

2019 SoCal CoDA Annual Regional Assembly & Conference

# Stepping into

Saturday, June 8, 2019 9:00 – 6:00pm

A day filled with inspiring  
Workshops (English & Spanish),  
Keynote Speaker,  
Assembly Meeting,  
Fellowship & Fun!



## Schedule of Activities

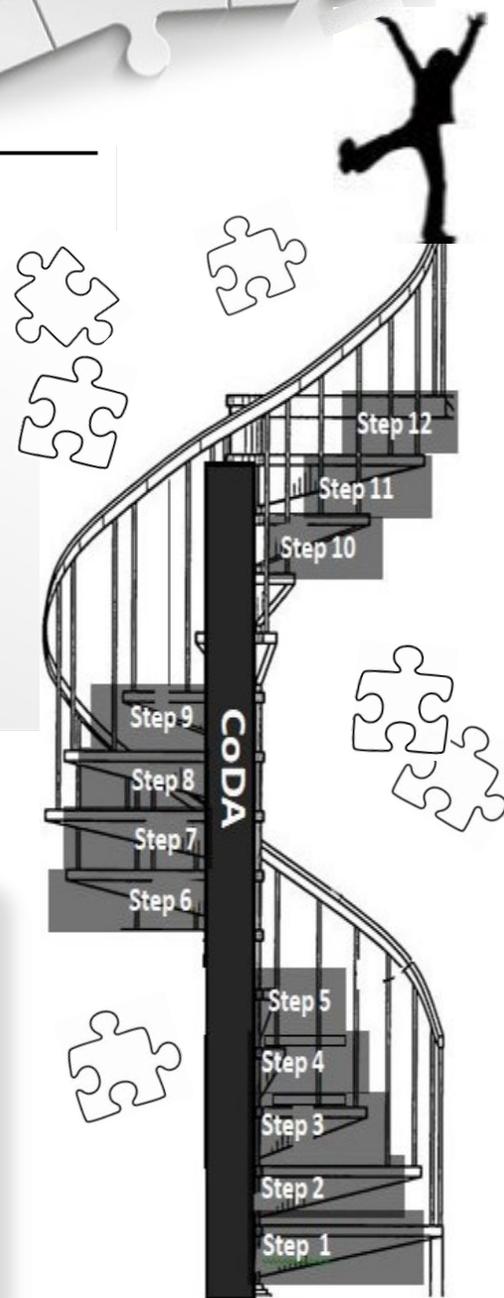
9:00 – 9:45	Opening
10:00 – 11:15	1 <sup>st</sup> Workshop Session
11:30 – 12:00	Lunch served
12:00 – 2:00	Working lunch / Assembly Meeting
2:15 – 3:30	2 <sup>nd</sup> Workshop Session
3:45 – 4:45	Keynote speaker
5:00 – 6:00	Closing

## Keynote Speaker



Kathy H.

I have been in CoDA for 29 years and attend one meeting a week. I've participated in 8 Step Study groups, starting many of them because people wanted to work the Steps. I know the Traditions well. I am on or served on the International Events Committee, Literature Committee and Hospital and Institutions. I serve as Intergroup Rep, Treasurer for Intergroup and Retreat Chair. I was keynote speaker at the New England CoDA Convention in 2017. I was asked to speak at the last minute at another CoDA convention with only five minutes to prepare – now that's spirituality right there!



## Morning Workshop Session

Workshop Description
<p><b>Consent Between Equals</b> (Captain's – Caryn T. &amp; Keith R.)</p> <p>We have found that consent between equals is a healthy and loving foundation for cooperation and negotiation. When each person values the other's right to say yes or no according to their own conscience, a group conscience can be reached, even if it is between just two individuals.</p> <p>The Twelve Promises talk about new and renewed relationships between equal partners and communicating in ways that are safe and respectful. The presenters will share their experience, strength, and hope around the difference that understanding consent makes in their lives.</p>
<p><b>Do I Want To Hold This Resentment?</b> (Room 1 – Kathy H.)</p> <p>This workshop will explore the subject of resentments – what they are, what they feel like, what they do to us, and how we can turn these resentments over to our Higher Power and let them go. The workshop will include physical examples of resentments, a meditation, and letter writing.</p>
<p><b>Steps One, Two and Three: From Powerless to Decision Making (Spanish)</b> (Room 8 – Rosa)</p> <p>As recovering codependents, we move from having no personal power of decision over our self-will to a point of decision making. Steps one allows me to decide my powerless. Step two allows me to make a decision over a power greater than myself. Steps three allows me to have a relationship with that higher power. Steps one, two and three; my decision steps to personal transformation.</p> <p>Como codependientes en recuperación pasamos de ser personas que se nos dificulta tomar decisiones personales sobre nuestro presente hasta llegar el punto de tomar decisiones. El paso uno me permite decidir mi impotente. El paso dos me permite tomar una decisión sobre un poder superior. El paso tres me permite tomar una decisión de tener una relación con ese poder superior. Los Pasos Uno, Dos y Tres; mi decisión hacia mi transformación personal.</p>

## Afternoon Workshop Session

Workshop Description
<p><b>Time To Write Our Stories</b> (Captain's – J.W.)</p> <p>This workshop provides time and a safe place to write our stories. The CoDA Big Book, <u>Codependents Anonymous</u>, includes several stories submitted by members active when the book was written – over twenty years ago. Your story is just as valuable as theirs, whether you are brand new to the program or are one of the "old timers". In this workshop you will be given tips, suggested topics, and time to write your story, along with some sharing time and information about the CoDA Literature Committee's publication process. Pens and paper will be provided. If you prefer to type, you are encouraged to bring a device.</p>
<p><b>Finding A New Higher Power That Works</b> (Room 1 – Barbara L.)</p> <p>In my early recovery, the "God as we understood God" was not the one I trusted enough to "turn my will and life" over to. In this exercise with the group, individually, and working with another, we'll find a way to reveal a New Higher Power That Works that will allow us to enthusiastically make that Step Three decision. Knowing a powerful, unconditionally loving Higher Power has my back, I have a lot more energy to live life; you will too.</p>
<p><b>How To Work the Fourth And Fifth Steps With The CoDA Workbook (Spanish)</b> (Room 8 – Nora)</p> <p>How to use the tools that CoDA offers us to work the fourth and fifth step.</p> <p>Como usar las herramientas que CoDA nos ofrece para trabajar el Cuarto y Quinto paso.</p>

