

Healthy Habits / Healthy Recovery: Being of Service to Ourselves and Others
 Program for November 11, 2023

Room ->		Main Hall	Kitchen	
8:30 – 9:00		Registration	Breakfast	
Session	Room ->	Main Hall	Livingston	Chapel
9:10 – 9:20		Welcome (Char)		
1 – 9:30 – 10:45		Cindy D.: <u>Compassion not Compulsion</u>	Elizabeth M.: <u>Reparenting, recovering from my childhood trauma</u>	Courtney: <u>Tools for Sustaining Emotional Sobriety</u>
2 – 10:55 – 12:10		Chase: <u>The Choices We Make for a Healthy Resolve: Step 3, 7, & Eleven</u>	Tom A.: <u>Service, the Secret Sauce</u>	Kevin H.: <u>Healthy Habits</u>
– Lunch – 12:20		Open seating	12:20 NCC Business Meeting	1:00 – 2:00
– 2:20				CoDA Meeting
3 – 2:30 – 3:45		Debbie W.: <u>Learning to Love the Self</u> What is the difference between Self Image? Self esteem? & Self Worth?	Karen T.: <u>Writing for the Non-traditional Community</u>	Tom A.: <u>Letting Go as it Relates to Step Work and the Pursuit of Serenity in the CoDA program</u>
4:00 – 4:15		Closing Circle (John Y.)		

Possible replacements

1M) Cindy D.

Compassion not Compulsion.

"I once was lost but now I'm found".

This workshop is about self-esteem and self-worth. I will talk about the importance of having a relationship with yourself and how self-esteem and self-worth plays a part in working our 12 steps. I will provide some tools that you can use at home to help build self-esteem and self-worth.

Cindy D.

Cindy has been in recovery for more than 10 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.

1L) Elizabeth M.

Reparenting

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

Elizabeth M.

has been In CoDA in Sacramento for 5+ years. She does service work in her home group and local intergroup and NorCal CoDA levels and has done presentations at Sacramento area quarterly conference and online during the pandemic. Her recovery focus is Step work, sponsorship and inner child and reparenting.

1C) Courtney

Tools for Sustaining Emotional Sobriety

Emotional sobriety has been a true gift of the CoDA program. I will share how CoDA led me to emotional sobriety, how the 12 Steps provided me with the tools to achieve emotional sobriety and how I use those tools to live in the 12 Steps and sustain an emotionally sober life.

Courtney

has found a new life in 12-Step recovery. She celebrates almost 4 years in CoDa and has completed the 12 Steps in multiple programs. Through working the steps in every aspect of her daily life, she uses meditation, meetings, outreach, sponsorship and service to foster her continued recovery.

2M) Chase:

**The Choices We Make for a Healthy Resolve:
Step 3, 7, & Eleven**

this workshop will explore perhaps even how the principle application of the Third, Seventh, and Eleventh Step may initiate healthy choices, thus practicing healthy habits in order to live a life of recovery.

Chase

I have been living the dream since October of 2017, and I couldn't have done it without the High Resolve the PROGRAM OF Co-Dependents Anonymous has graced me with. I am a member who currently fellowship and attend CoDA meetings in the NORCAL region and with online meetings abroad. I sponsor with the emphasis of cultivating a sponsorship family and network that expands beyond the imagination remembering that it states in the Third Chapter of the CoDA Blue Book, Step Twelve, page 80, "As we continue to give to others what God has given to us, we continue to receive greater gifts. Our recovery becomes an exciting and rewarding journey of spiritual fulfillment."

2L) 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.

2C) Kevin H.

Healthy Habits

Does your people picker need a tune-up? What to do differently? Addressing your social fears.

Kevin H.

has been in Coda for nine+ years and I've had some very interesting insight and breakthroughs. Working the steps, attending meetings and talking with people about my pains, thoughts and suspicions has allowed me to leave those behind and progress forward. I enjoy a lot more freedom knowing all I need to do is ask and not anticipate criticism or ridicule.

3M) Debbie W.

Learning to Love the Self

What is the difference between Self Image? Self esteem? & Self Worth?

In this workshop we will discover helpful concepts & celebrate the newest CoDA approved CoDA literature: "WORKING STEPS 4 & 5 - USING THE 40 QUESTIONS"

which originated in 2012 right here in Norcal CoDA!

Debbie W.

(Sacramento) - has been in CoDA since 1988. She knows that service work is indeed the "diamond lane of recovery." She sponsors others and is currently the our Delegate representing NorCal CoDA to CoDA World. She has also served as past Treasurer & Chairperson for NCC and GSACC. She is an example that by working our CoDA program, we can all be happy, joyous, and free!

3L) Karen T.

Writing for the Non-traditional Community

CoDA Writing Workshop: There are 3 projects currently in the "works" within the CoDA Literature Committee....

1. Story Gatherer: 900-4000 words on your CoDA recovery journey
2. Lighting Our Path: 100-200 words on your favorite CoDA literature passages
3. Writings for the CoDA Non-Traditional Community: 100-500 words

The workshop is going to be talking about the projects and also taking at least 30 minutes to write about a topic. There will be time at the end to share some of everyone's writing if the writer would like to share.

Karen T.

sometimes friends just call me KT. I've been working the CoDA program for 5.5 years. I've been in the CoDA Literature Committee for around 2 years. Also, I help with a CoDA weekday phone meeting and the Livermore Tuesday CoDA meeting. It's been quite the journey, attempting to live by all the CoDA principles. And remembering that CoDA is "one day at a time" program.

3C) Tom A.

Letting Go as it Relates to Step Work and the Pursuit of Serenity in the CoDA program

Letting go is the key that has unlocked the door to an ever deepening understanding of the steps that lead to serenity. In realizing this I now endeavor to let go of all ego, emotion, attachment, agenda, and preconception in pursuit of that which higher power has divined for me and those around me. The call to share my experience strength and hope has compelled me to share the concept of letting go as it relates to step work with other CoDA members.

While preparing to host a workshop last fall I was inspired by the little red book titled "In This Moment Daily Meditation Book". In this workshop I will read various passages from the little red book. I will share my experience, strength and hope with the goal of encouraging others to share as well. It will be a dynamic workshop focused on the present and on being present to receive the gift of serenity.

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.