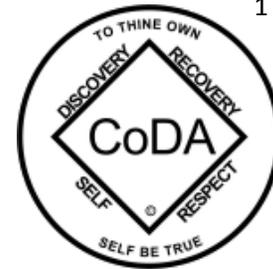


NorCal Winter 2018 Mini-Conference

Welcome to the Co-dependents Anonymous Mini-conference

Elements of Recovery



1

7:45am Registration Opens

8:00am Breakfast Items Available (until 8:45am)

8:45am Opening Remarks/Foundational Readings/Housekeeping (Keir J. / Amy H.)

9:00-9:45am General Session Panel "Elements of Recovery Discussions" 5 min presentations

Session 1

10:00 – 11:15 AM Workshops

Topic	Presenter	Room
Which Direction is Our Compass Pointing?	Kathleen C.	Chapel
Twelve Steps toward Healthy Relationships	Ron W.	Fireside
Communication & Recovery: "What Do I Think, Feel, Need?"	Susan S	Classroom 1
Words of Wisdom from Dad	Herman V.	Classroom 2
Heart 101	Leaf	Classroom 3

Session 2

11:30 – 12:45 PM Workshops

Topic	Presenter	Room
YOGA: A Tool for Going Within	Sandra B.	Fireside
Choose Willingness	Keir J.	Classroom 1
Newcomers Workshop	Don B.	Classroom 2
A Year of "Stepping" Gently Through Trauma and Grief	Karen CD.	Classroom 3

12:45 – 2:00 PM Lunch in Adams Hall

12:45 – 2:45 PM Norcal CoDA Meeting in the Youth Room

Session 3

2:15 – 3:30 Workshops

Topic	Presenter	Room
Letting Go of Worry, Doubt, Fear and Frustration While Embracing Love, Joy and Peace	Pam B.	Chapel
It's Time to Stop Wishing for a Better Past	Karen D.	Fireside
Elements of CoDA Recovery	Kathryn T.	Classroom 1
How to Be You: Finding Your Authentic Self and Living Your Life Purpose	Christopher M.	Classroom 2
Clarifying Personal Values Tool	Amy G.	Classroom 3

3:30 PM Closing remarks in Adams Hall

3:45 PM Clean up – volunteers appreciated ☺

*** 4:30 PM No host dinner at Brookfield's Restaurant located at 11135 Folsom Blvd. in Rancho Cordova

Workshop descriptions and Presenter Bios

Session 1 10:00 – 11:15 AM

Which Direction is Our Compass Pointing?

Kathleen C.

10:00 – 11:15 AM in the Chapel

This program has taught that "awareness and action" moves us from Powerless to Higher Powered. This workshop will discuss one way in which our Control, Avoidance or Manipulation can keep us un-empowered and codependent. We will utilize a spreadsheet to evaluate: where our codependent patterns show up, how to re-phrase our self-dialogue to find truth and freedom with honesty, and what action to take to point our compass toward how "our spirit progressively comes to know peace and well-being".

Biography: In 1994 I started my CoDA foundation in San Francisco, then became active in the start-up of the CoDA North Lake Tahoe fellowship when I moved there in 1997. I continue my recovery by regularly going to meetings, attending conferences and workshops, study groups, step work, sponsoring and being of service. I have found the gifts of working the CoDA program continue to enhance my life, and I feel genuinely happy, capable and free as a result of the program and embrace the opportunity to continue to grow even more.

Twelve Steps toward Healthy Relationships

Ron W.

10:00 – 11:15 AM in Fireside

This workshop presents the steps as a path toward healthy relationship. We'd begin by defining what a healthy relationship looks like and contrast that with the disappointing relationships we grew up with. Next we'd examine how the steps transform our unworkable model of relationships toward the healthy, focusing particularly on the humility of self-examination, the strength of seeking help, and the wisdom of making amends. The format of the workshop is group discussion and exercises of sharing in pairs, with group feedback after the exercise.

Communication and Recovery: What Do I Think, Feel, & Need?

Susan S.

10:00 – 11:15 AM in Classroom 1

What we know about ourselves lays the foundation for communicating with others in a way that is clear and concise and honors our true selves. We will use the tools in the CoDA Pamphlet "Communication and Recovery" to understand the basis of healthy communication with ourselves and others

Susan S. - I've been enjoying the challenges and rewards of CoDA recovery consistently for 8 years now. I attend meetings regularly in Sparks, Nevada, have a sponsor and sponsor others. Currently I'm on my second journey through the Steps in CoDA.

Words of Wisdom from Dad

Herman V.

10:00 – 11:15 AM in Classroom 2

Words of wisdom from Dad, is comprised of a brief history of his youth, surviving Nazi-occupied Holland, moving to the United States in 1957, becoming an excellent glassblower & starting a family with deeply authentic hopes & dreams, but with alcoholism on

the back-burner, progressing and overlapping with my own alcoholism until we both entered recovery, with Dad setting the example 8 years before me. Our once-great relationship was restored to even better and I augmented my program with Co-Dependents Anonymous in 1988, when it was only 2 years old. All the while, Dad shared gems of wisdom with me that help me every day, so I began writing them down and want to share them with anyone who'll listen. In this workshop, you'll also hear a 2-minute song by Tom T. Hall, whom Dad knew personally, and it crystallized Dad's view of healing the world. This group is interactive, so people can share how these attitudes & beliefs affect them and their perspectives. And for the grand finale, I share with the group Dad's most important advice ever, his last words to me from his deathbed. You have to hear it to believe it.

Herman V. - I'm a recovered alcoholic & co-dependent for 29 years this month, grew up in Palo Alto from 1962-1988, then moved to Auburn. It took 15 years of going to meetings before I got sober & then, at death's door, I finally 'turned it over,' and life's been getting better ever since. I have sponsors and I sponsor people and have been through much to prove that my program works.

Heart 101

Leaf W.

10:00 – 11:15 AM in Classroom 3

Playfully build up your empathy, connection, and self-awareness with Leaf Wild, MFA. This class intuitively combines perspective-shifting exercises that directly apply to daily life: guided meditation, creative movement, small and large group discussion. If time allows, leaf will also offer a short “witnessed” individual counseling session, followed by group discussion.

Leaf Wild is a counselor in private practice (Wildish Work Counseling) in Davis California. Wildish Work Counseling is a creative, empathy-based approach to growth and healing, rooted in the principle that honest self-acceptance is an excellent path to empowerment. He is currently expanding to include dynamic group sessions, based on weekly readings and co-counseling practices.

Session 2

11:30 – 12:45

YOGA: A Tool for Going Within

Sandra B.

11:30 – 12:45 PM in Fireside

After a brief sharing of my personal “experience, strength and hope” in CoDA, we will explore the history of yoga and the common philosophical concepts it has with CoDA. Then we will have an actual basic yoga practice that includes breathing techniques (great “elements” of recovery!), asana (postures that aid in balance and awareness) and relaxation (a tool for “letting go”). The practice can be done on the floor or chair. Comfortable, loose clothing is recommended.

NO PRIOR YOGA EXPERIENCE IS REQUIRED. All are welcome!

Choose Willingness

Keir J.

11:30 – 12:45 PM in Classroom 1

The difference between going through the motions and beginning a lifestyle-based/action oriented program of recovery can be boiled down to willingness and choices. Choices may be made that contribute to remaining stuck and choices can be made to move us towards departing from the imprisonment of our codependency. A willingness to try may be all that is standing in the way of building a new life of freedom in recovery. Come with pad and pen and learn a bit about departing from what never worked in the first place.

Keir J. - Is Northern California CoDA's Sponsorship Chair, Greater Sacramento Area CoDA Community's Treasurer, and Chair of the GSACC mini-conference committee. He is a sponsee and a sponsor and continues to work an active lifestyle-oriented program of recovery daily. He has given workshops on the 30 Questions Sponsorship Tool, How to Listen to God, Why Healthy Meetings Matter, and Working the Program. He has been working the CoDA 12 Steps with sponsors and sponsees for over eight and a half years.

Newcomers' Workshop

Don B.

11:30 – 12:45 PM in Classroom 2

"What the heck is CODEPENDENCY? Am I codependent? What can I expect at CoDA 12 Step meetings?" We'll answer these questions and more! "Old-timers" are welcome too: brush up on your CoDA tools, maybe learn new ones.

Don B. I started attending CoDA regularly in April 2013. Served as Facilitator, Treasurer, and Lit person over the years. Currently I am the Tuesday meeting rep at DSACC. This is my first time hosting a workshop and I am grateful for the opportunity.

A year of "stepping" gently through trauma and grief

Karen CD.

11:30 – 12:45 PM in Classroom 3

A year of "stepping" gently through trauma and grief. I will be sharing my recent experience of being in a yearlong step study at the same time as dealing with childhood trauma. This coincidence was a beautiful way to stay present and move forward through the grief.

Karen C.D. has been a member of Coda since 2004 and I'm located at and attend meetings in the Carson Valley, NV.

Session 3 2:15 – 3:30 PM

Letting Go of Worry, Doubt, Fear and Frustration While Embracing Love, Joy and Peace

Pam B.

2:15 – 3:30 PM in Chapel

Pam B. I'm just an ordinary woman with a story to share of recovering from co-dependency and dealing with life's ups and downs in the midst of it all.

It's Time to Stop Wishing for a Better Past

Karen D.

2:15 – 3:30 PM in Fireside

This workshop is designed to help us let go of a past we're holding on to; a past that is still present in our adult lives, but is no longer helpful.

Karen D. I am a member of CoDA at Kings Beach. I am happiest when I share my experience strength and hope, and gain your experience strength and hope in the process!

Elements of CoDA Recovery

Kathryn T.

2:15 – 3:30 PM in Classroom 1

Explore your personal ecology of recovery in “Elements of CoDA Recovery”, a joyshop. Beginnings... what brought you in to CoDA meetings? Examine your personal truth, from denial to the recovery elements that you actively engage in. How are you going to develop a relationship with yourself? Or an even better version? Consider the elements that you avoid, quietly or under protest - abstinence, admission, awareness, focus, resilience, steps, sponsees, sponsors, traditions.

What is the potential waiting for you “in these rooms”? In the resources outside? What traits are asking for transformation? After the conference, what will you do to take excellent care of yourself? To sustain your recovery?

Kathryn T. (Santa Cruz) began working the CoDA program of recovery by attending CoDA meetings summer 1987 in Santa Cruz, CA and once in Delhi, India in 1988. After first entering "these rooms" in 1983 for twelve step programs, discovery and recovery, she has participated in five writing workshops based on three recovery texts since 1991. Kathryn shares experience, strength and hope in recovery with sponsors and sponsees; through intergroup, international conferences, meeting and workshop participation; facilitating meetings; designing and delivering keynotes, joy shops; and in service to the CoDA community.

How to Be You: Finding Your Authentic Self and Living Your Life Purpose

Christopher M.

2:15 – 3:30 PM in Classroom 2

It's easy to lose sight of yourself – or to not really be in touch with yourself to begin with. This is especially true while in a romantic relationship and for codependents, love addicts, and people with an anxious attachment style or who experienced childhood trauma.

Do you struggle to ground in your truth and actualize yourself? Have you felt like a leaf in the wind of your partners’ wishes – sacrificing your needs to satisfy theirs? Do you find yourself caretaking a colleague, friend, or relative without meeting your own needs? Do you have a hard time saying “no”? Then this talk is for you.

In this workshop, you will:

- Learn a powerful tool to anchor in and realize your inner truth
- Discover the most effective way to identify, express, and pursue your needs
- Determine the #1 thing stopping you from living your life
- Learn how to express your emotions authentically, without injuring others
- See how to connect more deeply with yourself, your higher power, and your partner

Christopher M. works professionally with spiritually conscious people who feel lost in life. He helps them find and live out their life purpose. He is dedicated to awareness and spiritual growth in himself and others. He has trained at 9 schools of energy healing, and has been certified by 4. To heal his own trauma and codependent tendencies, he has attended 500 meetings in 12-Step programs for codependency and attended 2,000 private psychoanalysis sessions. In his spare time, he navigates challenging personal growth opportunities and experiences a newfound, deeper heart connection with his romantic partner of 3 years, an energy healer.

Clarifying Personal Value Tools

Amy G.

2:15 – 3:30 PM in Classroom 3

Clarifying personal values is a way of identifying your authentic self. Your core values can point towards your spiritual identity as well as defining your self-awareness. How we adhere to our moral compass can help build true self esteem. By recognizing our core values, we can help ourselves make decisions based on those values. Thus by staying true to our values we can put real action into the changes we want to make in our lives. You can set the values worksheet next to your patterns and characteristics and see clearly how to make healthy changes in your life. Getting in touch with our values helps us to hold healthy boundaries. The more clarity we can put in our lives helps us to let go of what needs to go and makes room for more joy!

Rev. Amy Goodwin has practiced the 12 steps process consistently since 1998. Being in Service is a primary spiritual practice for her recovery. She is the founder of Joy House SLE Inc. (joyhousesoberliving.org) a sober living home for Military Veteran Women. She is also Staff Chaplain at First Call Hospice in Sacramento. She enjoys presenting workshops and facilitating writing groups. She has a workbook titled “Exploring spirituality using the 12 steps” which she uses in her writing groups yearly.