

Opening Ceremony Script

Welcome

So when I started asking for help on the conference, people asked where the conference would be held. I said as close to my home as possible. So, this might be proof that Higher Power really does listen.

Hello, my name is J and I am codependent. Thank you for joining me in this opening ceremony. Welcome to the Southern California CoDA Conference for 2020, whose theme is 20/20 Clarity in Recovery. I am your conference chair. I am so grateful that so many people have registered from all over the world to spend some time with us working on recovery.

Let us start the conference with a moment of silence to consider what we hope to manifest during this conference, followed by the CoDA Opening Prayer.

CoDA Opening Prayer

In the spirit of love and truth, we ask our Higher Power to guide us
as we share our experience, strength, and hope.

We open our hearts to the light of wisdom,
the warmth of love, and the joy of acceptance.

Orientation

Now, let's take a little time to orient ourselves in this exciting new online format. The bathroom is wherever it usually is wherever you are, and you will need to worry about it being occupied about as much as you usually would.

Our website serves as your handout packet for this event. It has four pages. We'll go over them, now.

The main page is the schedule. I discovered yesterday that this shows up VERY differently on a phone, or any screen that is narrow. If you would like to avoid a nightmare of confusion, please make sure the browser window is wide enough that the two rooms display side by side. This is yet another reason why the conference committee suggests being on a computer for the conference.

The names of the room are taken from the serenity prayer, but are otherwise arbitrary. On the left is The Wisdom Room, also known as room one, which will hold all our workshops and speaker events. On the right is the Courage Room (also known as room two), which will hold our assembly and all of our marathon meetings. You can always find the join information here, at the top of the column. Each room's Zoom information is the same for the entire conference. I repeat: Each room's Zoom information is the *same* for the entire conference.

If anything about the event changes, updates will be made in real time to the schedule. Updates will be designated with red text. If anything seems awry, hold down your shift key and click the refresh button on your browser.

At the end of each day, the day ending will be moved to the BOTTOM of the schedule. This means that the current day will always be close to the top of the screen. As recordings become available, they will be added to the event to which they correspond. It may take a few days to get recordings posted. Please be patient with us.

Next, we have a short welcome, specifically for newcomers. Whether you identify as a newcomer or not, there might be information there that is helpful to you. I encourage you to explore.

I'm going to skip the guidelines for now, and talk about the assembly tab.

The assembly will be tomorrow from 12:30-2:30 in the courage room. There is no scheduled break between that and the 2:30 workshop. I am also sorry to inform you that, in a break from tradition, we are not providing lunch this year.

Anyone is welcome to sit in on the Assembly. There may be questions regarding who exactly is a member of SoCal CoDA. A slide during assembly will say, "We ask that you consider that SoCalCoDA committee is by and for the CoDA community based in southern California. If you feel uncertain, you may choose to wait this one out and if you're still actively involved in a SoCal meeting next year, come on back to Assembly 2021 and vote!" There is still much of interest to everyone at the Assembly, and you are welcome to attend.

Now, back to the guidelines.

Guidelines

Welcome to the 2020 SoCal CoDA Conference - 20/20 Clarity in Recovery! You made it here so you have access to the Conference Site where you find the schedule for the conference and links to both the rooms; Wisdom Room 1 and Courage Room 2. We will go over the Conference Guidelines. You can find them on the Conference Site. Just click the Link at the top that says Conference Guidelines.

Here are the Conference Guidelines:

- 1) Make sure you have the [latest version of Zoom](https://zoom.us/download) downloaded before the event.
<https://zoom.us/download> Click "Zoom Client for Meetings."
- 2) **We recommend connecting from a computer or laptop.** Zoom interface is different on a phone, versus tablet, versus computer. Being on computers will help ensure all participants can be on the same page.

*A few related notes:

- Conference instructions will be using computer interface only.
- Moderators will be limited or unavailable to support other platforms.

- Access to Conference is available via tablet and smartphone but not recommended.
 - Must download zoom app onto your smartphone in order to identify in your profile name (see #9, bullet two).
 - For optimum experience, use a computer.
- 3) We will be using the Zoom Waiting Room feature so be sure to allow ample time for connection. This means you will have difficulty getting in if you are late for a session.
- 4) **We recommend logging in at least 5 minutes before each session. Once the session has started, you will be placed into the Zoom Waiting Room** and admitted when moderators and co-hosts are available to do so.
- 5) We will be using the Zoom Remove Participant feature to permanently remove anyone who is being disruptive, i.e. anyone the conference committee or moderators believe to put the safety of the conference at risk. Bombers will be removed from the conference.
- 6) The Zoom Chat feature will be turned off periodically. Conference chatting (crosstalk) will be limited and you may find you are unable to chat with other participants. You will still be able to chat with the moderator/co-host if you have any questions.
- 7) We will be using the Zoom Mute All Participants feature and you may periodically find that you are **NOT ABLE TO UNMUTE** yourself. You will still be able to chat with the moderator/co-host if you have any questions.
- 8) **During the conference, please refer to the Conference Site as any schedule adjustments will be made in real time.**
- 9) As you attend this virtual conference, please consider the following:
- Approach just as you would a face-to-face conference and identify yourself with your first name and last initial during Q&A, marathon meetings, and other open forums.
 - **Please be sure to use your first name and last initial for your profile/video name PRIOR TO JOINING CONFERENCE. This will help us distinguish you from a potential bomber and let you into the conference.** You can also chat the moderator/co-host to update your name for you, but we request that you do this before you log in.
 - Be mindful of visual and audio disruptions that might impact the serenity of the meeting. Keep audio muted when not in use, avoid background noise, and turn off your video if you need to get up and move around so as not to distract others. **We recommend turning off video during breaks (extra time to do self-care!)**

While the format of the conference is set up to allow flexibility, changes may be made in the interest of virtual safety. If there are any changes, again you can refer back to the Conference Site for real time updates.

A little more information about the conference...workshops and speakers sessions will be recorded with ***audio only***, links for workshop handouts are included on the Conference Schedule, and after each workshop and speaker, there is a 30 minute break allowing for 20 minutes of fellowship. Conference moderators, with guidance from their Higher Power, will work to maintain the safety and integrity of this conference.

We would like to invite everyone to the Assembly for SoCal CoDA. If you are in the CoDA fellowship of Southern California, you are a member! This is a time for all of us to gather, meet the SoCal CoDA Board, and vote on the budget and open positions. The Assembly will be held on Saturday at 12:30pm in Room 2-the Courage Room. Please come join us! It is a great opportunity to see how our larger community entity supports us.

Workshops and speakers will be here in Wisdom Room 1 and the marathon meetings and Assembly will be in Courage Room 2. Again, please honor our conference and safety guidelines. We want everyone to be able to fully benefit from this experience. Thanks so much! We hope you enjoy your conference!

Readings

With all of that out of the way, we will now officially open the conference with the reading of the four foundational documents of Codependents Anonymous, read at every meeting.

May we hear the reading of the Preamble of *Codependents Anonymous*?

May we hear the reading of the *Welcome*?

May we hear the reading of the Twelve Steps?

May we hear the reading of the Twelve Traditions?

Thank you.

Hope you enjoy!