

MOM CoDA Autumn Virtual Retreat

Programme of Events For 25th and 26th September 2021

WHEN SATURDAY 25 TH SEPT	WHAT	ROOM 1	ROOM 2	ROOM 3	MAIN ROOM / LOBBY
8:00 AM – 8:30 AM		Guided Meditation	Closed		
8:30 AM – 9 AM	Orientation	Closed	Closed	Closed	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	Relationships in Recovery	Finding our Higher Power in others	
11:30 AM – 12:00 PM	Break				
12:00 PM – 1:30 PM	Session 2 Meetings	Acceptance, Sanity, and Support	What is Projection?	Detachment Versus Avoidance	
1:30 PM – 2:30 PM	Lunch				Fellowship Lunch
2:30 PM – 4 PM	Session 3 Meetings	Discovery and Release	Control	Dealing with hurt feelings	
4 PM – 4:30 PM	Break				
4:30 PM – 6 PM	Session 4 Meetings	Recognising and Releasing Old Habits	Common threads of Codependency	Recovering from abusive relationships: finding, facing and forgiving the self	
6 PM – 7:00 PM	Dinner				Fellowship Dinner
7:00 PM – 8:00 PM	Recovery Disco	Closed	Closed	Closed	Recovery Disco
8:00 PM – 8:15 PM	Break				
8:15 PM – 9:45 PM	Session 5 Meetings	Closed	Closed		Bedtime story

WHEN SUNDAY 26 TH SEPT	WHAT	ROOM 1	ROOM 2	ROOM 3	MAIN ROOM
8:00 AM – 8:30 AM		GUIDED MEDITATION	Qi Gong	Closed	
8:30 AM – 9 AM	Orientation	Closed	Closed	Closed	Fellowship / Open Rooms
9 AM – 10:30 AM	Session 6 Meetings	Forgiveness and Amends	“It’s getting very crowded in here!” Bringing the inner selves into alignment	Self-neglect, Exhaustion and Illness	
10:30 AM – 11:00 AM	Break				
11:00 AM – 12:30 PM	Session 7 Meetings	Spiritual Check In	Waking up to relationships forged in Codependence	Stuck in Recovery Awareness	
12:30 AM – 13:30 PM	Lunch				Fellowship Lunch
1:30 PM – 2:30 PM	Session 8 Meetings	Living in Recovery	Aversions to the Inner Child	Do I have to forgive those that hurt me?	
2:30 PM – 3 PM	Break				
3 PM – 4:30 PM	Session 9 Meeting	From Healing to Helping	Safe for me and Respectful of them	Helping others without being controlling or giving advice	
4:30 PM – 5:30 PM	Dinner				Fellowship Dinner
5:30 PM – 6:30 PM	Camp Fire Social	Closed	Closed	Closed	Camp Fire Social
6:30 PM – 7:00 PM	Break				
7:00 PM – 7:45 PM	Closing Ceremony	Closed	Closed	Closed	Closing Ceremony
7:45 PM – 8:00 PM	Break				
8:00 PM – 9:30 PM	Encore Meeting	Closed	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 – Relationships in Recovery Peeling the Onion Pages 24 - 25	Room 3 - Finding our Higher Power in others Blue Book Pages 20 - 24
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Session 2

Room 1 – Acceptance, Sanity, and Support. Twelve step handbook – Pages 11 - 17	Room 2 – What is Projection? Blue Book Pages 119 - 120	Room 3 - Detachment Versus Avoidance Blue Book Pages 115 - 116
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Session 3

Room 1 - Discovery and Release. Twelve step handbook – Pages 19 - 25	Room 2 – Control Blue Book Pages 16 - 17	Room 3 - Dealing with hurt feelings Blue Book Pages 118 - 119
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Session 4

Room 1 - Recognising and Releasing Old Habits. Twelve step handbook – Pages 27 - 33	Room 2 – Common threads of Codependency Common Threads of Codependency Pages 8 – 11	Room 3 - Recovering from abusive relationships: finding, facing and forgiving the self Making Choices Pages 10 - 11
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Session 5

Bedtime Story CoDA Member Chair Share	Closed	Closed
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Session 6

Room 1 - Forgiveness and Amends Twelve step handbook – Pages 35 - 42	Room 2 – “It’s getting very crowded in here!” Bringing the inner selves into alignment Blue Book Pages 9 -13	Room 3 - Self-neglect, Exhaustion and Illness CoDA Member Chair Share or Twelve Piece Relationship Toolkit Pages 16 - 17
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Session 7

Room 1 - Spiritual Check In. Twelve step handbook – Pages 43 - 49	Room 2 – Waking up to relationships forged in Codependence Peeling the Onion Pages 20 - 23	Room 3 - Stuck in Recovery Awareness CoDA Member Chair Share or Making Choices Pages 12 - 13
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Session 8

Room 1 - Living in Recovery. Twelve step handbook – Pages 51 - 56	Room 2 – Aversions to the Inner Child Blue Book Pages 107 - 108	Room 3 - Do I have to forgive those that hurt me? Blue Book Pages 122 - 124
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Session 9

Room 1 - From Healing to Helping. Twelve step handbook – Pages 57 - 63	Room 2 – Safe for me and Respectful of them Blue Book Pages 110 - 114	Room 3 - Helping others without being controlling or giving advice Blue Book Page 122 Twelve Piece Relationship Toolkit Pages 16 - 17
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ENCORE MEETING

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



MOM AUTUMN

RETREAT

¿WHAT DO I NEED TO HAVE A BETTER EXPERIENCE?

1. Incense, sage or a candle.
2. wear comfortable clothes.
3. A private and noiseless space (only for yourself).
4. something to cover your eyes & a blanket.
5. Drinking water.
6. Flowers or a plant in a pot.
- 7.If you have natural stones (bring your favorite natural stones like a quartz).
- 8.Earphones for a better experience.
- 9.Try not to eat 1hr previous to the experience.
10. A piece of paper and a pen.

SATURDAY & SUNDAY

SEPT 25&26 2021

8:00AM (UK TIME)

FREE ZOOM EVENT

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PASSCODE: 788687