**Ron W.** confirmed to present… “**That was Smart,” Learning to Give Ourselves Credit**.

Do you judge what you think, say, or do harshly, as never good enough?  How can we overcome this pattern; and learn to give ourselves credit for all the good things we do, like showing up for recovery?  We will first dive into this pattern of harshly judging ourselves.  How does it manifest in our lives?  Where does it come from?  Then, we will look at ways CoDA helps us heal it and simultaneously encourages us to take credit for our successes.

**Ron W** is an old timer in CoDA having begun his recovery work in CoDA in 2004.  Actually, to give himself credit, he probably began right after high school.  He’s given many face to face workshops both in his home recovery community of the Bay Area; and also through the Sacramento Fellowship.  This will be his first virtual workshop.

**Wendy** workshopTitle**:** **“A love story - learning to love yourself”**

 Have you heard that the more you love and care for yourself, the more love and caring you are able to give to others? Come explore the gifts of self-love. This class will include steps you can take and exercises you can practice to discover how to love yourself.

**Wendy bio:** Wendy has been a grateful member of CoDA for almost 7 years. By following a lifestyle that incorporates the Twelve Steps and Traditions and the many tools of recovery, including serving at meetings and being a sponsor, she has transformed how she views, speaks to and cares for herself. Through self-love, she has discovered her truth and authenticity, which has brought her a deep sense of belonging and inner peace.

**Misha** confirmed to present workshop is **H.O.P.E with Recovery; Hold On. Pain Ends. with Recovery!**

**Misha S.** Bio: (originally from the Bay Area, now living in PA) has been in CoDA recovery for 11.5 years. She has completed the CoDA steps multiple times as well as the steps in three other programs. Misha sponsors in CoDA as well as her other 12-step programs. She is a somewhat regular face to service for conferences as well.

**Pacia D** workshop “**Feeling and Healing: Connect with Your Loving Parent”**

The solution is to become your own loving parent, and the re-parenting check-in process helps us do that. We meet to practice hearing, affirming, and speaking to our inner children and listening to others model these skills. It helps break the “don’t talk” rule, and dissolve shame as we start to see ourselves as we truly are.

**Pacia D bio:** I joined CoDA eight years ago. One aspect of my recovery has been to rewire the internal messages in my head by developing my Inner Loving Parent and introducing her to my Inner Child or True Self. Using all the tools of recovery, especially the 12 Steps and 12 Traditions, and by being of service at various levels of CoDA, I have discovered that it

really does work if I work it. The joy came when I realized I am worth

**Madeline M**. Workshop description: **Prayer and Meditation: getting in touch with your Higher Power** Listening for your H.P. GPS: Prayer and Meditation are an important core of living any 12-step program. You start by first speaking to your Higher Power, than listening for its direction. In this workshop we'll explore prayer and it's importance, then practice a few forms of meditation.

**Madeline M** Bio: Madeline has been in the rooms of CoDA for 3 years. A 6 month stint in a residential therapy program jump-started her spiritual understanding, giving her a beautiful connection with her Higher Power and the way it communicates with her. This is her second workshop.

**Don B’s Speakers Bio**: Don came to CoDA several years ago in Concord, CA. He has done service work as facilitator of his Concord, Sun River Church, and Heritage Oaks meetings. He has also served as treasurer, Literature person, and phone list manager as well as group representative to GSACC. He has presented his newcomer workshop at the previous GSACC January mini conferences. Don knows that it is important to “keep coming back because it works.”

**Don B’s Workshop Description**: “Orientation to CoDA.” Attendees will be shown a sample of all of the literature published by CoDA, Inc. Emphasis will be placed on detailing the contents of this year’s theme “Calming the Chaos: Using the Tools of Recovery” – . A review of the contents will be given, and we will read passages from it. The workshop will be conducted much like a regular CoDA meeting with readings by attendees of those required by CoDA, Inc. A copy of the Welcome packet will be distributed to each attendee. There will be time set aside for brief shares.

**Karen D** Bio: I live at Lake Tahoe; my home group is the Kings Beach Group. I have a sponsor, I am a sponsor, and my recovery date is June 4, 2014.

**Karen D.** Workshop Description: “**It’s Time to Stop Wishing for a Better Past**,” reminds us that whatever happened to us is not happening anymore. It is easy to say just “let it go”, but if we don’t do the work it will always be there.

Kathryn T.

Time slots requested:

Pacia around 11 am

Misha around 2 pm

Madeline session 2