

Fall CoDA 2008 Conference Program

9:00: 9:30 Am Conference opens

Opening Prayer

Initial announcements, Introductions and logistics

NCC lunch meeting invitation (Debbie W.)

by David C. (conference chairperson)

What is Forgiveness?

Why did we pick it as the theme for this conference?

Why is it important to your recovery?

Opening General Session 9:30 -10:30 AM

Bob P.

Forgiveness and Healing, a Path to Recovery

Based on my own life experience, as well as a variety of clinical studies, I have found that holding a grudge and keeping your resentment can not only lead to a heart attack, increase stress levels, add to depression, lower self esteem and increase co-dependency. Often this leads us to try to find ways out of our misery through self medicating, and only adding to this cycle of resentment. I believe I can provide some useful tools for breaking through this cycle of resentment and ridding yourself of this toxicity by sharing my own stories of forgiveness, and how I learned to have a life filled with more happiness and serenity.

Session 1: 10:45 – 12:15 PM

Barbara L.

"It's Never About What It Seems to Be About."

Through quiet meditation, writing, and sharing let's use those recent situations in which we felt hurt, anger, resentment, abandonment, and those other hard emotions to explore our own deeply-rooted, compulsive behaviors and experiences so we don't have to repeat them.

Session 2: 10:45- 12:15 PM

Being Your Own Compassionate Parent

Beth H.

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Do you feel like you are in a battle with your inner teen? Do you hate it when you get testy, petulant, rebellious, or even a compliant doormat when you really want to speak your truth? Much like an actual teen, we're faced with endless stimuli, emotions and challenges each day. And whether we are conscious of it or not, many of our reactions as adults are based on those old patterns we learned as teens. In this workshop you'll find out how to compassionately listen to your inner teen while being grounded in your wise self.

Session 3: 10:45 – 12:15 PM

What is CoDA – Session for Newcomers

Jack S.

Are you new to CoDA and wondering what it's all about? Are you wondering what the steps are all about and how they can work for you? Do you have a working definition for codependency to help you mark your progress in the program? We will discuss codependency, delve into what the steps, and ways that their practical daily application can help us keep our lives on track. We will explore different aspects of the CoDA program, what it means to work the program, and how the program can work for us.

Session 4 10:45 – 12:15 PM

Peeling the Onion

Jim Y.

As we continue on our journey of recovery and discovery we begin to dig deeper below the surface of our "powerlessness" and travel towards core components of our codependency issues. While uncovering the root causes of our unwarranted allegiance to inappropriate higher powers and unhealthy authority figures throughout our lives we begin to naturally turn to our "real" higher power and healthy program for solution-oriented living that will lead us out of the darkness and into the sunlight of the spirit. This experiential workshop will cover the defeating and affirming facets of relationships and recovery stages.

12:30 – 2:30 PM NCC Meeting (Lunch – 2 hours)

Session 5 2:30 – 3:30 PM

12 Steps and the Medicine Wheel.

Shirley R.

To Thine Own Self be True... Finding Forgiveness

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This is a spiritual journey through the 12 Steps. Each person will learn how to connect with their Higher Power while working the 12-steps. The Medicine is used to teach about our life journey. Combining the Medicine Wheel with the 12-Steps becomes a very powerful connection.

(Continues in Session 9)

Session 6: 2:30 – 3:30 PM

Tamara G.

Creating Freedom through Life Balance

We will look at what balance means to us and learn fun ways to create freedom through tools that bring awareness and balance into all aspects of our lives. By appreciating and using strengths that have already made us successful in other areas of our lives, we will learn to incorporate that skill set into parts we would like to change or improve. We will also play with some activities that break our goals down to an action plan with simple steps. Please come prepared to have fun with your creative genius!

Session 7: 2:30 – 3:30 PM

Julie B.

"Step 11 - improving our conscious contact with our Higher Power by devoting time and attention through daily prayer and meditation"

Session 7: 2:30 - 3:30 PM

Julie B started her CoDA recovery in San Francisco California during the fall of 2000 and currently resides in Las Vegas, Nevada. Her session is about our relationship with our Higher Power. This relationship is one of our most important assets in recovery, and it is impossible without communication. As we draw nearer to our Higher Power in prayer and meditation, we draw closer to our source of power, serenity, guidance, and healing. Many of us may be unfamiliar with meditation and resistant to trying it. Step 11 is communicating with our Higher Power. It is the work of learning the intimacy and power of prayer and meditation. It is the act of seeking our Higher Power's will for us on a daily basis.

Session 8: 2:30 – 3:30 PM

Compartiendo Fortaleza, Experiencia y Esperanza.

Fernando C

I came to CoDA six years ago. I came looking for help because I was in a dysfunctional relationship. I did not know what to do with my life. I was confused, lonely, resentful, and desperate. My first meeting gave me a lot of hope, and I kept coming back. A few months later some of us in that meeting started To Thine Own Self be True... Finding Forgiveness

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the first Spanish speaking CoDA meeting in San Jose. My recovery has been a great adventure and a real rollercoaster with all of the ups and downs in recovery. But I have a hope that I will be fine as long as I practice the steps and traditions. Today there are 4 Spanish speaking meetings in the Bay Area and one CoDA-teen Spanish speaking meeting. I understand that by sharing my experience, strength and hope with other codependents who have some of the same problems I do that I might help in their recovery.

Session 9: 3:30 – 4:30 PM

12-Steps and the Medicine Wheel.

Shirley R.

This is a spiritual journey through the 12 Steps. Each person will learn how to connect with their Higher Power while working the 12-steps. The Medicine is used to teach about our life journey. Combining the Medicine Wheel with the 12-Steps becomes a very powerful connection.

(Continued from Session 5)

Session 10: 3:30 -4:30 PM

Healing the family system: conscious forgiveness.

Heidi A.

Learn how co-dependants relate in triangles playing the role of victim, persecutor and rescuer. Through recognition of these roles in ourselves and others we are able to forgive and modify our own behavior. We learn how to discontinue relating in triangles with others, thus healing the family system and creating coherent relationships. In this session, learn, participate, play and grow!

Session 11: 3:30 – 4:30 PM

Healthy Boundaries in Relationships – the Pathway to Intimacy

Kathleen C.

A session for identifying methods to establish, enhance or repair personal, casual and professional relationships and maintain healthy boundaries within each. We will identify the various types of relationships and how to navigate within the sphere of each one.

Session 12: 3:30 – 4:30 PM

"To Thine Own Self Be True"

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Kathryn T.

This session looks at truthfulness as it applies to making a searching and fearless moral inventory of ourselves. For the purposes of this workshop, we are defining an authentic act of emotional abuse as whenever one violates another's internal boundary or by manipulating or attempting to control his/her feelings. Participants have the opportunity to write and optionally share about

Final General Session 4:45 – 5:45

Jacqui B.

Godly Grumps and Gratitude

"Gratitude is a fruit of forgiving God."

Beyond forgiving others and finally ourselves, there is the matter of forgiving God for the hand we are dealt in life--our parents, our appearance, losses, burdens, financial challenges and more. This issue manifests in complaint and a propensity to see our lives from the Victim position. As a recovering Victim, author/therapist Jacqui B. will share her experience, strength and hope on how to move beyond the Drama Triangle. Consider preparing for this concluding presentation by listing any complaints you may have toward your higher power regarding your lot in life.

Alternate Speaker:

Bill L.

House of Love and Prayer: Step 11

You are invited to participate in practicing step 11. The facilitator will give a brief introduction and share some of his background. There will be a short discussion on each CoDA prayer followed by actually meditating and praying on that prayer.

6:00 – 7:00 Introduction of comedian Joe Klocek by Yumi M.

Joe Klocek has become one of San Francisco's most unique comics. With razor sharp wit he uses to 'work the crowd', Joe is in high demand at clubs and corporate functions. Raised in the Midwest, but now a confirmed San Francisco resident, Joe brings a refreshing look at life through the eyes of a class clown who read too much. He was great at last year's CoDA conference so we brought him back again! Last year was the first time he had ever done a show at a cemetery; this year he doesn't have that excuse!

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Fellowship Dinner 7:30 Oceanic Restaurant (2507 South El Camino Real, San Mateo, CA 94403)

Please sign-up for the dinner when you register or check-in. Directions and a menu are available at registration. We need to let the restaurant know how many will be coming by Noon. If we have over 30, we get our own room and free appetizers. The food and service here is very good.

BACSG CoDA Mini Conference Service Team:

John Y – Online and on-site registration, shopping for food for conference

David C. – Conference and Program chair

Yumi M. – Entertainment (comedian wrangler)

Martin T – On-site food preparation

Jack S. – On-site food preparation

Leslie C. – Program layout and printing, Literature table

Bob D. – Literature table

Thomas H. – On site registration

Jonathan W. – Clean-up Crew Chief

BACSG meets the second Sunday of the month (except for May) at Summit Hospital in Oakland, we always need more help and it is an excellent CoDA service opportunity.