

CoDA Edinburgh – Gathering

Event Schedule 11th - 13th October 2024



Friday 11th October Edinburgh City Centre

Fellowship - Informal meet-up Friday 2.00pm-5.00pm.

Where - Princes St gardens, (On Princes St, meet in front of The Royal Scottish Academy of Art (100 yards along from the Scott Monument.)

When – 2.00pm-5.00pm Friday.

What - Chilled activity options of a wee walk round the gardens with views of Edinburgh Castle. Take in a wee bit of Art and / if crappy weather. Explore the city a bit, shopping and architecture, George St and the new undercover St James Centre. Food on the hoof.



Free time.

Fellowship - Informal GC Minimeeting Friday 6.30pm-8.30pm.

Where – Southside Community Centre (pictured to side) 117 Nicolson St, Newington, EH8 9ER ROOM 2

When – 6.30pm – 8.30pm Friday.

What - Informal GC Minimeeting. Then fellowship.

Free time. Informal opportunity for those that want to explore Edinburgh.



Saturday 12th October Edinburgh City Centre



Fellowship - Informal Breakfast meet-up Saturday 10am-12.30pm.

Where – Edinburgh City Centre. Omni Centre (Giraffe Sculptures outside the Omni Centre, Greenside Place EH1 3AA, near the top of Leith Walk and the east end of Princes St (Waverley station and Balmoral Hotel end)

When - 10am-12.30pm Saturday

What - Bacon rolls and broon sauce, cafe and a walk. Water of Leith down to the Shore or up river to Stockbridge (Gallery of Modern Art) dependant on walking enthusiasm and abilities. (and / or Cafe if / or if not crappy weather)

Free time.

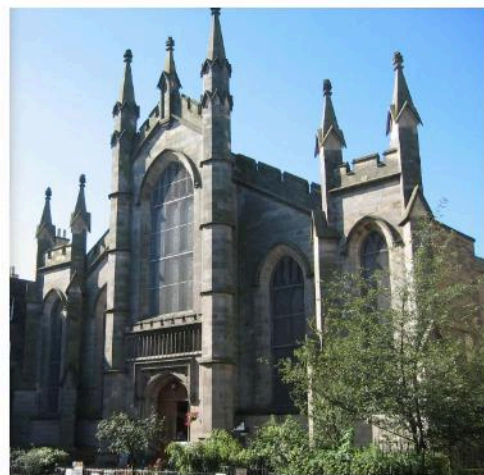
Meeting CoDA Activity Saturday 2.00pm-4.00pm

Where - Southside Community Centre (pictured below) 117 Nicolson St, Newington, EH8 9ER ROOM 1

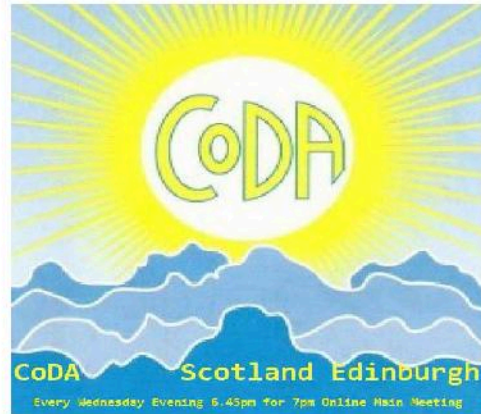
When – 2.00pm-4.00pm Saturday

What - Meeting. CoDA activity- Themed meeting, Promises -

Free time.



CoDA Activity and Main Meeting Saturday 5.00pm-10.00pm



Where – Parish Church of St Cuthberts in the Lindisfarnie Room (The Parish Church of St Cuthbert, 5 Lothian Rd, Edinburgh, EH1 2EP , at the West end of Princess St, just under the Castle)

When – 5.00pm -9.30pm Saturday

What - Main meeting and CoDA activity.

More

5.00pm- 6.00pm CoDA Activity, Guided Meditation.

Free Time

6.30pm – 8.30pm Main meeting as Wednesday structure. (Zoom connection hopefully, TBC)

8.45pm – 9.30pm CoDA Activity, Themed Meeting Promise's - Meeting discussing the 12 Promises and sharing how we relate to them. Possibly how we have seen positive changes in our own lives?

Tea and Coffee provided.



Free time. Informal opportunity for those that want to explore Edinburgh.

Sunday 13th October Edinburgh City Centre



Fellowship - Informal Breakfast meet-up Sunday 10.00am-11.30am.

Where - Edinburgh City Centre, Entrance to the Scottish Parliament at Holyrood. (bottom of the Royal Mile. EH199 1SP)

When - Sunday 10am-11.30am Breakfast walk.

What - Bacon rolls and broon sauce, cafe and a walk. Arthurs Seat or Holyrood Park - dependant on walking enthusiasm and abilities. (and / or Cafe if / or if not crappy weather)

Free time



Gathering Group Conscience Meeting and CoDA Activity - Sunday 1.00pm-3.00pm

Where – Edinburgh City Centre. Parish Church of St Cuthberts in the Lindisfarne Room (The Parish Church of St Cuthbert, 5 Lothian Rd, Edinburgh, EH1 2EP. West end of Princess St, just under the Castle). **Tea and Coffee provided.**

When - Sunday 1.00pm - 3.00pm

What – GC Meeting and CoDA Activity.

More

1.00pm – 2pm GC Meeting to look back at the Gathering and give thanks.

2.00pm – 3pm CoDA Activity - Sunday 2/3pm.

Theme meeting. CoDA Words meeting - discussing the phrases and healthy words that remind us of the key elements of the programme and the positive effects on our journey. Then fellowship, well wishes and farewells. **Plan for the next gathering???**

Please note -

All depends on fellows availability and preferences. All are just suggestions for the group. All can be replaced with free time.

Feel free to suggest service for CoDA activities- any fellows with mindfulness activities etc that could be shared with the group. Open to all healthy stuff!

Service Positions Available- CoDA activity, Online Zoom Fellow for connection at main meeting. Contact Fellow one for each day during activities. Venue Fellow – to check in and out of venues and act as main contact. (David)

Meetings- Main meeting-Normal meeting with sharing etc. hope to have zoom connected for fellows that couldn't make this event.

Theme meetings- Promise's Meeting discussing the 12 Promises and sharing how we relate to them. Possibly how we have seen positive changes in our own lives?

CoDA words meeting discussing the phrases and healthy words that remind us of the key elements of the programme and the positive effects on our journey.

Venue- these will be a private room for safe, open discussion. Toilets etc. Hoping for refreshments to be available.

Please feedback by direct message to Dave or email cosecs at coda.edi@gmail.com

Feel free to spread the word and offer service to assist in facilitating this event.

Hope you can make it to this event, joyous and free!

Looking forward to it!

