

The Fellowship of South Bay CoDA Humbly Presents
The Regional Spring Mini-Conference

April 13th, 2019 @ U.U.C.P.A



**STEP UP YOUR RECOVERY
IT'S THE JOURNEY NOT THE DESTINATION
SHARED BY THE FELLOWSHIP OF SOUTH BAY CODA**

Conference at a Glance

	Main Hall	Fireside Room	Rooms 4-5
8:00	Registration & Continental Breakfast		
9:00-9:30	Opening / Announcements		
	Welcome • Foundation Documents • SBCoDA Mission Statement • Daily • Centering • Speaker		
9:40-11:00	Session 1		
	Today is a Gift... Called the Present — Misha S.	Boundaries - Friend or Foe? — Jim Y.	How The Steps Work in Healthy Relationships — Bob K.
11:10-12:30	Session 2		
	Be Yourself, Everyone Else is Taken — Karen D.	Steps 6 & 7: A Spiritual Slowdown — Pacia D.	Learning to Love the Self — Marily B.
12:30-2:30	Lunch (Check out literature table, See list of nearby restaurants)		
	CoDA Meeting (Grab some lunch and attend.) 1:00-2:30 PM		NCC Business Meeting 12:30 - 2:30 PM Open to Everyone
2:40-4:00	Session 3		
	Your Personal Boundary System — Rachael R.	Parenting Those Pesky Inner Children — Robert N.	The Journey & Conscious Contact — Susan D.
4:00	Closing • Serenity Prayer		

Workshop Descriptions

Session 1

Today is a gift. That's why it is called the present — Misha S. (Main Hall)

Do you live with one foot in the past and one foot in the future? That is quite a stretch for the human body. Not many people can successfully do the splits and certainly not for more than a little while. In the splits position, for an extended amount of time, the body may begin to tire and muscles ache to a point of extreme pain, depletion and even worry. For those of us who have never and may never be able to do the splits, doing so could be catastrophic possibly requiring surgery and rehabilitation. Today we will look into why we even attempt the splits, what takes our attention away from our present experiences and how to reel you back in. This is an interactive workshop.

Boundaries – Friend or Foe? — Jim Y. (Fireside)

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.

How The Steps Work in Healthy Relationships — Bob K. (Room 4/5)

Their common thread was and is today that the 12-Steps work from both a practical and often a "miraculous" perspective. Yet, how and why is this so and why is sponsorship so important in the process? Is the stress being created in our cultural environment causing greater difficulty in maintaining healthy relationships? Will the steps work in this new challenge? Who, what and how can we learn to trust ourselves and others? The interactive workshop's focus is on moving energy from a negative and self defacing position to a positive and empowering position and developing trust in the journey.

Session 2

Be Yourself, Everyone Else is Taken — Karen D. (Main Hall)

A quote from Oscar Wilde. A Blue Print for Growth starts with uncovering who you really are. Not who you think you are, or who you think you should be. This workshop will address exactly how to go about finding your authentic self. I get my information from the "Blue Book" of Co-Dependents Anonymous, and also from the pamphlet "Common Threads of Co-Dependency" for this one. Trust me; none of my ideas are original anymore. Except this one: If time allows, I'd like to introduce you to "The Loop". I don't have a name for it yet, so it's just "The Loop". It is designed to help you find your own "loop" of behavior that keeps you doing the same thing over and over, hoping for a better result, AND how to get out of it.

Steps 6 and 7: A Spiritual Slowdown — Pacia D. (Fireside)

Steps 6 and 7 often seem to be rushed through or glossed over between the monumental effort of the dreaded 4th and 5th 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.

Learning to Love the Self — Marily B. (Room 4/5)

This is a participatory workshop based upon the part of the Preamble which states: “we gather together to support and share with each other in a journey of self-discovery - learning to love the self.”

When we list our strengths along with our weaknesses, we are increasing our self-love. “If you grew up in an environment where your emotional needs were not met, or you were primarily taking care of your parents instead of the other way around, you have likely learned to be co-dependent and to take care of others to the exclusion of taking care of yourself.” Concepts and examples of selfish, self-care, and self-love will be presented with several opportunities for sharing.

Session 3

Your Personal Boundary System — Rachael R. (Main Hall)

Internal and External boundary systems. Talking and Listening boundaries. In this workshop you will learn about: Definitions of the boundary systems, Purpose of the boundary systems, Components of the boundary systems, Demonstration and activity included

Parenting Those Pesky Inner Children — Robert N. (Fireside)

“Critical Parent”, “Loving Parent” and “Inner Child” are now common place terms/concepts in most 12 Step programs, including CoDA. What is not commonplace is thoughtful understanding of childhood trauma which is the source of and defines the unhealthy and harmful adult thinking and behavioral patterns. This workshop will explore childhood trauma and practical parenting skills to address and heal these patterns.

The Journey & Conscious Contact — Susan D. (Room 4/5)

What is Conscious Contact? How do I do it? How can I improve it? Though I did the 11th Step, I still wanted to learn more about it. And I did. This workshop will include role-playing to bring clarity to concepts, skill building on meditation practices, a question and answer session, and finally a guided imagery where I will lead you on a journey to experience Contact. It will be a time to rest and to Just Be.

About our Presenters

Bob K. is a domestic and international workshop leader, speaking on healthy relationship topics. He began his awakening journey in CoDA in 1991 at a conference in San Jose, CA that featured workshop leaders well known in Codependent Recovery. The speakers had in common coming to CoDA from a variety of other 12-step backgrounds.

Jim Y. his 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.

Karen D. My name is Karen D, and my recovery date is June 14, 2014. I was “tricked” into coming to CoDA by my sponsor from another program, who apparently knew me better than I did...I have always had a service commitment at the group and Inter Group levels. I currently secretary one meeting per month, I am the GSR for the Kings Beach meeting, and the secretary for Inter Group. (Ew that sounds bossy). I recognize how important service is to my personal program, and presenting a new program each year is a big part of my personal growth. I want to pass on what I’ve learned to you, and I want to hear what you learned as well.

Marily B. has been in CoDA for 9 years and is constantly learning new things about herself and her relationship to herself, her Higher Power, and others. She has a sponsor, is a sponsor; presents workshops; volunteers at meeting, intergroup, voting entity, and world levels; and finds doing service involving others is the Express Lane to Recovery. Marily is grateful for the encouragement to focus on self-love in preparation for today’s workshop.

Misha S. entered the rooms starting with CoDA in 2009. When she heard the CoDA promises read for the first time, she became locked in as a result of new hope and has been carrying the message to others ever since. While she is now in multiple programs, which limits her ability to attend more than one CoDA meeting per week, she continues to practice step 12 by regularly sponsoring others in CoDA, holding other service positions and speaking at meetings or conferences when given the opportunity..."My name is Misha. I am a grateful recovering codependent!"

Pacia D. I 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!

Rachael R. joined CoDA in 2010. She believes her codependency is an adaptation developed in childhood and that recovery starts with truth first, then love.

Robert N. has 35 years sober in AA, 34 years in ACA, 7 years in CoDA: worked the steps in AA, OA (4th), SLAA, NA and ACA (BRB, Tony A’s). Extensive trauma therapy work, including EMDR and (currently) Somatic Experience – singular focus...healing family of origin trauma.

Susan D. has been an active member in 12 step programs since 1985. She found ACA and CoDa in its early years; 1990. She has conducted workshops on inner child work, communication skills (being able to say no), and has lead several meditation groups toward Conscious Contact. Her message: E.G.O. (Edge [God] Out) and life becomes unmanageable. She loves helping others connect, to have Conscious Contact with whatever they believe: the Divine, God, Source, Universe.

Food

If you want to attend the lunch meeting, it is best to bring a lunch.

In the following of the 6th tradition, we do not endorse or recommend any of the following establishments. They are simply provided for convenience to those not familiar with the area.

Peets Coffee • **Piazza’s Fine Foods Grocery** • **Mountain Mike’s Pizza**
Green Elephant Gourmet • **Rojoz Gourmet Wraps** • **Rick’s Ice Cream**