

2012 SoCAL REGIONAL CoDA WORKSHOP & ACTIVITIES SCHEDULE

FRIDAY, JUNE 22, 2012

Conference room	Florentine I		
4:00 - 5:30 PM	Title: Create A New Freedom		
	Synopsis: Identify the patterns of codependency that reflect our history of origin as well as our defects of character. We will set an intention for the weekend, and place them in a Gratitude/Intention/Higher Power Box that we will create during the workshop.		

SATURDAY, JUNE 23, 2012

6:00 - 7:30 AM	6:00 AM Serenity Walk or Yoga - Meet at Hotel Fountain in center of courtyard		6:30 AM Meditation in Florentine I
Conference room	Florentine II	Florentine I	Venetian I & II
8:00 - 9:30 AM	Title: A New Freedom		
	Synopsis: Getting the freedom you deserve by working "step Ten" in your every day affairs.		
9:30 - 10:00 AM	<i>Break</i>		
	Title: The Stranger is a Question Posed by God		
10:00 - 11:30 AM	Synopsis: Relationships as spiritual realities . Small groups discuss ways of developing healthy loving relationships and then share with the larger group.		
	Title: Grieving the Dreams		
12:00 - 1:30 PM	<i>Assembly Lunch & Meeting in Mediterranean III-IV</i>		
	Title: Starve Your Fear with Faith		
2:00 - 3:30 PM	Title: The step that sets us free-Step One		
	Synopsis: We will cover the first part of the book with the dysfunctional patterns. Then transition into the solution. Discussion (codependant vs. healthy patterns)		
3:30 - 4:00 PM	<i>Break</i>		
	Title: How "I" Statements Support our Relationship		
4:00 - 5:30 PM	Synopsis: Role playing by us as examples. Small groups practicing method. Discussion on effectiveness.		
	Title: The Freedom That Comes From Forgiveness		
6:00 - 7:30 AM	Title: The Magic's in the Steps		
	Synopsis: Married 23 years, thanks to Coda. Step by step we will share our experience strength, and the magic that results. Interactive with audience.		

SUNDAY, JUNE 24, 2012

6:00 - 7:30 AM	6:00 AM Serenity Walk or Yoga - Meet at Hotel Fountain in center of courtyard		6:30 AM Meditation in Florentine I
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