

# 2018 International CoDA Convention San Diego, CA.

**SUBJECT TO CHANGE AS WE UPDATE**

October 12th October 14th		Program of Events			
		<b>FRIDAY OCTOBER 12, 2018</b>		Facilitator	Room
<b>9:00a</b> <b>9:45a</b>	<p align="center"><b>Welcome Assembly</b> Set Meeting Intention God Box and Guided Meditation</p>			<b>Mary Beth</b>	
<b>9:45a</b> <b>10:00a</b>	<b>BREAK</b>				
<b>WORKSHOPS</b>					
<b>10a</b> <b>12p</b>	<p align="center"><b>THE JOY OF RELEASING OUR SHORTCOMINGS USING LAUGHTER &amp; WELLNESS</b></p> <p>The 1<sup>st</sup> portion of this workshop will include handouts and working in small groups to identify shortcomings and willingness to turn them over to HP. The 2<sup>nd</sup> portion includes laughter exercises, and deep breathing techniques to assist with letting go of shortcomings, and releasing tension and stress related to the shortcomings and everyday stresses of life. A combination of visualization, and joyful movement exercises</p>			<b>Cathy H</b>	
<b>10a</b> <b>12p</b>	<p align="center"><b>DECISIONS, DECISIONS; HOW DO I DECIDE?</b></p> <p>Identify areas where decision-making is difficult for you and participate in activities that improve "conscious contact" and enlightened choices. Learn mindful and heart felt ways to turn the coda steps into actions that lead to the promises coming true. Experiential activities and Fun.</p>			<b>Alan A</b>	
<b>12p-1:15p</b> -----	<b>LUNCH</b>				
<b>1:15p-3:15p</b>	<p align="center"><b>SPANISH WORKSHOP</b> <b>ENCONTRANDO MI NUEVO SER (FOUND MY NEW BEGINNINGS)</b></p> <p>Sharing my experience strengths and hopes through my recovery journey, especially when the new feelings, behaviors, thoughts, actions, and communication changes. Dealing with the new senses and perceptions of my daily life. Q&amp;A</p>			<b>Norma F</b>	
<b>1:15p-3:15p</b>	<p align="center"><b>SAILING INTO A NEW DAY DELIVERING CARGO TO FOREIGN PORTS</b></p> <p>Members of hospital and institutions committee will share a new tool "The H&amp;I handbook". Will lead to a discussion on how to expand personal experiences, strength, and hope; taking the coda message to places like hospitals, prisons, and institutions. For this workshop "foreign" is defined as cultures different from our own so international members of the fellowship are encouraged to share ESH as well. What is shared may be used to expand this resource. When you leave you will have a draft copy of this resource and possibly a "chart for new waters" in 12-step service.</p>			<b>Kathy L Lou L Deborah B</b>	
<b>1:15p-3:15p</b>	<p align="center"><b>THE HEALING POWER OF VOICE AND HARP</b></p> <p>Discovery through using the self-healing properties of music, voice, and the harp. Through sound meditation and ancient voice healing practices, we will experience a deep state of relaxation and learn to use our voice as healing tool to help us to connect with our sacred self, to honor our innate talents and heal our emotional wounds.</p>			<b>Andrea S &amp; Christine</b>	
<b>1:15p-3:15p</b>	<p align="center"><b>WHO IS GOD, AS WE UNDERSTAND GOD?</b></p> <p>We will deal with the problem of how to achieve belief in the power greater than ourselves of step 2 and coming to terms with versions of "GOD" we were taught as children. The workshop is for newcomers and old timers alike. Will give some general guidelines for seeking one's personal and unique concept of God and how to communicate with God using prayer and meditation. Will also give old timers the opportunity to share their unique processes for understanding and communication with God, to support guidance for newcomers.</p>			<b>Charles Z</b>	

Program of Events			
	<b>Friday October 12, 2018</b>	Facilitator	Room
<b>3:30p-5:30p</b>	<p align="center"><b>It's time to stop wishing for a better past</b></p> <p>This is an interactive workshop. We will be learning how to accept the past as it was, and how to stop using patterns to try to alter it.</p>	<b>Karen D</b>	
<b>3:30p-5:30p</b>	<p align="center"><b>PARENTING YOURSELF AND YOUR CHILDREN AS A RECOVERING CODEPENDENT</b></p> <p>A compassionate look at the difficulty of parenting when codependency rears its ugly head regularly. The whys, when's, and what to do to assist in the hardest job on the planet, raising healthy children.</p>	<b>Michelle E</b>	
<b>3:30p-5:30p</b>	<p align="center"><b>WHAT THE PROMISES DON'T PROMISE</b></p> <p>I can't Work the promises, nor follow them. If you ask some of the following questions of yourself please, please, please do this in a loving way. I know that asking these kinds of questions of myself (or having a sponsor as them) only worked when I had the gentle and loving realization that I was not always going to be the "flaming" co-dependent that had first walked into the doors of Co-Dependents Anonymous. Remember, these promise are being fulfilled for us-sometimes quickly, sometimes slowly. They will materialize if we work for them. For me, that has been, and is still working the 12 Steps of Coda.</p>	<b>Joe H</b>	
<b>5:30p-7:00p</b>	<b><i>DINNER</i></b>		
<b>7:00p-8:00p</b>	<b>SPEAKER "Ahoy! I'm No Longer Lost at Sea!"</b>	<b>Julie B</b>	

Program of Events				
Saturday October 13th			Facilitator	Room
8:00a-10:00	<p align="center"><b>TOOLS TO MAINTAIN HEALTHY RECOVERY BALANCE</b></p> <p>We will use an assessment tools; participants can see where they are currently in regards to living the life they want. Facilitator will explain results and lead discussion on how to continue to use these tools to track progress. Facilitator will share what she has learned to help her to develop balance in various areas of her life. Participants will be invited to share tools and techniques that work for them.</p>		Theresa K	
8:00a-10:00	<p align="center"><b>DISCOVERING YOUR UNIQUE AND PRECIOUS CREATION- YOUR AUTHENTIC SELF</b></p> <p>The promise of co-dependents anonymous states that by working the program, we will acknowledge that we are a unique and precious creation. Through the process of guided meditation, music, and visual storytelling, you will take a transformative journey towards your authentic self and discover your unique wisdom, gifts and bliss.</p>		Paul N	
8:00a-10:00	<p align="center"><b>My subconscious can't take a joke!</b></p> <p>When you lie down at night and get quiet what are the messages you hear in your head? When you make a mistake what do you tell yourself? When someone pays you a compliment what goes on in your head? The words you hear may give you a glimpse of what you believe-healthy or not. Let's spend a little time together paying attention to what we think and say, so we can see if we hear what we believe and say what we mean.</p>		Barbara L	
10:00a-10:15a	<b>BREAK</b>			
10:15a-12:15p	<p align="center"><b>BOUNDARIES FROM THE PERSPECTIVE TO " EQUAL TO OTHERS"</b></p> <p>When we know who we truly are, equal to others, neither less then nor greater then, we will know how to behave in relationships and know how we deserve to be treated. However, reactions often erupt from childhood wounds and negative core beliefs that can feel like a life or death struggle. This workshop will explore ways to nurture "us" in the mist of conflict, use effective ways to communicate, empower us to share authentically, and healthfully ask for what we need. We will also explore ways to engage our own boundaries when others are unable to act in a way that are equal and respectful for both. In closing, we will learn a simple meditation on how to self-nurture.</p>		Darlene D	
10:15a-12:15p	<p align="center"><b>TIPS TO SURVIVE A CODEPENDENT</b></p> <p>I will identify a codependent slip and give tips to survive by using some Coda steps and some recovery tools.</p>		Tamala S	
10:15a – 12:15p	<p align="center"><b>RECONGIZING MY CODEPENDENT PATTERNS</b></p> <p>Based on the codependent characteristic's mentioned by our literature and personal experiences this workshop will help us to identify them in a more practical way to work in a more effective way using the tools from our program.</p>		Adam M	
12:15-1:30	<b>LUNCH</b>			
1:30-4:30p	<p align="center"><b>JOURNEY TO THE HIGHER SELF</b></p> <p>What is the Higher Self? How do we connect with the higher self and how does the higher self-show up in our steps? Step 2,3,7,11,12 Group exercise</p>		Ken & Mary R	
4:30p-5:00p	<b>BREAK</b>			
5:00p-6p	<p><b>SPEAKER My World Expands!</b></p>		Richard I	
6:00p	<b>FREE NIGHT</b>			

<b>Sunday October 14th</b>			
		<b>Facilitator</b>	<b>Room</b>
<b>8a –10a</b>	<b><i>BRUNCH</i></b>		
<b>10:30a 11:30a</b>	<b>SPEAKER</b>	<b>Waiting for Love!</b>	<b>Anna J</b>
<b>12:00pm</b>	Closing Ceremony		<b>EVENTS</b>