

24 HOUR CO-DEPENDENTS ANONYMOUS EVENT



PROGRAMME: 12:00-12:00 PM (EDT)

25-26 JUNE 2022

Sessions are 90 minutes.

Please register for the event here:

<https://www.eventbrite.de/e/298206131567>

SESSION 1: 12:00 PM (EDT)

Higher Power, Literature & the Most Important Relationship

SESSION 2: 1:30 PM (EDT)

Patterns & Characteristics

SESSION 3: 3:00 PM (EDT)

How I Work My Program and Steps on a Daily Basis

SESSION 4: 4:30 PM (EDT)

How to Be Sponsored

SESSION 5: 6:00 PM (EDT)

How to Sponsor

SESSION 6: 7:30 PM (EDT)

Feelings

SESSION 7: 9:00 PM (EDT)

Arresting Obsession

SESSION 8: 10:30 PM (EDT)

I Statements, for Safety Sake

SESSION 9: 12:00 AM (EDT)

26 JUNE Principles and Promises

SESSION 10: 1:30 PM (EDT)

Step 2: Came to Believe

SESSION 11: 3:00 PM (EDT)

Step 11: Mindfulness Meditation & Conscious Contact

SESSION 12: 4:30 PM (EDT)

As I Understand God

SESSION 13: 6:00 PM (EDT) UNTIL 8:30 PM

Tools for Recovery and Twelve-Piece Relationship Toolkit

SESSION 14: 8:30 PM (EDT)

How to Start and Maintain a Step Study

SESSION 15: 10:00 PM (EDT)

The Art of Listening

SESSION 16: 11:30 PM (EDT)

Closing

Time zones are confusing! Check Event times here *click*!

Start times for different time zones

-6	Honolulu... United States...	6:00a - 7:30a	Sat, Jun 25	Sat, Jun 25	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	JUN 25	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm
-4	Anchorage... United States...	8:00a - 9:30a	Sat, Jun 25	Sat, Jun 25	8 pm	9 pm	10 pm	11 pm	JUN 25	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm
-2	MDT / MST Mountain Dayl...	10:00a - 11:30a	Sat, Jun 25	Sat, Jun 25	10 pm	11 pm	JUN 25	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm
-1	CDT / CST Central Dayli...	11:00a - 12:30p	Sat, Jun 25	Sat, Jun 25	11 pm	JUN 25	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm
🏠	EDT / EST Eastern Dayli...	12:00p - 1:30p	Sat, Jun 25	Sat, Jun 25	JUN 25	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm
+1	Sao Paul... Brazil	1:00p - 2:30p	Sat, Jun 25	Sat, Jun 25	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	JUN 26
+5	London ... United Kingd...	5:00p - 6:30p	Sat, Jun 25	Sat, Jun 25	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	JUN 26	1 am	2 am	3 am	4 am
+6	Berlin ^{CEST} Germany	6:00p - 7:30p	Sat, Jun 25	Sat, Jun 25	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	JUN 26	1 am	2 am	3 am	4 am	5 am
+9.5	Delhi ^{IST} India	9:30p - 11:00p	Sat, Jun 25	Sat, Jun 25	9:30 am	10:30 am	11:30 am	12:30 pm	1:30 pm	2:30 pm	3:30 pm	4:30 pm	5:30 pm	6:30 pm	7:30 pm	8:30 pm	9:30 pm	10:30 pm	11:30 pm	JUN 26	1:30 am	2:30 am	3:30 am	4:30 am	5:30 am	6:30 am	7:30 am	8:30 am
+14	Sydney ... Australia	2:00a - 3:30a	Sun, Jun 26	Sun, Jun 26	2 pm	3 pm	4 pm	5 pm	6 pm	7 pm	8 pm	9 pm	10 pm	11 pm	JUN 26	1 am	2 am	3 am	4 am	5 am	6 am	7 am	8 am	9 am	10 am	11 am	12 pm	1 pm



World Clock & Time Converter

Effortless time conversion and world time. Schedule conference calls, webinars & online meetings, plan travel and track...

 Worldtime Buddy

7th Tradition Donations are requested as you are able.

Any amount beyond covering Zoom expenses will go to CoDA, Inc, for Translation and Interpretation Services.

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If you have questions, you may contact Colby at 1-410-353-4729.