

**CODEPENDENTS ANONYMOUS MIXED ZOOM VIRTUAL RETREAT FOR NODDFA, PENMAENMAWR, NORTH WALES  
PROGRAMME OF EVENTS FOR 15TH - 17TH JANUARY 2021**

<b>WHEN</b>	<b>WHAT</b>	<b>ROOM 1</b>	<b>ROOM 2</b>	<b>ROOM 3</b>	<b>HOSPITALITY ROOMS</b>
<b>FRIDAY 15th JANUARY</b>					
6pm - 7.15pm	ORIENTATION & REGISTRATION	-	-	ORIENTATION & REGISTRATION	OPEN ROOMS/FELLOWSHIP
6pm - 7.15pm	LITERATURE	-	-		LITERATURE
7.15pm - 7.30pm	BREAK	OPEN ROOM	OPEN ROOM	OPEN ROOM	OPEN ROOMS
7.30pm - 8.45pm	OPENING CEREMONY	-	-	WELCOME, INTRODUCTIONS, ANNOUNCEMENTS, OPENING CEREMONY & CANDLE LIGHTING	-
8.45pm - 9pm	BREAK	OPEN ROOM	OPEN ROOM	OPEN ROOM	OPEN ROOMS
9pm - 10.30pm	SESSION 1 MEETINGS	STEP 1 ADMITTING POWERLESSNESS & ACCEPTING UNMANAGEABILITY	EXPECTATIONS, COMPASSION & HEALING THE CHILD WITHIN	CONCEPT OF A LOVING HIGHER POWER & CODA RECOVERY PATTERNS	

<b>WHEN</b>	<b>WHAT</b>	<b>ROOM 1</b>	<b>ROOM 2</b>	<b>ROOM 3</b>	<b>HOSPITALITY ROOM</b>
<b>SATURDAY 16th JANUARY</b>					
8am - 9am	MEDITATION	-	-	-	MEDITATION/FELLOWSHIP/OPEN ROOMS
9am - 9.30am	DAY OPENING	-	-	DAY WELCOME, INTRODUCTIONS, ANNOUNCEMENTS, OPENING CEREMONY & CANDLE LIGHTING	
9.30am - 11am	SESSION 2 MEETINGS	STEP 2 HIGHER POWER SANITY & FINDING SPIRITUALITY	BOUNDARIES & SPONSORSHIP - AS EASY AS 1, 2, 3 - BEGINNING THE JOURNEY	MAKING CHOICES - MAKING CHANGES - C.O.P.E. (Cut Out Pleasing Everyone)	
11am - 11.30am	BREAK & LITERATURE	-	-	-	OPEN ROOMS & LITERATURE
11.30am - 1pm	SESSION 3 MEETINGS	STEP 3 DECISION TO LET GO & LET GOD	FROM ANGER & RESENTMENT TO CLARITY & SELF-CARE	DISCOVERING OUR AUTHENTIC SELVES & LETTING GO OF SHAME	

WHEN	WHAT	ROOM 1	ROOM 2	ROOM 3	HOSPITALITY ROOM
<b>SATURDAY 16th JANUARY</b>					
1pm - 2.30pm	BREAK & LITERATURE	OPEN ROOM	OPEN ROOM	OPEN ROOM	OPEN ROOMS/FELLOWSHIP & LITERATURE
2.30pm - 4pm	SESSION 4 MEETINGS	STEPS 4 & 5 SEARCHING SELF-REFLECTION & BEING HUMAN	TOOLKIT FOR HEALTHY RELATIONSHIPS & LEARNING TO LIVE IN THE NOW	ABANDONMENT, BULLYING, ABUSE & STANDING IN OUR OWN TRUTH	
4pm - 4.30pm	BREAK & LITERATURE	-	-	-	BREAK & LITERATURE
4.30pm - 6pm	SESSION 5 MEETINGS	STEPS 6 & 7 LETTING GO TRUSTING HIGHER POWER & WELCOMING CHANGE	REPARING OURSELVES & QUIETENING THE CRITIC WITHIN	TOOLS FOR HEALTHY COMMUNICATION & RESTORING OUR SELF WORTH	
6pm - 6.30pm	SOCIAL EVENING PREPARATIONS Poems, Songs, Jokes, Singing & Dancing etc.	-	-	Preparation For Celebrations All Welcome	
6pm - 7.30pm	BREAK & LITERATURE	-	-	-	OPEN ROOMS/FELLOWSHIP & LITERATURE
7.30pm - 9.15pm	SOCIAL EVENING	-	-	SOCIAL GATHERING TO CELEBRATE RECOVERY	
9.15pm - 9.30pm	BREAK	-	-	-	BREAK
9.30pm - 11pm	SESSION 6 MEETINGS	RISKING INTIMACY & FACING OUR INNER DRAGONS	ENMESHMENT & PROJECTION	BLUE BOOK AT BEDTIME STORY	

WHEN	WHAT	ROOM 1	ROOM 2	ROOM 3	HOSPITALITY ROOMS
<b>SUNDAY 17th JANUARY</b>					
8am - 9am	MEDITATION	-	-	-	MEDITATION/FELLOWSHIP/OPEN ROOMS
9am - 9.30am	DAY OPENING	-	-	DAY WELCOME, INTRODUCTION, ANNOUNCEMENTS, OPENING CEREMONY & CANDLE LIGHTING	
9.30am -11am	SESSION 7 MEETINGS	STEPS 8 & 9 RESENTMENTS FORGIVENESS & WILLINGNESS TO MAKE AMENDS	APPLYING THE CODA PRINCIPLES IN EVERYDAY LIFE - AT WORK & AT PLAY	GRIEF, GRATITUDE, FEAR OF CHANGE & FACING THE FUTURE	
11am - 11.30am	BREAK				OPEN ROOMS & LITERATURE
11am - 1pm	SESSION 8 MEETINGS	STEPS 10, 11 & 12 KEEPING A JOURNAL DAILY REFLECTION PRAYER, MEDITATION & CARRYING THE MESSAGE	LEARNING TO LOVE THE CHILD WITHIN & DARING TO SHINE	THE CODA PROMISES IN ACTION - LIVING WITH RENEWED HOPE, JOY, LOVE & LAUGHTER	
1pm -2pm	BREAK	-	-	-	OPEN ROOMS & LITERATURE
2pm - 3pm	CLOSING CEREMONY			CANDLE LIGHTING SAYING GOODBYE, AFFIRMATIONS & GRATITUDE	

ZOOM MEETING DETAILS:  
MEETING ID: 867 0310 5462  
PASSCODE: 027432