

## CODA 2021 Mixed Online Spring Retreat Schedule

### PROGRAMME OF EVENTS FOR 2<sup>ND</sup>, 3<sup>RD</sup> AND OF 4<sup>TH</sup> APRIL 2021

FRIDAY 2 <sup>nd</sup> APRIL	WHAT	ROOM 1	ROOM 2	ROOM 3	HOSPITALITY ROOMS
6 PM – 7:15 PM	Orientation / Registration	-	-	Orientation / Registration	
7:15 PM – 7:30 PM	Break	Open Room	Open Room	Open Room	Fellowship Break
7:30 PM – 8:45 PM	Opening ceremony	-	-	Welcome, Introductions, Announcements, Opening ceremony & Candle lighting	-
9 PM – 10:30 PM	Session 1 meetings	Step 1 Admitting powerlessness & accepting unmanageability	Roles and detachment in the family systems	Finding your Higher Power	Open Room

SATURDAY 3 <sup>RD</sup> APRIL	WHAT	ROOM 1	ROOM 2	ROOM 3	HOSPITALITY ROOMS
8 AM – 9 AM	Meditation / Yoga / Breakfast	Quiet Group Mediation	Guided Meditation with Andrea	Yoga 8.00 – 8.30am	Fellowship Breakfast
9 AM – 9:30 AM	Day opening	-	-	Day Welcome, Introductions, Announcements, Opening ceremony & Candle lighting	-
9:30 AM – 11 AM	Session 2 Meetings	Step 2 higher power sanity & finding spirituality	Control and letting go	Power of Denial - moving beyond it	Open Room
11 AM – 11:30 AM	Break	Open room	Open Room	Open Room	Fellowship Break
11:30 AM – 1 PM	Session 3 Meetings	Step 3 Decision to let go & let God	Working the programme	Living in Recovery	Open Room
1 PM – 2:30 PM	Lunch	Open Room	Open Room	Open Room	Fellowship Lunch
2:30 PM – 4 PM	Session 4 Meetings	Steps 4 & 5 Searching self-reflection & being human	Accepting Change and moving on	Realising the Promises	Open Room
4 PM – 4:30 PM	Break	Open Room	Open Room	Open Room	Fellowship Break
4:30 PM – 6 PM	Session 5 Meetings	Steps 6 & 7 Letting go trusting higher power & welcoming change	Measuring Progress	Finding Balance	Open Room
6 PM – 7:30 PM	Break		-	Social evening preparations (poems, songs, jokes, singing, dancing etc)	Fellowship Dinner
7:30 PM – 9:15 PM	Social evening	-	-	Social gathering to celebrate recovery	
9:15 PM – 9:30 PM	Break	Open Room	Open Room	Open Room	Fellowship Break
9:30 PM – 11 PM	Session 6 Meetings	Connecting and Reconnecting with your Higher Power	Toxic Shame	Personal space versus loneliness	Open Room

SUNDAY 5 <sup>TH</sup> APRIL	WHAT	ROOM 1	ROOM 2	ROOM 3	HOSPITALITY ROOMS
8 AM – 9 AM	Meditation / Yoga / Breakfast	Quiet Group Meditation	Guided Meditation with Andrea	Yoga 8.00 – 8.30am	Fellowship Breakfast
9 AM – 9:30 AM	Day opening	-	-	Day Welcome, Introductions, Announcements, Opening ceremony & Candle lighting	
9:30 AM – 11 AM	Session 7 meetings	Steps 8 & 9 Resentment forgiveness & willingness to make amends	Discovering, connecting and nurturing to the inner child	Combating the inner critic	Open Room
11 AM – 11:30 AM	Break	Open Room	Open Room	Open Room	Fellowship Break
11:30 AM – 1 PM	Session 8 meetings	Steps 10, 11 & 12 Keeping a journal, daily reflection, prayer, meditation & carrying the message	Shame - how it manifests and how to heal	Self-Abandonment and Low Self care	Open Room
1 PM – 2 PM	Break	Open Room	Open Room	Child Coda Activity Workshop	Fellowship Lunch
2 PM – 3 PM	Closing ceremony	-	-	Candle lighting, saying goodbye, affirmations & gratitude	-

Meeting ID: **859 7584 0363**

Passcode: **137168**

## Meeting Readings

These readings are provided for guidance. Select from them as the meeting decides, using as many or few as is guided by the group conscience and higher power.

### Session 1

<p><b>Room 1 – Step 1 Admitting powerlessness &amp; accepting unmanageability.</b> In This Moment pages:</p> <ul style="list-style-type: none"> <li>• <b>Powerlessness:</b> 7, 65, 139, 165, 237, 239, 256, 258, 269, 286, 307, 317, 341, 350</li> <li>• <b>Unmanageability:</b> 51, 65, 152, 165</li> <li>• <b>Step One:</b> 10, 65, 269, 286, 322, 341</li> </ul>	<p><b>Room 2 – Roles and detachment in the family systems</b> In This Moment pages:</p> <ul style="list-style-type: none"> <li>• <b>Family of Origin:</b> 28,30, 106, 117, 130, 132, 150, 157, 164, 186, 206, 207, 229, 297, 312, 330, 346</li> <li>• <b>Family:</b> 106, 130, 154, 197, 221, 274, 297, 359</li> </ul>	<p><b>Room 3 – Finding your Higher Power</b> In This Moment pages:</p> <ul style="list-style-type: none"> <li>• <b>Higher Power:</b> 1, 7, 10, 20, 22, 33, 29, 40, 51, 54, 62, 63, 70, 74, 80, 109, 127, 133, 142, 151, 164, 171, 203, 223, 226, 237, 249, 252, 255, 304, 316</li> </ul>
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### Session 2

<p><b>Room 1 - Step 2 higher power sanity &amp; finding spirituality.</b> In This Moment pages:</p> <ul style="list-style-type: none"> <li>• <b>Higher Power:</b> 1, 7, 10, 20, 22, 33, 29, 40, 51, 54, 62, 63, 70, 74, 80, 109, 127, 133, 142, 151, 164, 171, 203, 223, 226, 237, 249, 252, 255, 304, 316</li> <li>• <b>Spirituality:</b> 41, 51, 67, 135, 155, 212, 215, 223, 244, 259, 274, 320</li> <li>• <b>Step Two:</b> 10, 54, 220, 226, 318</li> </ul>	<p><b>Room 2 - Control and letting go</b> In This Moment pages:</p> <ul style="list-style-type: none"> <li>• <b>Control:</b> 10, 24, 39, 69, 134, 136, 139, 146, 152, 155, 191, 21, 252, 270, 275, 285, 290, 326</li> <li>• <b>Letting Go:</b> 13, 39, 91, 145, 169, 191, 208, 237, 239, 241, 250, 252, 259, 286, 312, 338, 363</li> <li>• <b>Faith:</b> 5, 12, 13, 43, 63, 67, 169, 192, 198, 279, 297</li> </ul>	<p><b>Room 3 - Power of Denial - moving beyond it</b> In This Moment pages:</p> <ul style="list-style-type: none"> <li>• <b>Denial:</b> 31, 42, 126, 151, 202, 324, 328, 340, 343</li> <li>• <b>Character Defects:</b> 23, 27, 66, 95, 97, 100, 101, 103, 129, 214, 248, 283, 309, 325, 357</li> <li>• <b>Self-Righteousness:</b> 248, 365</li> <li>• <b>Truth:</b> 42, 66, 283, 313, 328, 340, 360</li> </ul>
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### Session 3

<p><b>Room 1 - Step 3 Decision to let go &amp; let God.</b> In This Moment pages:</p> <ul style="list-style-type: none"> <li>• <b>Letting Go and Let God:</b> 19, 24, 63, 66, 77, 222, 323</li> <li>• <b>Letting Go:</b> 13, 39, 91, 145, 169, 191, 208, 237, 239, 241, 250, 252, 259, 286, 312, 338, 363</li> <li>• <b>Step Three:</b> 7, 10, 19, 22, 39, 63, 77, 124, 145, 165, 195, 198, 203, 222, 249, 252, 286, 323</li> </ul>	<p><b>Room 2 - Working the programme</b> In This Moment pages:</p> <ul style="list-style-type: none"> <li>• <b>Service:</b> 147, 215, 238, 272, 275, 282, 342, 355</li> <li>• <b>Tools:</b> 35, 40, 69, 113, 328</li> <li>• <b>One Day at a time:</b> 217, 262, 277, 338, 363</li> <li>• <b>Fellowship:</b> 28, 40, 52, 83, 101, 127, 133, 174, 206, 295, 343</li> <li>• <b>Willingness:</b> 29, 45, 70, 93, 94, 122, 159, 187, 277, 279, 308, 339</li> </ul>	<p><b>Room 3 - Living in Recovery</b> In This Moment pages:</p> <ul style="list-style-type: none"> <li>• <b>Reaching out:</b> 115, 145, 303</li> <li>• <b>Reality:</b> 7, 16, 78, 188, 287, 360</li> <li>• <b>Progress:</b> 100, 140, 165, 178, 277, 336</li> <li>• <b>Present Moment:</b> 55, 62, 109, 131, 153, 195, 251, 363</li> <li>• <b>Humility:</b> 155, 210, 216, 303, 316, 365</li> </ul>
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## Session 4

<p><b>Room 1 - Steps 4 &amp; 5 Searching self-reflection &amp; being human.</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Step Four:</b> 50, 66, 100, 103, 116, 126, 209, 214, 257, 323</li><li>• <b>Step Five:</b> 66, 118, 175, 214</li><li>• <b>Humility:</b> 155, 210, 216, 303, 316, 365</li></ul>	<p><b>Room 2 - Accepting Change and moving on</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Change:</b> 1, 5, 12, 15, 18, 27, 32, 34, 44, 50, 54, 56, 57, 61, 76, 81, 82, 91, 96, 102, 113, 122, 138, 143, 158, 163, 164, 184, 187, 190, 212, 216, 217, 231, 255, 259, 289, 302, 304, 331, 336, 342, 345, 349, 365</li><li>• <b>Acceptance:</b> 6, 7, 9, 10, 25, 27, 77, 107, 111, 118, 125, 130, 141, 160, 164, 172, 187, 203, 219, 239, 253, 258, 275, 290, 297, 312, 317, 332, 352, 366</li><li>• <b>Journey:</b> 38, 96, 137, 192, 205, 332, 341</li></ul>	<p><b>Room 3 - Realising the Promises</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Promises:</b> 27, 31, 42, 70, 89, 106, 107, 137, 184, 208, 234, 271, 353</li><li>• <b>Freedom:</b> 22, 41, 101, 141, 146, 154, 162, 189, 208, 240, 242, 288, 292</li><li>• <b>Recovery:</b> 2, 3, 11, 24, 25, 32, 43, 57, 73, 82, 95, 141, 155, 161, 163, 192, 199, 221, 230, 236, 243, 274, 277, 288, 301, 306, 321, 328, 331, 343, 346, 358</li></ul>
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## Session 5

<p><b>Room 1 - Steps 6 &amp; 7 Letting go trusting higher power &amp; welcoming change.</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Change:</b> 1, 5, 12, 15, 18, 27, 32, 34, 44, 50, 54, 56, 57, 61, 76, 81, 82, 91, 96, 102, 113, 122, 138, 143, 158, 163, 164, 184, 187, 190, 212, 216, 217, 231, 255, 259, 289, 302, 304, 331, 336, 342, 345, 349, 365</li><li>• <b>Step Six:</b> 95, 248, 357</li><li>• <b>Step Seven:</b> 283, 309, 354, 357</li></ul>	<p><b>Room 2 - Measuring Progress</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Progress:</b> 100, 140, 165, 178, 277, 336</li><li>• <b>Growth:</b> 34, 44, 112, 113, 120, 137, 155, 177, 194, 214, 231, 255, 261, 277, 282, 288, 308, 342</li><li>• <b>Healing:</b> 34, 40, 43, 44, 66, 112, 115, 125, 135, 137, 141, 211, 229, 245, 263, 266, 365</li></ul>	<p><b>Room 3 - Finding Balance</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Balance:</b> 134, 160, 178, 209, 244, 255, 310</li><li>• <b>Priorities:</b> 116, 246, 296</li><li>• <b>Decision Making:</b> 29, 51, 59, 69, 119, 162, 168, 170, 200, 237, 240, 268, 292, 299, 316</li><li>• <b>Needs:</b> 31, 39, 56, 145, 200, 274, 298</li></ul>
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## Session 6

<p><b>Room 1 - Connecting and Reconnecting with your Higher Power</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Higher Power:</b> 1, 7, 10, 20, 22, 33, 29, 40, 51, 54, 62, 63, 70, 74, 80, 109, 127, 133, 142, 151, 164, 171, 203, 223, 226, 237, 249, 252, 255, 304, 316</li><li>• <b>Meditation:</b> 9, 20, 38, 294, 306</li><li>• <b>Prayer:</b> 9, 20, 49, 71, 156, 159, 168, 216, 248, 279, 280, 316, 362</li></ul>	<p><b>Room 2 - Toxic Shame</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Shame:</b> 73, 119, 142, 172, 218, 284, 288, 356</li><li>• <b>Shortcomings:</b> 100, 214, 248, 283, 309, 325, 354, 357</li><li>• <b>Past:</b> 1, 62, 153, 167, 251, 321, 353</li><li>• <b>Guilt:</b> 107, 211, 284, 350</li><li>• <b>Pain:</b> 2, 7, 26, 34, 44, 85, 86, 103, 132, 177, 185, 251, 349</li></ul>	<p><b>Room 3 - Personal space versus loneliness</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Alone:</b> 11, 28, 32, 35, 45, 52, 115, 147, 196, 203, 240, 277, 289, 303</li><li>• <b>Interdependence:</b> 175, 178, 204, 310</li><li>• <b>Healthy:</b> 57, 64, 150, 152, 173, 206</li></ul>
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## Session 7

<p><b>Room 1 - Steps 8 &amp; 9 Resentment forgiveness &amp; willingness to make amends.</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Step Eight:</b> 70, 94</li><li>• <b>Step Nine:</b> 70, 80, 118, 210, 212, 285</li><li>• <b>Forgiveness:</b> 26, 103, 107, 160, 211, 234, 285, 288, 365</li></ul>	<p><b>Room 2 – Discovering, connecting and nurturing to the inner child</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Inner Child:</b> 149, 230, 314, 335</li><li>• <b>Joy:</b> 2, 14, 43, 171, 183, 185, 230, 265, 335</li><li>• <b>Self-Love:</b> 11, 58, 68, 182, 233, 266, 271, 363</li><li>• <b>Self-care:</b> 26, 31, 64, 132, 150, 172, 176, 227, 240, 245, 271, 298, 303, 345</li></ul>	<p><b>Room 3 – Combating the inner critic</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Self-defeating:</b> 172, 281, 292</li><li>• <b>Self-talk:</b> 195, 217, 254, 293, 331</li><li>• <b>Compassion:</b> 26, 99, 173</li><li>• <b>Tools:</b> 35, 40, 69, 113, 328</li></ul>
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## Session 8

<p><b>Room 1 - Steps 10, 11 &amp; 12 Keeping a journal, daily reflection, prayer, meditation &amp; carrying the message.</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Step 10:</b> 107, 139, 181, 214, 256, 264, 284</li><li>• <b>Step 11:</b> 20, 159, 160, 279, 306, 314, 316, 320, 325, 337, 341</li><li>• <b>Step 12:</b> 97, 215, 238, 272, 275, 282, 342, 355</li></ul>	<p><b>Room 2 – Shame - how it manifests and how to heal</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Shame:</b> 73, 119, 142, 172, 218, 284, 288, 356</li><li>• <b>Shortcomings:</b> 100, 214, 248, 283, 309, 325, 354, 357</li><li>• <b>Vulnerability:</b> 33, 112, 180</li><li>• <b>Wisdom:</b> 24, 25, 41, 59, 66, 114, 122, 149, 202, 215, 259, 312</li></ul>	<p><b>Room 3 – Self Abandonment and Low Self care</b></p> <p>In This Moment pages:</p> <ul style="list-style-type: none"><li>• <b>Abandoned:</b> 104, 225</li><li>• <b>Needs:</b> 31, 39, 56, 145, 200, 298</li><li>• <b>Procrastination:</b> 29, 70, 325</li><li>• <b>Rejection:</b> 56, 257, 347</li></ul>
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