



2021 Virtual International CoDA Convention

Happy 35th Birthday CoDA!



Saturday, October 9th

EDT (Eastern Daylight Time)			Minutes
11:00 AM	11:30 AM	Opening	30
11:30 AM	11:40 AM	Room Assignments	10
11:40 AM	1:00 PM	Sessions 1A, 1B, 1C	80
	Presenter	Title	
1A	David A.	CoDA Service: The Secret Sauce	
Main Room 1 A	Speaker	I discovered aspects of my recovery I did not know even existed before I engaged in CoDA service.	
1B	JW	Working Steps Six and Seven	
Breakout 1B	Workshop	We will take a deep dive into Steps Six and Seven as presented in Codependents Anonymous and discover what parts of the removal process are ours, as well as a method to facilitate it. Suggested that participants have finished (or be close to finishing) a Step 5.	
1C	Ahmed and Nora	To Thine Own Self Be True	
Breakout 1C	English Interpretation provided	Describing the CoDA logo and the program and sharing the influence and the significant impact 12 Steps has had on their lives	
1:00 PM	1:30 PM	Lunch	30
1:30 PM	1:40 PM	Return for Room Assignments	10
1:40 PM	3:00 PM	Sessions 2A, 2B, 2C	80
2A	Karen D	"To Each his Own"	
Main Room 2A	Workshop	I will present different scenarios we face in recovery, and discuss recovery solutions to them	
2B	Isabella	Cultural Codependence: When Cultures Clash with CoDA Recovery	
Breakout 2B	Workshop	In our increasingly global community, we may discover our newfound recovery conflicts with either our own native culture or adopted culture abroad, creating, contributing, or amplifying codependent patterns with major impact. As a first generation American of Italian parents who migrated later in life and a sponsor to internationals, I've observed this first-hand. My own recovery journey has helped me to identify, assess and overcome cultural expectations that were both in conflict with American society...and with the healthy and loving relationships I desire. This workshop seeks to help people identify, address and navigate the potential pitfalls of cultural codependency using CoDA steps and traditions. Handouts will be provided.	
2C	Jeremy M.	Tradition 3	
Breakout 2C	Workshop	There are three questions for participants and then sharing on the questions. Describe what a healthy and loving relationship looks like with your Higher Power, Self and others.	
3:00 PM	3:15 PM	Break	15
3:15 PM	3:25 PM	Return for Room Assignments	10
3:25 PM	4:45 PM	Session 3A, 3B, 3C	80
3A	Genevieve D.	Grief Support and Self care	
Main Room 3A	Workshop	I will share about the grief journey, the Four tasks of mourning, what to expect, self care along the journey, emotions and healthy ways to express them, tools for healing, growing and recovery to come to a place called "new normal".	
3B	Caryn T.	"I" Statements for Safety Sake	
Breakout 3B	Workshop	Personal recovery, meetings and CoDA unity all benefit from each member using "I" statements. Find out why and how it's healthy and loving to only speak for oneself. For Safety Sake, CoDA encourages using "I" statements while sharing. Why is that? How does it make a difference in CoDA unity, healthy meetings, relationships and personal recovery? This workshop will include discussion to help each participant understand the purpose of steering clear of saying "you" and "we". Then, those who choose to, will have an opportunity to use a worksheet and practice making "I" statements.	
3C	Frankie R.	Living Centered Through Freedom from Self	
Breakout 3C	Speaker	This talk will cover the 5 non negotiable daily actions that ensure I am staying out of Self Will and in God's Will. These Daily suggestions have not only brought me an unimaginable amount of Happiness, Joy and Freedom, but have also allowed for me to experience a truly balanced, centered life!	
4:45 PM	5:00 PM	Closing	15