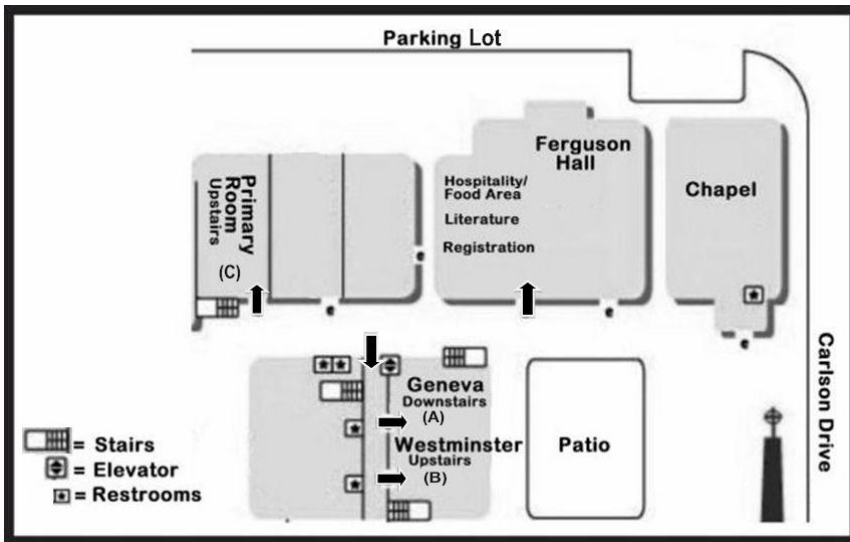


FACILITY MAP:



(Restrooms on both floors)

Ferguson Hall - (downstairs) - CoDA Literature available all day

Room A- Geneva Room (downstairs)

Room B- Westminister Room (upstairs)

Room C- Primary Room (upstairs)

Please help cleanup: After last workshops, please pull down posters, handouts, evaluations, and room schedules and bring to the registration table.

Acknowledgements:

Thank you to all, including our loving Higher Power, who helped make our Winter CoDA mini-conference a success. We appreciate each and every one who was guided to be of service!



CoDA World Fellowship
<http://CoDA.org>

Northern California Co-Dependents Anonymous
<http://norcalCoDA.org>



Greater Sacramento Area CoDA Community

Winter Mini-Conference



January 23rd 2010

Fremont Presbyterian Church
5770 Carlson Dr
Sacramento, CA 95819

GSACC WEBSITE:

<http://greatersacCoDA.org>



2010 Winter NCC CoDA Mini-Conference Schedule

Time/Event	FERGUSON HALL	ROOM - A Geneva Downstairs Hallway	ROOM - B Westminster Upstairs Hallway	ROOM - C Primary 2 Breezeway Upstairs
8:00 -9:00	Registration and Continental Breakfast			
9:00-9:20	Welcome and Opening remarks			
9:30-10:50		Equal Partners in Trust - Jim Y - This workshop is about assessing trustworthiness in relationships before giving it away. If you don't know "how to trust", then you are probably bitter, resentful, and hurting from betrayal. Learn how "knowing how to trust" can safely guide you through your important relationships.	Recovery Patterns of Co-Dependence - Julie L – Would you like to have a clear, simple guide to help you visualize what healthy CoDA Recovery Patterns look & sound like? In this workshop we will review the CoDA approved descriptions of RECOVERY PATTERNS. It can also be an effective daily Tenth Step tool.	Saying “Yes” is not always Co-Dependent - David C. - We can only keep what we have (our recovery) by giving it away. This workshop is about living the 12 th Step without over-committing or falling into earlier codependent behaviors. Take part in this workshop and learn how you can supercharge your recovery in a balanced and non-codependent way.
11:00-12:25		Our Words Are Prayers-Using Affirmations To Create Freedom and Light - Tamara G - What words would God use to describe you? Our words reflect our thoughts and energy. In this workshop we will discover ways to use our strengths, values, and inner wisdom to create affirmations that will help us to connect, balance, and expand our lives. This is a full participation workshop, so show up ready to step into your true essence!	Working the Steps in Our Daily Life Julie B - How to use the 12 steps everyday to emotionally transform fear into faith, putting recovery into action while releasing the outcome to our Higher Power. Gain inner peace by working the steps using CoDA literature, CoDA Blue book, CoDA 12 steps and 12 traditions. Open for discussion, interaction and questions.	“I Learn To See Myself As Equal To Others” Kathryn T - During this “joy-shop” we will share recovery experiences, skills, tools and behaviors that can help build and support relationships with equal partners. We will examine our relationships the health of our boundaries in the relationships. We will also learn a method of meditation that accesses unconditional love and resources from our Higher Power that nurtures equal partnerships.
12:30-1:00	Lunch	LUNCH and NCC BUSINESS MEETING		
1:05-2:30		All are welcome!		CoDA 12 STEP MEETING
2:35-4:30		Equal Partners - Relationships As Mirrors Barbara L - If our new and renewed relationships are all with equal partners, what about the old and uncomfortable ones? Some lessons are more expensive than others; let's see what we can do with those memories, feelings, and judgments.	Brand New Tools for Sponsors and Sponsees - John H., Kier, & Heather - Ready to work the Steps? Hear experience, strength & hope from CoDA members who have completed the first Thirty Questions using the CoDA Blue Book! These great tools are for members who want to begin working the steps as well as for members who want to begin sponsorship service.	Practical Behaviors for a Spiritual Solution-- “Managing Our Internal Temperature” Kathleen C. - Healthy and unhealthy relationships-their causes and conditions. Discussion of releasing our old survival mechanisms of avoidance, control & manipulation. Finding balance and success when we practice our new behaviors.
4:30-5:00	Closing Ceremony - Serenity Prayer - (volunteers needed for cleanup)			
5:30 – 8:00 pm	FELLOWSHIP DINNER – (no host) – The Crepe Escape – 5635 “H” Street, Sacramento, CA (one block west of conference)			