

Common Welfare/Personal Recovery/CoDA Unity  
Program for November 9, 2024

Room ->		Main Hall	Kitchen	
8:30 – 9:30		Registration	Breakfast	
Session	Room ->	Main Hall	Livingston	Library
9:10 – 9:20		Welcome (Tom/Casey/John)		
1 – 9:30 – 10:45		Chase C.: <u>Unlocking Your Past: The Keys to Reparenting</u>		
2 – 10:55 – 12:10		Claudia: <u>My Journey Through the 12 Steps</u>	Tom A.: <u>Conference Endorsed Literature – the Foundation of Our Program</u>	Michelle M.: <u>Working the Program – Twelve Tools of CoDA</u>
– Lunch – 12:20		Open seating	12:20 NCC Business Meeting	1:00 – 2:00 CoDA Meeting
– 2:20				
3 – 2:30 – 3:45		Elizabeth M.: <u>Working the Steps – A reparenting approach</u>	Cindy D.: <u>Emotional Reflections</u>	Tom A.: <u>Service, the Secret Sauce</u>
4:00 – 4:15		Closing Circle (John Y.)		

1 Main) **Chase C.:**

**Unlocking Your Past: The Keys to Reparenting**

Step into a transformative experience that guides you to the heart of reparenting—an empowering journey of self-care, healing, and understanding. This workshop helps you open the door to your personal history, illuminating ways to reshape the inner stories that influence your present.

**Chase C.** (Fairfield, CA)

I just had a CoDA Birthday of 7 years (10/28/17) and have an online Home Meeting, “The Beautifully CoDependent Group” held Tuesdays at Noon. It is a welcoming and all-inclusive, gender-neutral meeting who, to the best of their ability, is guided by the principles of the Twelve Steps & Twelve Traditions of CoDA assuring its future. I am sponsored and sponsor other codependents. I have a commitment at my Home Meeting and have a voice shared with others in making group decisions. There’s no greater purpose to live by but our Primary Purpose: “-- to carry its message to other codependents who still suffer.” (Tradition Five)

2 Main) **Claudia**

**My Journey Through the 12 Steps**

Claudia will describe the changes in her life that the experience, strength, and hope she gained working the 12 Steps have brought over the six years she has been in CoDA.

**Claudia**

is a recovering person who has seen miraculous changes in her life as a result of working the program.

2 Livingston) **Tom A.**

**Conference Endorsed Literature – the  
Foundation of Our Program**

Workshop will cover information from the CoDA big book and some activities centered around connecting with inner children and reparenting exercises.

**Tom A.**

began attending CoDA meetings over seven years ago. Since my first meeting I have attended 2-4 meetings most weeks. When opportunities to do service present themselves, I offer that which I can provide.

2 Library) **Michelle Mc.**

**Working the Program (WTP)–**

Using the Twelve Tools of CoDA

Michelle will discuss how to work the CoDA program using the WTP document. She will include Inner Child work and Healing through Creativity.

**Michelle Mc.**

is celebrating her 7<sup>th</sup> year in CoDA and wants to honor her first Sponsor who introduced her to the WTP. She continues to give back to others what she has so generously received.

3 Main) **Elizabeth M.:**

**Working the Steps –**

A Inner-Child Reparenting Approach

This workshop will focus on ways to nurture and help heal our inner child as we work the Steps. It will include written exercises that help identify and connect us with our inner child.

**Elizabeth M.**

I entered CoDA over 6 years ago. My journey has includes working the Steps with my sponsor and beginning to sponsor others. I do service at my home group, intergroup, and regional CoDA entities. One big part of my CoDA recovery has included inner child work. My inner-child journey has been developing over decades but has been enhanced greatly by the new book "Growing up in CoDA". In this workshop I hope to collaborate with others through discussion and written exercises sharing our experience, strength and hope.

3 Livingston) **Cindy D.**

**Emotional Reflections**

This workshop will go over the process of actively engaging with your thoughts and emotions to gain a deeper understanding of them.

**Cindy D.**

has been in recovery for more than 11 years. Her program has enabled her to gain an awareness of her reactions and behaviors. It has shined a light on her lack of a relationship with herself, her interactions with her higher power, and with others. This awareness has been a vehicle to allow her to remove herself from the victim and abused roles and take back her power so that she may live a more peaceful and content filled life. The ability to have a relationship with herself, sponsoring, service in meetings, and sharing her story keeps her living versus surviving.

3 Library) **Tom A.**

**Service, the Secret Sauce**

will be a dynamic workshop. It will begin with my experience, strength and hope. I will talk about what first drew me to service, the services positions I have held and how they have helped me to do my CoDA work. Then, I will open the floor up to others to share their experience, strength, and hope.

We will read from the little red book of daily meditations titled "In This Moment". If you have a copy, please bring it. If you would like a copy, I plan to have some available for purchase.

**Tom A.**

began attending CoDA meetings over seven years ago. Since my first meeting I have attended 2-4 meetings most weeks. When opportunities to do service present themselves, I offer that which I can provide.