

Courage to Be Me in 2023- January 28, 2023

	Meeting Hall	Fireside	Room 1	Room 2	Room 3	Chapel
8:00 –	Registration & Breakfast					
9:00 –	Welcome					
Session 1 9:30- 10:45			How Low can You Go- Karen D	The Courage to be me and Violence Free- Leea	Courage to Heal : Connecting with and Re-Parenting Your Inner Family - Elizabeth M	
Session 2 11:00 - 12:15			Sponsorship: Using the 30 and 40 Questions- Debbie	Words of Wisdom from Dad- Herman	"Letting Go as it Relates to Step Work and the Pursuit of Serenity in CoDA -Tom A	
– Lunch – 12:30 – 2:10	Lunch		NCC Business Meeting			
		1:10 ~ 2:10 CoDA Meeting-	1:10 – 2:10			
Session 3 2:15 – 3:30			Courage to know I am loved- Amy	Recovery, Codependency, and Dating Oh My!- Shannan	Guided Meditation-Finding your Happy place.- Najee	
3:30 – 3:45	Closing					

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Session 1

Karen D. Workshop Description: 'How Low Can You Go'- Synopsis: When you get annoyed during the course of the day, what do you do about it? Getting in the practice of a spot check 4th Step can redirect your day and help you start over.

Only you can decide how free you want to be.

Karen D. Bio: I started in CoDA on June 4, 2014. I have a sponsor, I am a sponsor, and my home group is the Sunday Night Book Study.

I am forever grateful to this program for teaching me how to have a real life, and stop living the fake one I was so used to.

Leea's Bio: Hi! My name is Leea and I am recovering from codependency. My first experience with CoDA was at a conference in April 2017. I was completely startled during the welcoming announcements when the speakers said that they were in CoDA for 21 years, or 17 or 12. I thought that CoDA was a place to get fixed, not a cult to join. I was so naïve and my feelings were so completely wrong. CoDA is definitely not a cult, and I had no idea that codependency is such a deeply rooted disease that it can cause patterns that last a lifetime. Over the past five years CoDA, domestic violence education, and trauma recovery have taught me the connection between codependency and violence. Today, I can honestly say that I have the courage to be me and violence free.

Leea's workshop decription: Title: The Courage to be me and Violence Free, In this workshop It is her desire to integrate her testimony with evidence-based information and participatory exercises so that you too can gain courage and freedom. In this presentation she will discuss the difference between codependency and interdependency, how codependency supports violence, the application of the Serenity Prayer, four personalities that all people have, drawing healthy boundaries to choose yourself, the role of feelings and emotions, and if time allows, a fun closing activity.

Elizabeth M's Bio: Elizabeth M. has been in CoDA for 4 years and 7 months. She was raised in a very dysfunctional home that included parental mental illness, hypercritical parents, divorce with nasty custody battle. She was oldest of 3 biological sisters and had 4 step siblings added in teen years. This caused her to develop many of the Codependent characteristics or as she fondly calls them...outdated survival skills. Elizabeth has worked the steps and traditions with her sponsor. She has facilitated her home group and has done service at regional level as group rep and is currently helps out as GSACC chairperson. Elizabeth has also helped organize speakers for the Nor Cal winter conference for 3 years now.

Elizabeth M's Workshop description:Title: Courage to Heal: Connecting with and Re-parenting your Inner Family. In this workshop we will read and discuss "What does Childhood have to do with our lives today?" What is the Child within?" and "What is meant by re-parenting?" She will include some exercises for discovering and connecting with our inner family. So if like Elizabeth, you have been led to inner child work or curious then join her workshop and explore this adventure together.

Session 2

Debbie W. Bio: (Sacramento) - has been in CoDA since 1988. She knows that service work is indeed the "diamond lane of recovery." She sponsors others and is currently the 2nd Delegate representing NorCal CoDA. She has also served as past Treasurer & Chairperson for NCC and GSACC. She is an example that by working our CoDA program, We can all be happy, joyous, and free!

Debbie W- Workshop Description: LET'S BEGIN WORKING STEPS FOUR & FIVE USING THE CODA 40 QUESTIONS:

Do you have any apprehension of working Step Four? Would you like clear & encouraging questions along the way as you "Learn to Love the Self"?

In this workshop we will introduce and celebrate the newest provisionally approved CoDA literature: "WORKING STEPS 4 & 5 - USING THE 40 QUESTIONS"

which originated in 2012 right here in Sacramento at our GSACC Conference!

The document can be downloaded at: <https://coda.org/member-resources/pending-conference-approval-draft-voting-entity-literature/>

(Sample Question: 11. Re-read pages 42-45 beginning with "Step Four may appear overwhelming...." It states that Step Four is a form of emotional surgery requiring gentleness and care. We are learning to separate and appreciate our innate goodness from our unhealthy thoughts and behaviors. Visualize yourself going through emotional surgery, always treating yourself with gentleness and care. Write about what came up for you during your visualization. Starting today, put aside all self-condemnation.)

Herman V.B. Bio-He has attended AA since 1979 and helped establish the Auburn CoDA group. He has been clean and sober for over 28 yrs and has been in CoDA for 33+ years. He has been a sponsor and cosponser, He has been a workshop presenter and has presented his evolving workshop a few times now. Alcoholism and addiction tore is family apart when he was 8yrs old. He began attending AA at age 17, but struggled with sobriety for over 15 yrs. On February 11th, 1994, my sobriety began and since then, every day is better than the last, even when huge problems are confronted, because now I have the tools of the program(s) to deal with them, especially my most valuable tool... my Higher Power. The Co-Dependents Anonymous Conferences have provided me with the best education I've ever had, filling many notebooks and making lifetime friends from them for 25 or so years...Best way to spend a Saturday. I am currently living in Auburn for 33+ years now and program is still #1, so everything else falls into place.

Herman V.B. workshop Description- Title: Words of Wisdom From Dad-It traces his father's beginnings in WWII Holland, his alcoholism, successful move to the U.S. & glassblowing career + family & co-dependency issues, my alcoholism/addictions, our father-son relationship that withstood the whole test of time, and Dad's setting the example for 12-step recovery first, followed by mine. The grande finale is Dad's final words of advise to me before he left this world..it has to be heard to be believed. Also, there are handouts I dispense which have many of the rare quotable quotes from Dad that I fortunately wrote down over the years..and many of which he only said once. The main theme here is the successful utilization of the 12-step program and how it works, even from generation to generation, -Htim van Bragt

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Session 2 (continued)

Tom A Bio: Tom A came to his first CoDA meeting at the Howe Street Kaiser building in the spring of 2016. Having found his family in CoDA after years of feeling isolated and alone he dove in with both feet. Attending 2-4 CoDA meetings a week ever since has lead to realizations and changes in his life that can best be described by the word miraculous. After discovering that the elevator to serenity is not functional, he sought the stairs. Having discovered the key to open the door to the staircase to his serenity, he now wants to share his experience strength and hope with others in the CoDA family.

Tom A Workshop: Title: "Letting Go as it Relates to Step Work and the Pursuit of Serenity in the CoDA program" Letting go is the key that has unlocked the door to an ever deepening understanding of the steps that lead to serenity. In realizing this I now endeavor to let go of all ego, emotion, attachment, agenda, and preconception in pursuit of that which higher power has divined for me and those around me. The call to share my experience strength and hope has compelled me to share the concept of letting go as it relates to step work with other CoDA members.

While preparing to host a workshop last fall I was inspired by the little red book titled “In This Moment Daily Meditation Book”. In this workshop I will read various passages from the little red book. I will share my experience strength and hope with the goal of encouraging others to share as well. It will be a dynamic workshop focused on the present and on being present to receive the gift of serenity.

Session 3

Bio for Amy G -January 2023-I am Amy G and I have over 20 years recovery work in Codependency and addictions. My specialty is in understanding spiritual growth and spiritual awakenings. I am a newly retired Hospice/hospital chaplain. Spiritual care giving is an amazing way to be in the world. I truly enjoy helping other codependent persons find their own meaning and person in recovery. It really is true when you help others you help yourself. I believe it is very important to do Mind, Body and Spirit work in our recovery. I love creating workshops that help use real tools for people in recovery. My hope and goals for workshops is that the participants feel joy and love and brave when they walk out of the classroom!

Amy G workshop: Courage too know I am loved!

Promise 5 tells us “I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.”This workshop has gentle tools for learning to speak your truth. Including “soul amends” questions to consider and answer. When we start to really know who we are inside, we will realize what God intended- that we truly are precious and free. We are created in absolute delight by our Higher Power. When we get a glimpse of loving acceptance for ourselves then we can begin to really shine. God as we understand God will joyfully shine through us and into the world.

This workshop includes: a “speaking your truth “tool, A list of soul amends questions to inspire self amends., A short, guided meditation, A new understanding of Promise 5!

Session 3 (Continued)

Shannan bio-Shannan P (Loomis, CA) has been an active member of CoDA for over 3 years. She has served as a Literature person for her home group. Shannan P, wakes up grateful every day that she had the courage to 'walk through the doors' and attend her first CoDA meeting in June 2019. She is excited to lead her first workshop and share her journey into the dating world. She hadn't dated in over 20 years, but after two years of CoDA recovery, she was ready for this next season. Using the CoDA tools, she learned a lot about herself and how to navigate dating in a way that honors who she is and what she wants.

Shannan Workshop Description: Are you curious, terrified, or excited about the thought of dating? If so, this workshop is for you! All are welcome to join this interactive workshop that will help give you the tools and confidence for healthy and fun dating as a recovering Codependent. Our time together will include group discussions, a values exercise, visualization techniques, role-playing, and lots of fun! There will also be an 'ask me anything' Q & A session about the highs and lows of my first year back in the dating world.

My goal is that you leave the workshop with a better understanding of the following:

When will you know you are ready to date?... Would you enjoy dating yourself?...Why enjoying your own company matters... Why figuring out what you REALLY want is so important... Use tools from the CoDA 12-step Relationship Toolkit. Navigating online dating (tips and trick)...What you need to know about situation-ships, red flags, and ghosting. How to prepare for rejection, confidence is key...Establishing dating boundaries (for yourself and your date)...Strengthen and maintain your sense of self while dating...Learn how to enjoy the dating process and actually have fun!

Najee's Bio:

I have been in CoDA for three years. I have gone through multiple officer positions and am currently holding two of them right now. Meditation and journaling have been two of my favorite tools of the program. I am not a meditation master or anything close, I am just someone who uses this tool and it helps me.

Najee's Workshop: Guided Meditation. In this workshop you will find your own happy place within your mind so that you have a specific place to return to when doing meditation. My intention for this workshop is to be helpful to those who meditate on the regular and for those who don't practice at all, because every experience brings value to the whole.