

CoDA Traditions Study



Where? Online (zoom/google meet)

When? 1st January 2024 to 31st March 2024 (12 weeks)

Time? 8:30pm (Indian Standard Time) (IST), 10:00 am (Eastern) (EST)

Day? Saturday evening (IST), Sunday morning (EST)

Resources: Steps and traditions workbook (green book), Relationship toolkit (booklet) and CoDA blue book. Other literature of CODA can also be used.

Registration: The participants can register by sending an email to thursdayreclaimingmyself@gmail.com. Registrations are open till 31st December 2023. After this, the meeting will be closed to new participants.

Method: Each week, participants will meet online and read one tradition and the questions associated with them. Then, in the following week, they answer each question under that tradition and circulate it through an email group. At the end of one week, the group meets to discuss the questions and answers and also the tradition for the next week. The aim is to complete the 12 traditions in 12 weeks. The meetings can be of 1 to 1.5 hours, depending on the decision of the group.

Each participant takes turns to host the meeting.

