

CoDA FOUNDERS - KEN & MARY - SPEAKER WEEKEND

2 DAY WORKSHOP – MANCHESTER – PENDULUM HOTEL & CONFERENCE CENTRE

Working the Co-Dependents Anonymous Twelve Steps & Twelve Traditions

WEEKEND WORKSHOP SCHEDULE

SCHEDULE - SATURDAY - 17TH MAY 2025 - DAY 1

8:45am - 9.30am	- REGISTRATION & Literature Sale
9:30am - 11:15am	- Introduction & Housekeeping: Foundational Documents, etc - Patterns & Characteristics DENIAL, etc - <u>KEN & MARY</u> - STEP 1: Admitting Powerlessness Over Others & Accepting Unmanageability - TRADITION 1: Common welfare & CoDA unity - SHARES
11:15am - 11:45am	- BREAK - Refreshments & Literature Sale
11:45am - 1:30pm	- STEP 2: Came To Believe - Higher Power, Sanity & Finding Spirituality. - TRADITION 2: Ultimate authority Higher Power, group conscience - Leaders are trusted servants & do not govern - SHARES - CoDA LONG SERENITY PRAYER
1:30pm - 2:30pm	LUNCH BREAK - LUNCH SERVED & Literature Sale
2:30pm - 4:15pm	- STEP 3: - Made a Decision to Let Go & Let God/Higher Power - Turn Our Will & Life Over to Higher Power, etc - TRADITION 3: Only requirement for membership - Desire for healthy & loving relationships - SHARES
4:15pm - 4:45pm	BREAK - Refreshments & Literature Sale
4:45 pm - 6:30pm	- STEPS 4 & 5: Serious Self-Reflection & Being Human - TRADITIONS 4 & 5: Group remains autonomous except in matters that affect CoDA as a whole - Group's primary purpose to carry message of CoDA recovery - SHARES - CoDA LONG SERENITY PRAYER - Close
6:30pm - 7:00pm	- Literature Sale
8:00pm - 10:30pm	- CoDA FELLOWSHIP ENTERTAINMENT EVENING

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SCHEDULE - SUNDAY - 18TH MAY 2025 - DAY 2

8:45am - 9.30am	- REGISTRATION & Literature Sale
9:30am - 11:15am	- Introduction & Housekeeping: Foundational Documents, etc - Patterns & Characteristics DENIAL, etc - <u>KEN & MARY</u> - STEPS 6 & 7: Letting Go - Trusting God/Higher Power & Welcoming Change - TRADITIONS 6 & 7: CoDA never lends name or endorses outside enterprises - Every Group fully self-supporting through 7th Tradition - SHARES
11:15am - 11:45am	BREAK - Refreshments & Literature Sale
11:45am - 1:30pm	- STEPS 8 & 9: Resentments, Forgiveness & Willingness to Make Amends - TRADITIONS 8 & 9: CoDA to remain non-professional but can employ special workers - CoDA never organised but can create service boards & committees to serve the Fellowship - SHARES - CoDA LONG SERENITY PRAYER
1:30pm - 2:30pm	LUNCH BREAK - LUNCH SERVED & Literature Sale
2:30pm - 4:15pm	- STEPS 10 & 11: Keeping a Journal - Daily Reflections, Prayer & Meditation - TRADITIONS 10 & 11: CoDA has no opinion on outside issues; CoDA name never drawn into public controversy - Attraction not promotion, personal anonymity at the level of all public forms of communication - SHARES
4:15pm - 4:45pm	BREAK - Refreshments & Final Literature Sale
4:45 pm - 6:30pm	- STEP 12: Carrying the Message - Recovery Through Service. - TRADITION 12: Anonymity is spiritual foundation of all our CoDA Traditions - Principles before Personalities. - SHARES - The Twelve CoDA Promises - FAREWELL & Vote of Thanks - CoDA LONG SERENITY PRAYER
6:30pm - 8:00pm	Tidy Up & Vacate Room