Myfyrdod grŵp |
| 18.00 | Swper |
| 19.45 | Cyfarfod hwyrrol |

Saturday

23rd January 2009

| | |
|-------|----------------------|
| 08.00 | Breakfast |
| 09.00 | Large group meeting |
| 10.30 | Small group meetings |
| 12.30 | Lunch |
| 14.00 | Large group meeting |
| 15.30 | Free time / workshop |
| 16.45 | Group meditation |
| 18.00 | Dinner |
| 19.45 | Group meeting |

Sul

24ain Ionawr 2009

| | |
|-------|------------------------|
| 08.00 | Brecwast |
| 09.00 | Gwasanaeth undebol |
| 10.30 | Te a choffi |
| 11.00 | Cyfarfod o'r grŵp mawr |
| 12.30 | Cinio |

Sunday

24th January 2009

| | |
|-------|-----------------------------|
| 08.00 | Breakfast |
| 09.00 | Interdenominational service |
| 10.30 | Coffee break |
| 11.00 | Large group meeting |
| 12.30 | Lunch |





**cyngor cymru ar
alcohol a chyffuriau eraill**
**the welsh council on
alcohol and other drugs**



www.welshcouncil.org.uk