

November 13 Fall CoDA Conference – Resilience Amongst Uncertainty

Ron W.	Welcome	9:00 am – 9:20		
Leader	Title	Session	Abstract	Bio
Dan R.	The Service Concepts: In All My Affairs	9:30 am – 10:45	Taking the guidance of the CoDA Service Concepts into our daily lives	Dan has been in recovery for a number of years and am currently busy in service; because of my service, I've had the opportunity to study and apply our Twelve Service Concepts.
Karen D.	Levels of Friendship	9:30 am – 10:45	Exploring the relationship hierarchy from casual to committed	My name is Karen D. I've been in CoDA for seven years now. I have a sponsor, I am a sponsor, and my home group is in Incline Village, NV. CoDA literally changed every area of my life for the better. Nothing is the same as it was, and that's a good thing! I thought I knew everything- I was so smart! And yet.... none of my relationships worked out. The only thing missing was CoDA.
Wendy E.	Promise 1: A New Sense of Belonging	9:30 am – 10:45	Do you ever have yearnings and longings that feel never-ending? Come explore the world of belonging to yourself and learn practices to help you bring to fruition Promise One: I know a new sense of belonging. The feelings of emptiness and loneliness will disappear.	Wendy has been a grateful member of CoDA for almost 8 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.

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Casey	Stuck??? How the 12 Steps can work together to get you back to Flow and Resilience.	10:50 am – 12:05 pm	I will share what has worked for me for the last 5 years. Through both personal example and guided meditation, using 12 steps as a framework, I will assist workshop participants to learn how to turn towards what is difficult with an attitude of openness and curiosity. The goal of the course is to show participants, how the 12 steps used systematically from start to finish, can be used anywhere, again and again, when difficulty is encountered to get back in flow and resilience.	2 years into CODA Casey worked with his Sponsor to develop method of apply systematic step meditation to address issues as they that arose in the present moment. Now 7 years into step work recovery, Casey is happy to share his experience, strength and hope.
Ritchard I.	Let Go or Be Dragged	10:50 am – 12:05 pm	Let Go or Be Dragged is an exploration of how our attachments create problems for us and how the answer is often to let go of them and adapt to living life on life's terms	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.
Vanessa B. /Julie B.	Codependency in the Workplace	10:50 am – 12:05 pm	The workplace is a setting where our codependency can run rampant, tying us in knots of fear, shame, control, and avoidance. It is also a place where we can practice using our recovery tools and work towards building healthy, loving relationships.	Vanessa - coming up on her 10th year in CoDA; being grateful she is not alone. Julie B. - started her CoDA recovery in San Francisco, California during the fall of 2000, She gratefully thanks her Higher Power for her years of CoDA recovery.
Anyone	NCC Business Meeting	12:20 pm until 2:20 pm	Meeting of Northern California Trusted Servants representing the Voting Entity – everyone is welcome to attend	

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Ron W.	Regular CoDA sharing meeting	12:30 pm – 1:30 pm	We will have one breakout session run a CoDA meeting for all interested people.	
Anthony	Towards Resiliency: A Step at a Time	2:30 pm – 3:45	Seeking progress not perfection, he'll coach you towards realizing more resiliency using some of the tools of recovery, including Steps 4, 5, 10, and 11. After the workshop, you should have more confidence in your ability to be resilient in the here-and-now, for the rest of the year, and hopefully for the rest of your life!	Since walking into recovery in San Francisco in 2012, Anthony's journey of practicing resilience amidst uncertainty has taken him through a divorce, getting fired, new jobs, dating again after 18 years, a few failed relationships, re-marrying, and moving.
Jermaine H.	Refusing to React is An Act of Resilience	2:30 pm – 3:45	Refusing to React is An Act of Resilience. I have learned a lot about this this year and would love to share with others these lessons. I'll be talking about how to be resilient in your self-care and self-regulation while being triggered by our lives and those we love. We'll learn strategies for being ready and responding responsibly in moments of turmoil.	I joined have been in and out of CoDA meetings for about 12 years. I got the moment out of my experience starting in 2013 and again in 2021. CoDA has given me a space where I can value myself and my relationship with myself. It has supported me in meeting my wife and surviving some of the most difficult times. CoDA has helped me to care for my whole self unapologetically.
Yvonne K.	Boundaries and Bullies: Dealing with Very Difficult People, Boundary Bullies and Just Plain Mean People	2:30 pm – 3:45	Many of us grew up being dominated and bullied. We were not allowed to assert ourselves, and if we did, it could result in minor or severe punishment. So as adults it shouldn't be a surprise that many of us struggle with knowing when to and how to take care of ourselves. This workshop will help us understand: 1) how our past is influencing our present, 2) how to identify the type of bully we are dealing with, and 3) how to take back our serenity.	Since joining CoDA in 2004, Yvonne's recovery program has embraced her past and present life with honesty and bravery. She sees every day as a new opportunity to be the person her higher power intends her to be with the support and direction she receives from CoDA. She believes her growth has been accelerated by being a sponsor and doing service work at all levels.

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Everyone	Closing	3:45 pm – 4:00	Gratitude Circle	
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