

Acceptance, Forgiveness and Courage

Philly, PA Online CoDA Retreat • May 22, 2021

Retreat Schedule

There will be several meetings scheduled for each time slot. Please use the zoom meeting info above your meeting to access the workshop. For breakout meetings, please use the zoom info above the listing and once in the meeting you will be directed to the breakout room

Zoom Meeting Info: Meeting #852 6721 8931 Pswd: 393190

Dial In Numbers:

+1 646 558 8656 US (New York) +1 301 715 8592 US (Washington DC)
 +1 312 626 6799 US (Chicago) +1 669 900 9128 US (San Jose)
 +1 253 215 8782 US (Tacoma) +1 346 248 7799 US (Houston)

Zoom Meeting Info: Meeting #825 2782 4468 Pswd: 089280

Dial In Numbers:

+1 646 558 8656 US (New York) +1 301 715 8592 US (Washington DC)
 +1 312 626 6799 US (Chicago) +1 669 900 9128 US (San Jose)
 +1 253 215 8782 US (Tacoma) +1 346 248 7799 US (Houston)

Time:	Workshop Title	Time:	Workshop Title
11:00 am - 11:15 am	Opening – Kathy H.		
11:15 am - 12:30 pm	What would I be doing if I wasn't so afraid - Karen D.	11:15 am - 12:30 am	Welcome Newcomers Meeting – Kathy H.
11:15 am - 12:30 pm	Facts About Narcissism David G. Breakout Room 1		
12:30 pm - 1:15 pm	Lunch – room will stay open for fellowship		
1:15 pm - 2:30 pm	Walking the Steps In the Moment – Dan R.	1:15 am - 12:30 am	Compliance, Control and Finding a Balance – Jay G.
2:30 pm - 2:40 pm	Break		
2:40 pm - 4:00 pm	Cultural Codependency - When cultures clash with healthy recovery – Isabella C.	2:40 pm - 4:00 pm	Boundaries – Yvonne K.
4:00 pm - 4:10 pm	Break		
4:10 pm - 5:30 pm	Grieving your Dreams - Barbara L.	4:10 pm - 5:30 pm	Turning Trauma to Love – Leslie P.
5:30 pm - 5:40 pm	Break		
5:40 pm - 6:40 pm	Speaker: Ritchard I. Acceptance, Forgiveness and Courage		
6:40 pm - 7:00 pm	Closing		

All times are Eastern Standard time. Click here to convert to your time area. savvytime.com

If you don't have a computer, dial-in numbers have been provided.

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How CoDA Meetings Work

CoDA is an anonymous and voluntary fellowship. Members need never reveal more about themselves than they wish; may share or not, when and if they choose; and are not obligated to participate in any part of the meeting with which they are uncomfortable.

In sharing during CoDA meetings, we proceed in an orderly, respectful manner. People volunteer to share as they feel the desire. There is nothing wrong with having periods of silence if no one wishes to share.

When sharing we use “I” statements rather than “you” statements. We do not offer advice or comment on what other people say – this is called feedback. We also do not interrupt one another or engage in discussion – this is called crosstalk. If we need to ask someone about something they mentioned while sharing, we do so after the meeting, and only after asking their permission. The facilitator, or any member of the meeting, may indicate when someone is engaging in feedback or crosstalk.

We ask that each member limit their share to four minutes or less. The facilitator will indicate when someone has exceeded the four minute limit for sharing.

In CoDA meetings we accept, without comment, what others say because IT IS TRUE FOR THEM. We do this for two reasons: first, because we realize that it is important NOW, for our healing, to have our say, without fear of interruption, contradiction, or criticism. Second because we realize that as codependents, we need to share our OWN feelings and experiences, and listen to and learn from others sharing their experiences, without trying to give advice or otherwise take control.

In an effort to keep this meeting safe, it is stressed that if a group member cries while sharing, they not be touched or handed a tissue, as these behaviors may stifle feelings or reflect codependency. Tissues are available for individuals to help themselves, or the person sharing may request assistance from another member.

By learning to empathize with detached compassion, we accept the group and ourselves where we are, without getting stuck in caretaking. Through identifying our feelings, past and present, we move gradually and surely into recovery

FOR SAFETY SAKE

- I use “I” statements when sharing. (I feel; I believe.)
- I share my own experience, strength, and hope—no one else’s.
- I refrain from commenting on what others share.
- I share for three minutes, keeping the focus on myself.
- I help myself and others by being emotionally present and honest.
- I let others experience their own feelings; I keep my advice to myself.
- Please refrain from using profanities.
- In order to keep the meeting safe, there is no cross-talk. Cross-talk is defined as interrupting or directly addressing another speaker. If you are unsure about what cross-talk means, please ask someone after the meeting.