

# **Face Everything And Recover – Redefining FEAR**

Abstracts and Bio Information for November 7, 2020 (subject to change without notice!)

## **SESSION 1 – 9:30-10:45**

### **Workshop 1A: A Love Story – Learning to Love Yourself**

Have you heard that the more you love and care for yourself, the more love and caring you are able to give to others? Come explore the gifts of self-love. This class will include steps you can take and exercises you can practice to discover how to love yourself.

#### **Wendy E. –**

Wendy has been a grateful member of CoDA for over 6 years. By following a lifestyle that incorporates the Twelve Steps and Traditions and the many tools of recovery, she has transformed how she views, speaks to and cares for herself. Through self-love, she has discovered her truth and authenticity, which has brought her a deep sense of belonging and inner peace.

### **Workshop 1B: Queering CoDA**

How does being queer, trans, and nonbinary inform our experiences of codependence and recovery? And how can our recovery work support us in embracing and celebrating our sexual and gender identities? Come and enjoy a safe trans/nonbinary/queer-centered space where we can explore who we are within CoDA, and how our recovery communities can continue to grow more inclusive for LGBTQ+ members. Open to individuals of any and all identities... folks who are questioning and cis-het allies absolutely welcome. Self-identification or coming out is certainly supported and in no way required in order to participate.

#### **Ronit (she/her) –**

Having just celebrated six years in recovery, Ronit is so grateful for the ways in which CoDA is helping her to come home to herself and to show up more truthfully in relationship with others. As a queer, cis-woman and educator, she advocates passionately for LGBTQ+ inclusion in every community and is excited to hold this space to honor and explore nonbinary, trans, and queer experiences of Recovery.

### **Workshop 1C: How to Train Your Dragon**

This workshop explores how our brains process and experience fear, how our fear can trap us into codependent behavior, and how to make friends with our fear so it can go back to being a useful tool for our survival and happiness.

#### **Lisa F. –**

Lisa has been actively working her recovery in CoDA for 4 years. She's the chair for the Greater Sacramento Area CoDA Committee, is a sponsor, and does service for the Wednesday 7PM "I wanna be me" meeting.

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## **Session 2 – 10:55-12:10**

### **Workshop 2A: Redefining FEAR**

His codependence made his world smaller. Little by little, his CoDA recovery is making it bigger.

**Ritchard I. –**

Ritchard is a member of the Experience, Strength and Hope Group in Saskatoon, SK. He has been an active member of CoDA since the first Monday after Mother's Day, 2003. He is passionate about sponsorship and about CoDA's 12 Traditions as tools for better relationships. His codependence made his world smaller. The Steps, the Traditions, the slogans, a sponsor, the Fellowship, and a relationship with a Higher Power all work to counteract the effects of his illness.

### **Workshop 2B: Feeling and Healing: Connect with Your Loving Parent**

The solution is to become your own loving parent, and the re-parenting check-in process helps us do that. We meet to practice hearing, affirming, and speaking to our inner children and listening to others model these skills. It helps break the “don’t talk” rule and dissolve shame as we start to see ourselves as we truly are.

**Pacia D. –**

Pacia joined CoDA over 7 ½ years ago and shares, “One aspect of my recovery has been to rewire the internal messages in my head by developing my Inner Loving Parent and introducing her to my Inner Child or True Self. Using all the tools of recovery, especially the 12 Steps and 12 Traditions, and by being of service, I have discovered that it really does work if I work it. The joy came when I realized I am worth it!”

### **Workshop 2C: Step 10: An overview – How I work it**

I plan to give an overview of Step 10 and then share my experience, strength, and hope by sharing how I am working Step 10. The question and answer format will allow participants to answer similar questions and sharing their experience, strength and hope by sharing any ideas on ways that they continue to take personal inventory in their CoDA recovery practices.

**Elizabeth M. –**

Has been in CoDA for 2 years and 4 months and shares, “I have been working the steps with my sponsor for over a year and a half. I was raised in a very dysfunctional family system. My mother suffered from mental illness and my dad got custody of my sisters and I in the 70's. I developed many unhealthy coping skills to survive in my family of origin. Since coming to CoDA I am developing healthier relationships. My self-esteem is improving and I am learning better self-care and working on setting boundaries.”

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## **Session 4 – 1:55-3:10**

### **Workshop 4A: Prayer and Meditation – Getting in Touch with your HP GPS**

Experience prayer and meditation and their importance in guiding you through your program.

#### **Madeline M. –**

Madeline joined CoDA 3 years ago to begin exploring why she felt so empty and alone. Through the twelve steps she's been able to get in touch with who she is under all of her codependent patterns and begin living a life of peace, joy, and love (most of the time).

### **Workshop 4B: Black in CoDA**

This workshop is for Black identified people of African descent in recovery.

We will enjoy an affinity space where we can share our experiences in recovery including ways we have adapted our program to create more cultural relevance and intimacy. We will acknowledge our ancestors and engage in a sacred sharing circle.

#### **Ekua (they/them) –**

is a recovering codependent for over a year who is passionate about creating spaces in CoDA that increase intimacy and enhance recovery. They are excited to be learning how to take care of themselves and their inner children while working to integrate and move personal, ancestral, and collective grief.

### **Workshop 4C: NCC Business Meeting (continued from Session 3)**

Those interested in service and support of the Codependents Anonymous organization at all levels can interact with the Voting Entity that represents the Northern California area. NCC, Northern California CoDA, is a 501-C-3 charitable organization with subregional Intergroup committees supporting meetings throughout Northern California. Four of these intergroups prepare and present quarterly business meetings of NCC and host workshop/presentations by members of Codependents Anonymous.

#### **NCC Trusted Servants**