

CoDA Retreat AGENDA

Face Everything and Recover

Retreat Schedule of Events January 13-15, 2012
Hilton Oceanfront Resort, Hilton Head Island, SC

Friday January 13 th	What
12:00 pm – 9:00 pm	Registration – lobby area
12:00 pm	Opening/Welcome Challenge Speech I <i>"It's Our Choice: Face Everything and Recover...or not"</i>
12:30 pm	Session 1 CoDA Recovery Basics <i>"The Cost of No Recovery"</i>
1:15 pm	Session 2 <i>Member Personal Recovery Story</i>
2:15 pm	Session 3 CoDA Recovery Basics <i>"As A Result of These Steps..."</i>
3:15 pm (run as long as necessary)	Session 4 <i>Day 1 Q&A Panel</i> CoDA Recovery Basics
5:00 pm	Break Until Movie
7:00 pm	Movie/Light Refreshments <i>Movie: Stuart Saves His Family</i> Bookstore open

- ✓ **Please TURN OFF all cell phones and electronic devices during the retreat sessions.**
- ✓ **Please be on time.** Unless otherwise noted, all retreat sessions are 45 minutes long and occur one after another: There are no separate "breakout" sessions.
- ✓ For questions about the Hotel or accommodations, please visit the front desk.
- ✓ Lunch on Saturday afternoon is on your own. We encourage everyone to sample the abundant island cuisine. For a list and description of restaurants, please visit the front desk. If you're not sure what's appealing, you might ask if other members are going to a favorite restaurant.
- ✓ **For the safety and comfort of all who attend this retreat, please observe the following:**
 - The CoDA No-Crosstalk Rule: Please do not speak, interrupt, ask questions or refer to others unless the presenter opens the session to feedback or questions.
 - When you do share, Please only talk about yourself and your story. We find that "I" statements help us to keep the focus on ourselves.
- ✓ To avoid disrupting fellow member's experience, Please plan to use the restroom, get coffee, check messages during the short break between sessions.
- ✓ Bring a pad and pen to take notes. All presenters will share their own recovery and how they apply the CoDA program to their problems of codependence.

Saturday January 14th	What
7:30 am – 8:15 am	Morning Yoga
8:15 am – 9:15 am	Breakfast
9:30 am	Opening/Welcome Challenge Speech II <i>“Get the Recovery That You Want: Start Something!”</i>
9:45 am	Session 1 <i>“Sponsorship! The Benefits & Why You Need to Do it”</i>
10:45 am	Session 2 <i>Female Member Personal Recovery Story</i>
11:45 am	Session 3 <i>“The Keys to Meditation”</i>
12:15 pm - 2:15 pm	LUNCH ON YOUR OWN
2:30 pm	Session 4 <i>“Bridging the Gap Between Our Addiction and CoDA Programs”</i>
3:30 pm	Session 5 <i>“In Touch with Our Inner Child: Learning to Have Fun”</i>
Break	
6:15 pm – 7:45 pm	Keynote Speech & Low-Country Dinner Buffet
6:30 pm	KEYNOTE SPEECH: Michelle E. <i>“The Miracle of Re-Parenting Ourselves”</i>
Break	
8:15 pm	<i>Optional CoDA Meeting in Hospitality Suite</i> Bookstore Open

More Keys to Recovery:

- ✓ **One of CoDA’s principles of recovery asks us to make use of the Fellowship.** One highly effective and time-tested way of doing that is to get the phone numbers of as many CoDA members as possible and start calling them. You can start building healthy relationships with others who are in the program who will understand when you call to talk. It’s a great place to practice being safe and supportive.

Sunday January 15th	What
7:30 am – 8:15 am	Morning Yoga
8:15 am – 9:15 am	Breakfast
9:30 am	Opening/Welcome Challenge Speech III <i>“Must-Haves For Successful Recovery”</i>
9:45 am	Session 1 <i>CoDA Member Story</i>
10:45 am	Session 2 <i>Introduction to “Peeling The Onion”</i>
11:45 am	Session 3 <i>Day 3 Q&A Panel CoDA Recovery Basics</i>
12:45 pm	<i>Roll into Full Retreat CoDA Meeting & Closing Remarks</i>
	Bookstore Open
1:45 pm	Retreat Close

More Keys to Recovery:

- ✓ **You need a sponsor.** That’s true whether we are new or a CoDA old-timers. From wide and long Twelve-step experience it is known that the best recovery comes when we ask another CoDA member who has worked the CoDA steps, and who is committed to their own CoDA recovery to help us work and apply CoDA’s Steps and Traditions for ourselves.

A CoDA sponsor walks alongside us as *fellow travelers on the path of recovery*, not as teachers, gurus, bosses, or parent figures. They don’t give us advice nor do they shame us. They share the insights that they gathered during their own step work and provide us with gentle guidance, safety and trust.

The optimum arrangement is to find a sponsor in our home group. If we can’t find one there, two new changes in communication now make it possible to conduct a sponsor-sponsee relationship from nearly anywhere in the world. The first is **using one of several free Internet services like Skype** (all you need is a PC, an Internet connection, a webcam, speakers and a mic. With *Skype* you can *see and talk* together.) A second possibility is through one of the growing number of **phone plans (cellular and landline) that includes unlimited free long-distance.**

Now anyone can find a sponsor in another town, region or state!