

MOM CoDA Summer Virtual Retreat

Programme of Events For 26th and 27th June 2021

WHEN SATURDAY 26 th June	WHAT	ROOM 1	ROOM 2	MAIN ROOM / LOBBY
8:00 AM – 8:30 AM		Beach Yoga	Summer Meditation	
8:30 AM – 9 AM	Orientation			Fellowship / Open Rooms
9 AM – 9:45 AM	Opening Ceremony			Opening Ceremony
10:00 AM – 11:30 AM	Session 1 Meetings	Finding your Power and Living Life	Boundaries	
11:30 AM – 12:00 PM	Break			
12:00 PM – 1:30 PM	Session 2 Meetings	Acceptance, Sanity, and Support	Re-parenting the Self	
1:30 PM – 2:30 PM	Lunch			Fellowship Lunch
2:30 PM – 4 PM	Session 3 Meetings	Discovery and Release	Managing Triggers	
4 PM – 4:30 PM	Break			
4:30 PM – 6 PM	Session 4 Meetings	Recognising and Releasing Old Habits	Commitment	
6 PM – 7:00 PM	Dinner			Fellowship Dinner
7:00 PM – 8:00 PM	Beach Party	Closed	Closed	Beach Party
8:00 PM – 8:15 PM	Break			
8:15 PM – 9:45 PM	Session 5 Meetings	Bedtime story	Closed	

WHEN SUNDAY 5 TH APRIL	WHAT	ROOM 1	ROOM 2	MAIN ROOM
8:00 AM – 8:30 AM		Beach Yoga	Summer Meditation	
8:30 AM – 9 AM	Orientation			Fellowship / Open Rooms
9 AM – 10:30 AM	Session 6 Meetings	Forgiveness and Amends	Meditation versus Consciousness	
10:30 AM – 11:00 AM	Break			
11:00 AM – 12:30 PM	Session 7 Meetings	Spiritual Check In	Faith versus Fear	
12:30 AM – 13:30 PM	Lunch			Fellowship Lunch
1:30 PM – 2:30 PM	Session 8 Meetings	Living in Recovery	Curiosity	
2:30 PM – 3 PM	Break			
3 PM – 4:30 PM	Session 9 Meeting	From Healing to Helping	Zest of Life	
4:30 PM – 5:30 PM	Dinner			Fellowship Dinner
5:30 PM – 6:30 PM	Summer Social Evening	Closed	Closed	Summer Social Evening
6:30 PM – 7:00 PM	Break			
7:00 PM – 7:45 PM	Closing Ceremony	Closed	Closed	Closing Ceremony
7:45 PM – 8:00 PM	Break			
8:00 PM – 9:30 PM	Encore Meeting	Closed	Closed	Reflection

Meeting ID: **893 0963 1775**

Passcode: **788687**

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

Room 1 – Finding your Power and Living Life. Twelve step handbook – Pages 7-9	Room 2 – Boundaries In This Moment dates: <ul style="list-style-type: none">• 27/03, 28/06, 05/08, 13/10, 06/11 Boundaries Pamphlet: All
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Session 2

Room 1 – Acceptance, Sanity, and Support. Twelve step handbook – Pages 11 - 17	Room 2 – Reparenting the Self In This Moment dates: <ul style="list-style-type: none">• 30/01, 11/05, 29/05, 30/09 Coda Blue Book: Pages 107 - 110 “What is the child within” up to and including “What is meant by reparenting ourselves?” Patterns: Low self-esteem
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Session 3

Room 1 - Discovery and Release. Twelve step handbook – Pages 19 - 25	Room 2 – Managing Triggers In This Moment dates: <ul style="list-style-type: none">• 21/06, 20/09, 23/09, 16/10, 26/10 CoDA Blue Book: Pages 117 – 119 “What is meant by bottom-line behaviours?” up to and including “What is Fear of Shame?” Patterns: Avoidance
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Session 4

<p>Room 1 - Recognising and Releasing Old Habits.</p> <p>Twelve step handbook – Pages 27 - 33</p>	<p>Room 2 – Commitment</p> <p>In This Moment dates:</p> <ul style="list-style-type: none">• 02/09, 25/09, 27/10, 29/11 <p>CoDA Blue Book: Pages 116 – 117 – “Am I ever recovered from Codependence?” up to and including “What is a Codependent slip?”</p> <p>Making Choices Booklet: “Dealing with Resistance” Pages 12 – 13</p> <p>Patterns: Compliance</p>
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Session 5

<p>Bedtime Story</p> <p>CoDA Member Chair Share</p>	<p>Closed</p>
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Session 6

<p>Room 1 - Forgiveness and Amends</p> <p>Twelve step handbook – Pages 35 - 42</p>	<p>Room 2 – Meditation versus Consciousness</p> <p>In This Moment dates:</p> <ul style="list-style-type: none">• 20/01, 04/06, 11/03, 13/06, 21/09, 05/10, 09/11, 28/05, 03/09 <p>CoDA Blue Book: Pages 102 “What is the purpose of Prayer and Meditation?”</p> <p>Patterns: Denial</p>
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Session 7

Room 1 - Spiritual Check In. Twelve step handbook – Pages 43 - 49	Room 2 – Faith versus Fear In This Moment dates: <ul style="list-style-type: none">• 05/01, 16/07, 18/01, 15/04, 28/04, 12/05, 04/06, 09/08, 14/10, 20/10 Making Choices Booklet: Pages 5 – 6 “From Fear to Faith” Patterns: Avoidance / Control / Denial
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Session 8

Room 1 - Living in Recovery. Twelve step handbook – Pages 51 - 56	Room 2 – Curiosity CoDA Member Chair Share
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Session 9

Room 1 - From Healing to Helping. Twelve step handbook – Pages 57 - 63	Room 2 – The Zest of Life In This Moment dates: <ul style="list-style-type: none">• 24/09, 19/06, 01/07, 17/08, 21/09, 30/11, 01/03 CoDA Blue Book: 124 – 125 “How do I apply my recovery to my relationships?” Patterns: Compliance
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ENCORE MEETING

Room 1 – Reflection Participants are invited to share their experience, strength and hope from attending the retreat	Closed
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