

2018 Workshop Schedule - Subject to change

To help you plan your conference, here is a sneak-peak at the schedule. Be sure and pick up an official schedule when you arrive just in case we make a change.

8:00AM – 8:45AM

Fellowship Hall - Continental Breakfast / Registration

8:45AM – 9:00AM

Fellowship Hall - Opening. Serenity prayer, 12 steps, 12 traditions. Nanci A.

Session 1: 9:00AM – 10:20AM Workshop options

Education Building – Upper Room – Follow the Yellow Brick Road - Jim Y

This workshop outlines a Program Path for those that are willing to do the work that it takes to achieve their Recovery Goals. The Program Path is available to anyone that has decided that “my way” just stopped working because pain, misery and suffering have become too unbearable – finally!

You can lead a horse to water, but you can't make him/her drink. One can die of thirst by not drinking the water of Recovery.

Jim Y (San Francisco) Jim's rebirth began in 1993 when he could no longer tolerate his bottom of being empty, meaningless, powerless and totally unmanageable from growing up in a dysfunctional family. Hope for a new day came through working the Codependents Anonymous Program.

As the result of the recovery process, Jim's sense of self began to grow, develop and fill the black hole within.

He believes that everyone can benefit by lending or taking a helping hand in today's rapidly changing world ~ especially to those who suffer and are lost.

Fireside room – Empowering the Inner Adult - David E.

How often do we hear about Inner Child work but don't know where to start. In this workshop we will trust recovery to empower the inner adult, empowering our emerging recovery to care for our children within. We will create a safe space to heal. Workshop elements include guided visualization, sharing and group discussion.

David E. (Santa Cruz) attended his first CoDA meeting in the Fall of 1991 in Berkeley, CA. It was there with others in fellowship he began exploring inner-child work as a pathway to healing. David has led numerous inner-child workshops at recovery retreats, emphasizing a strong relationship between inner-parent and child.

Session 2: 10:30AM – 11:50AM Workshop options

Education Building – Upper Room – Choose Willingness - Keir J.

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 (GSACC) Treasurer, and Chair of the 2018 GSACC mini-conference committee. He has been 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, Working the Program, and Seeds of Codependency. He has been working the CoDA 12 Steps with sponsors and sponsees for over 9 years.

Session 2: 10:30AM – 11:50AM Continued

Classroom #1 – Surfs up! Catch a wave and face your 4th step - Julie B.

"Our cleansing begins with an honest and thorough self- assessment through the work of Step 4. We look to this Step to continue the process of freedom and to help us become all that God intends us to be". From the CoDA Blue Book, 3rd edition, page 42.

Step 4 is an action step. In this workshop we will review and discuss a variety of 4th Step formats found in our CoDA approved literature. *"We remember that our courage to complete this step doesn't come from the absence of fear but our willingness to walk through it".* From the CoDA Blue book, 3rd edition, page 43.

I approach my 4th Step as a celebration filled with love and gratitude. I would like to hear your thoughts, feelings, experience, strength, and hope about Step 4. Let's face the waves and ride them together.

Julie B. (San Bruno) started her CoDA recovery in San Francisco, California during the fall of 2000, lived in Las Vegas, Nevada for 9 years, and currently resides in San Bruno, California. She gratefully thanks her Higher Power for 17 ½ years of CoDA recovery. This miraculous program has transformed her life. What's behind the miracle? The solution is seeking HP's will by working the 12 steps and 12 traditions for Co-Dependents Anonymous along with sponsorship, attending a lot of conferences, serving on the CoDA Board of Trustees, CoDA World Event Committee, and sharing her experience, strength, and hope with other co-dependents who still suffer.

Fireside room – Achieving Serenity by Turning It Around - Yvonne K

As a child, my safety depended on my hyper vigilance; interpreting the body language; the voice; the look. As a child in a state of fear with limited reasoning skills, my imprinted beliefs were faulty and in the extreme. After coming to CoDA, I've learned that it's not what people say, it's what I hear. What I hear is influenced by the faulty, extreme beliefs from childhood. This workshop will provide a tool to look at the people, place or things that anger, irritate, sadden and frustrate us and help us turn it around so we can find our serenity.

Yvonne K (Los Gatos) Yvonne's recovery program embraces her past and current life with honesty, openness and an eagerness to put childhood patterns to rest. She has worked the 12 Steps and 12 Traditions many times and believes her recovery has been accelerated by being a sponsor and doing service work in her meeting, NorCal CoDA and CoDA World Service. CoDA continues to give her the tools to recognize and forge healthy, balanced relationships, and attract positive people and experiences into her life.

12:00PM – 1:00PM

Fellowship Hall – Lunch: Please allow members of NCC Assembly Business meeting and members with special dietary needs to be first in line.

12:30PM – 1:50PM

Fireside room (adjacent to the Fellowship Hall). NCC Assembly Business

Meeting. Annual elections for Chairperson, Vice Chairperson, Sponsorship Chairperson, Hospitals and Institutions Chairperson and Webmaster. **All members are encouraged to attend. – Leslie C.**

1:00PM – 1:50PM

Education Building - Upper Room - CoDA Meeting. Secretary:

Session 3: 2:00PM – 3:20PM Workshop options

Education Building – Upper Room – Healthy Boundaries – Debbie W.

What are healthy boundaries? Why is it our responsibility to set & maintain them? Creating & maintaining them is a major area of recovery from codependent patterns. It takes committed practice & ongoing awareness. In this interactive workshop we will explore different aspects of our lives that may be requiring a boundary upgrade & brainstorm ideas to take better care of ourselves.

Debbie W. (Sacramento) - has been active in CoDA since 1988. She is currently the Treasurer for NorCal CoDA. She has been Chairperson for NorCal CoDA and the Greater Sacramento Area CoDA Community. By living “one day at a time” and turning her will and life over to the care of her loving Higher Power, she has learned many lessons of codependency recovery first-hand: appropriate trust, setting healthy boundaries, healing shame issues, acquiring healthy attitudes of abundance consciousness, letting go of control and perfectionism, practicing unconditional love & forgiveness of ourselves and others. She is an example that by working this program, we can all indeed be happy, joyous, and free!

Classroom #1 – Use The 12 Traditions for Personal Relationships - Salle

In CoDA, we say that the 12 Steps are for personal recovery and the 12 Traditions are for group health. Salle will look at the 12 Traditions for relationship help, the group of two. Learn how to apply the traditions to your relationship with your significant other.

Salle (San Jose) has been in these rooms for a long time, but she knows that recovery is a “one day at a time” process, so she keeps coming back.

Fireside room - The Miracle of the 12 Steps – Jim M.

Bring your Big Book! Bring your sponsor! Bring your sponsee! You will be amazed at the way Jim breaks down the 12 steps using the CoDA Big Book. We will go through the steps tying all 12 together as a package that will take us from the 1st through the 12th with emphasis on pulling out the common threads from step 4 to identify our character defects for step 5. We will learn why many people break down in doing steps 8 and 9, because their sponsors let them off the hook in steps 6 and 7, the all important pivotal steps. We will also uncover the mystery of steps 10 and 11, and how they can change our lives on a daily basis. And last, how step 12 can continue to help us grow through service, and sponsoring others.

Jim M. (San Leandro) is a member of CoDA since 1988. His work in other 12-step programs total 40 years in recovery. “Al-anon saved my life, CoDA changed my life” is Jim’s motto. As a re-entry student, Jim used the affirmation “I am an A student” to finish his degree in real estate and finance. Jim brings insight and meaning to the CoDA Big Book. Jim’s hardcover CoDA Big Book was falling apart from so much use, he had it spiral bound (and it is falling apart again). Jim is now retired. He is a 2-time cancer survivor, enjoys kayaking, travel, and sponsors 5 members.

Session 4: 3:30PM – 4:50PM Workshop options

Education Building – Upper Room - [Joyshop] Surf into Serenity - Kathryn T.

Opening welcome with brief body-mind-spirit harmony exercises in the Qi Gong and Hatha Yoga traditions. This joyshop gently examines how to differentiate accepting “the things I cannot change” and then having the “courage to change the things I can” with the tools of recovery from codependence. We’ll begin with an exercise to help you expand upon your sense of serenity. During this joyshop you’ll have the chance to self-assess, and evaluate recovery skills that need further development. Closing meditation. Workshop evaluation.

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, joyshops; and in service to the CoDA community.

Session 4: 3:30PM – 4:50PM Continued

Classroom #1 - Steps 2 and 3: The Bridge to our Higher Power - Tom S

Steps 2 and 3 move us toward a healthier concept of a Higher Power--free from the traits of past or present abusers. That's the Higher Power we turn our will & our lives over to. With interactive exercises and CoDA literature, we'll examine how we're experiencing God as we gain knowledge of our Higher Power's will for us.

Tom S. (San Jose) began CoDA 16 years ago, and feels especially called to serve those who struggle to find their Higher Power's role, and those who are in the role of Caregiver.

4:50PM – 5:00PM

Fellowship Hall - Closing

8:00PM – 9:30PM

You are invited to the Seabright State Beach CoDA meeting.

Seabright State Beach Meeting Directions:

Turn **L** on **HIGH ST** - go **0.6 mi**

Turn **R** on **STOREY ST** - go **0.1 mi**

Turn **L** on **KING ST** - go **<0.1 mi**

Turn **L** on **MISSION ST** (get into middle lane to go straight) - go **0.6 mi**. **Mission St. turns into WATER ST**

Turn **R** on **OCEAN ST** - go **0.8 mi** (all the way to the end).

Turn **L** on **E CLIFF DR** turns into **MURRAY ST.** (bear left) - go **0.7 mi**

Turn **R** on **SEABRIGHT AVE** - go **< 0.1 mi**

Turn **L** on **ATLANTIC AVE** - go **0.1 mi**

Turn **R** on **THIRD AVE** go **0.1 mi**

At the end of 3rd Ave. walk down the steps to the beach. Meeting is marked by Windsock.

