

## **2019 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**

#### **Sanctuary – Main Room - How to Know a New Freedom – Salle**

Exploring the issues that humans have, and many of the methods available for dealing with them, Salle will lead participants in how to investigate and choose their own authentic path to an improved life. Many paths will be defined and explored that will lead people back to their own inner strength and recovery.

**Salle** (San Jose) has been involved on many levels in CoDA recovery work for a long time. She is working the Steps and has sponsored many people over her time in CoDA. She lives in San Jose with Ruffles-the-Most-Recent-Cat.

#### **Classroom #1 – Boundaries – Friend or Foe? - Jim Y**

This workshop outlines a Boundary System that can work if you work it. Without effective boundaries, a person's life can remain powerless and unmanageable. Enjoy a better future by learning and practicing boundaries today.

**Jim Y** (San Francisco) Jim's rebirth began in 1993 when he could no longer tolerate his life being empty, meaningless and totally unmanageable. 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 big black hole inside. 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.

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

#### **Sanctuary – Main Room - BEGIN WORKING THE STEPS USING THE CODA 30 QUESTIONS - Debbie W.**

Have you ever been a frustrated sponsor? sponsee?

Need clear & encouraging baby steps to begin working the Steps?

Need effective Tips for Sponsoring?

In this workshop we will introduce: "An Easy Way to Start Working the Steps - As Easy As 1-2-3!"

(Sample Question: "Have you lost any time, money, or energy due to unhealthy relationships?")

Experience a gentle established path for working the first three steps and discover our rich CoDA Literature.

**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!

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

### **Classroom #1 – Vitality - Coming Back to Life – Ron W.**

We can feel our aliveness in our pulse - that signal of blood carrying vitality throughout our bodies. Sadly, many of us have lost that *joie de vivre* so present in the play and imagination of childhood. Growing into adults, we learned that self-care was selfish, play was frivolous and there was safety in conformity. In this workshop, we will remember moments of vitality, reflect on how that is squelched and consider how recovery can renew it. We will use an interactive approach, breaking into pairs for sharing and mirroring.

**Ron W.** (Oakland) started CoDA in the early 2000s ostensibly to experience peer relationships not available in adolescence. He soon found that shame over revealing imperfections was what he needed most to work on. Listening to others' stories of shame and doggedly revealing his own, has helped reduce the monster to a whisper. Now recovery is focused on coming back to life: reclaiming the aliveness, imagination, and joy that fled when he turned 12.

### **Fireside Room – Steps 6 and 7: A Spiritual Slowdown – Pacia D.**

Steps 6 and 7 often seem to be rushed through or glossed over between the monumental effort of the dreaded 4<sup>th</sup> and 5<sup>th</sup> Steps and the excitement of the repair and relief found in Steps 8 and 9. They are the fly-over Steps, part of the whole program but easily dismissed or taken for granted. Let's slow down and spend a little time with our old behaviors that no longer serve us as we become entirely ready to let them go, and then ask for them to be removed.

**Pacia D** (Daly City) joined CoDA just over 6 years ago. Using all the tools of recovery, especially the Steps and service, have proven that it really does work if I work it. The joy came when I realized I am worth it! A speaker at a meeting recently suggested the topic: How do you know that CoDA is working in your life? I know because all the mirrors in my home are much more attractive than they used to be. I've learned to love the person staring back at me!

### **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. Pro and Con discussions surrounding the upcoming policy changes CoDA World is considering **All members are encouraged to attend.** – **Pacia D.**

### **1:00PM – 1:50PM**

**Education Building - Upper Room - CoDA Meeting. Secretary:**

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

### **Sanctuary – Main Room - Self Esteem: Over and under esteem - Rachel R**

Self vs Other esteem, common problems with self-esteem. Examples and activity included.

**Rachel R** (Alameda) began her work in CoDA in 2010. She believes her codependency is an adaptation developed in childhood and that recovery starts with truth first, then love.

### **Classroom #1 - Recovery for The Caregiver - Tom S**

When we provide care for an aging adult, a special-needs child, or others who can't meet their own needs, does our compassion show a defect of character, or is it part of God's will for us? Through sharing and a few exercises, we'll reflect on our program to help us balance self-care with our desire to provide care for those who need us.

**Tom S.** (San Jose) carries an 18-year CoDA chip, and gratitude that 12-Step recovery helps to free him from compulsive patterns and seek God's will. He feels a special kinship with those who care for others. He has been a caregiver for most of his adult life, and uses program tools to help separate caring from codependence.

### **Fireside Room - The Beauty of the Middle Path - Jill L.**

Living on the sharp jagged edges of life's bell curve can be a painful habit for a co-dependent. This interactive workshop is designed to explore the principles found in CoDA to move life into the beautiful doughy soft world of living life more moderately. Imagine swinging through your days in a comfortable hammock...

**Jill L.** (Capitola) wandered into a CoDA meeting in Santa Cruz in 2001 after watching life as she knew it disintegrate along with a 20 year marriage. She found perspective at CoDA and built a new life better than she could have imagined by working the steps and sharing the experience of other co-dependents. She still attends CoDA meetings and finds her home meeting a place to share laughter and tears. She believes learning happens best when one is entertained.

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

### **Sanctuary – Main Room - Nothing Diminishes Anxiety Faster than Action: Let Go, Let God - Jim C.**

In this workshop Jim will have an open discussion about anxiety and panic and his personal techniques and tools to soothe the anxious mind. He will open the discussion to the members to share what calms their anxiety and why. Sharing is healing. Healing is recovery.

**Jim C.** (Aptos) has over 30 years in the program and is a mental health advocate and coach that helps the public with anxiety disorders. He shares his experience, hope and recovery with humor and insight.

### **Classroom #1 - Free to be Me - Leslie C.**

Now that you've started to work the Steps, are you finding it hard to change? Do you feel a need to become hyper-vigilant as you try to catch yourself in old behaviors and replace them with new ones? Thinking about what is and is not codependent and monitoring ourselves can be stressful! In this workshop, we will look at how we can become more relaxed in our daily life while we work to become happy, joyous, and free.

**Leslie C** (Walnut Creek) is in her 30th year of 12 Step recovery, more than half of that time in CoDA. She believes in service and has taken positions at all levels of the CoDA organization. She is the past chair of Northern California CoDA (NCC), a past delegate from NCC to the annual CoDA Service Conference.

**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.**

