

2021 SoCal Conference Schedule

“THE MIRACLE OF RECOVERY”

JUNE 4 – 6, 2021

Hosted by TVCC-CoDA, The Valleys CoDA Community

ZOOM ROOMS

FRIDAY JUNE 4		Miracle	Recovery	Serenity
3:00 – 4:00 pm	Fellowship	XXX		
4:00 – 5:00 pm	Introductions & Readings	XXX		
5:15 – 6:30 pm	<p style="text-align: center;">Speaker: “CoDA Makes My World Bigger”</p> <p style="text-align: center;">The illness of codependence gradually made my world smaller over time. Recovery in CoDA makes my world bigger.</p>	XXX		
SATURDAY JUNE 5		Miracle	Recovery	Serenity
6:30 – 7:15 am	Fellowship		XXX	
7:15 – 8:15am	Andrea & Christine Musical Meditation from Italy	XXX		
8:15 – 8:30	BREAK			
8:30 – 10:30 am	<p style="text-align: center;">“What Would I Be Doing if I Wasn’t So Afraid?”</p> <p style="text-align: center;">Let’s look at why we feel afraid to begin with, and what we can do about it.</p>	XXX		
8:30 – 10:30 am	<p style="text-align: center;">“Giving up the Ghost”</p> <p style="text-align: center;">My recovery from codependency led me to discover that I had to create real & authentic sense of self before my life could change & move in a positive direction away from my false self.</p>		XXX	
10:30 – 10:45 am	BREAK			
10:45 am–12:15pm	<p style="text-align: center;">“Writing: A Window to the Soul”</p> <p style="text-align: center;">We will share our experience with writing & recovery. We will utilize sharing personal experiences, open discussion & some writing exercises.</p>	XXX		
10:45am–12:15pm	<p style="text-align: center;">“Finding Courage to Face Our Self-Limiting Beliefs”</p> <p style="text-align: center;">This presentation will allow the co-dependents actively working their recovery to discover & identify any self-limiting beliefs they may have.</p>		XXX	
10:45am–12:15pm	<p style="text-align: center;">SPANISH WORKSHOP</p> <p style="text-align: center;">“Creando Una Conexión con Mi Poder Superior”</p> <p style="text-align: center;">El punto principal es compartir mi experiencia, fortaleza y esperanza, sobre la importancia de utilizar la herramienta del Poder Superior en las crisis de codependencia y en nuestra vida diaria.</p> <p style="text-align: center;"><i>(continued on next page in English)</i></p>			XXX

	<p>“Creating a Connection with My Higher Power” The main point is to share my experience, strength & hope related to the importance of using the tool of having a Higher Power during crises of co-dependence and our daily life.</p>			
12:15 – 2:15 pm	Lunch & SoCal Assembly			XXX
2:15 – 3:45 pm	<p>“Meditation- Holding Space for Our Feelings” In this workshop we will use the CoDA tool of the Feelings Wheel, & lead all in Guided Meditation. Participants will also be treated to an overview of the Chakra System & the feelings & Human Rights associated with each, as well as some journaling & sharing time.</p>	XXX		
2:15 – 3:45 pm	<p>“Recognizing Miracles in Our Recovery” Are you looking for MIRACLES in your recovery? Do you see the Miracles in others but not in yourself? Let’s have a discussion about miracles. What they are, who gets them & how to recognize them. We will brainstorming, breakout discussions & share our personal experiences.</p>		XXX	
2:15 – 3:15 pm	<p>“Orador en Español: El Milagro de la Recuperación en Todos los Aspectos de Mi Vida” Por medio de trabajar los pasos obtenemos el milagro de la recuperación con lo cual tenemos que crecer en todas las áreas de nuestra vida. ¿Cuales son esas áreas? “The miracle of recovery in every aspect of my life” By working the steps we obtain the miracle of recovery with which we grow in all areas of our life. What are these areas?</p>			XXX
3:45 – 4:00 pm	BREAK			
4:00 – 5:00 pm	<p>Speaker: “The Miracles CoDA Has Brought to My Life” The lessons I’ve learned with the help of CoDA and how they have changed my life.</p>	XXX		
SUNDAY JUNE 6		Miracle	Recovery	Serenity
9:00 – 10:00	Fellowship		XXX	
10:00am –12:00pm	<p>“Twelve Traditions as Tools for Healthy & Loving Relationships” A couple in recovery share how they have applied the spiritual principles underlying CoDA’s 12 Traditions to their marriage and other relationships.</p>	XXX		
12:00 – 1:00 pm	LUNCH			
1:00 – 2:30 pm	“Insanely Driven or Gently Led”	XXX		

	In this workshop we take a look at thoughts & behaviors that keep us entangled in shame, blame & judgment. Discover how to pause and breathe, identify our feelings & needs, & decide on a course of action.			
1:00 – 2:30 pm	“Codependency and the Shadow” Experiential workshop exploring what we project and reject about ourselves.		XXX	
2:30 – 3:00 pm	BREAK			
3:00 – 4:00 pm	Speaker: “Higher Power, Faith & Miracles” I did not see miracles before recovery until I developed a relationship with my Higher Power. I began to develop faith, when I did so, I began to experience miracles.		XXX	
4:15 – 5:00 pm	Closing Prayers		XXX	
5:15 – 6:30??? pm	Fellowship: What have we taken from this convention (Dinner)		XXX	