**2018 International CoDA Convention San Diego, CA.**

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| October 12 – October 14 | **Program of Events** | | | **Presenter** | **Room** |
|  |  |  | FRIDAY OCTBER 12th |  |  |
| 9:00- 9:45am | Welcome Assembly  With God Box & Guided Meditation | | | EVENTS | Coral Reef |  | |  |
| 9:45-10:00 | BREAK | | |  |  |  | |  |
| 10:00am 12:00pm | WORKSHOPS | | |
| 10:00a – 12:00p | **THE JOY OF RELEASING OUR SHORTCOMINGS USING**  **Laughter and wellness**  **The 1st portion of the workshop will include handouts and small groups that helps identify participants shortcomings and their willingness to turn them over to their HP. 2nd portion, laughter excises, deep breathing techniques to assist with letting the shortcoming go and release tension and stress related to the shortcomings as well as the everyday stresses if life. These excises use a combination of visualization, improve and joyful movement** | | | Cathy H | Harbor | |
| 10:00a-12:00p | DECISIONS, DECISIONS! HOW DO I DECIDE;  Into actions that lead to the promises. Experiential activates and fun! Identify areas where decision making is difficult for you and participate in activates that increase “conscious contact” and enlightened choices. Learn mindful and heart full ways to turn the coda steps | | | Alan A | Lagoon | |
| 10:00am-12:00pm  ----------------------  12:00-1:15  ----------------------  1:15p-3:15p | Out of Isolation  We will explore our experience, strength, and hope around the concept of codependent isolation. This workshop relates to one or more steps and traditions. step#1, list of losses. Step#2, letting go of Illusionary safeguards.  -----------------------------------------------------------------------------------------------------  LUNCH  ----------------------------------------------------------------------------------------------------  SPANISH WORKSHOP  Found my new Beginnings  (recovery journey, especially when the new feelings, behaviors, thoughts, actions, and Encontrando mi Nuevo ser),, Sharing my experience strengths and hopes through my communication changes. I’ve been dealing with the new senses and perceptions of my daily life. Q&A | | | JW  --------------  --------------  Norma F | Coast  ----------  ----------  Harbor | |
| 1:15p - 3:15p | **Future and current parents, and parenting**  **Yourself**  **. As recovering codependent, a compassionate look at the difficulty of parenting when codependence rears its ugly head regularly. The why’s, when, and what to do to assist in the hardest job on the planet, raising children** | | | Michelle E | Coral Reef | |
| 1:15p- 3:15p | Shame management 101  Lecture, book study and personal examples about cycles of toxic shame and shame spirals in codependency created by childhood wounds and how we manage it by getting shameless. Incorporate a shame releasing meditation and break off groups to identify personal shame management. | | | Heidi A | Lagoon | |
| 1:15p- 3:15p | WHO IS GOD AS WE UNDERSTAND GOD?  We will deal with the problem of how to achieve belief in the power greater then ourselves of step 2and coming to the terms with versions of “GOD” we were taught as children. The workshop is for newcomers and old timers alike. It gives some general guidelines for seeking one’s personal and unique concept of God and how to communicate with God using prayer and meditation. It will also give old timers the opportunity to share their unique processes for understanding and communication with God, which will provide guidance for newcomers | | | Charles Z | Coast | |
| 3:15p- 3:30p  ---------------------------  3:30p-5:30p | BREAK  -----------------------------------------------------------------------------------------------------  SPANISH WORKSHOP  Recognizing my codependent patterns  Recognizing my codependent patterns: based on the codependent characteristics mentioned by our literature and personal experiences. This workshop will help us to identify them in a more practical way to work through them in a more effective way, using the tools from our program | | | -------------  Blanca F | ----------  Harbor | |
| 3:30p-5:30p | **It’s time to stop wishing for a better past This is an interactive workshop. We will be earning how to accept the past as it was, and how to stop using patterns to try to alter it** | | | Karen D | Lagoon | |
| 3:30p -5:30p | , Sailing into a new day  Delivering cargo to foreign ports  Some members of the hospitals and institutions committee(H&I) will share a new tool ”the H&I Handbook” and will lead a discussion on how to expand personal experience ,strengths and hope(ESH) taking the Cod message to places I haven’t been like hospitals, prisons, and institutions. For this workshop “foreign” is defined as cultures different from my own so international members of the fellowship are encouraged to share ESH as well. What is shared may be used to expand this resource. | | | Kathy L  Lou L  Deborah B | Coast | |
| 3;30p- 5:30p | WHAT THE PROMISES DON’T PROMISE  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 for filled among 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. | | | Joe H | Coral Reef | |
| 6p-7:30p | DINNER | | |  | Kona | |
| 7:45p- 8:45p | **SPEAKER**  **Ahoy!! I’m no longer lost at sea!** | | | Julie B | Coral Reef Harbor | |
| 9:00p | THE HEALING POWER OF VOICE AND HARP  A discovery through the self-healing properties of our musical instrument, our voice, and the harp music. Through sound meditations and ancient voice healing practices, we will experience a deep state of relaxation and learn to use our voice as healing tools, which will help us to connect with our sacred self, to honor our innate talents and heal our emotional wounds. | | | Andrea S  & ChristinA | Coral Reef Harbor | |
| Saturday | October 13th | | |  |  | |
| **8:00-10:00am** | **Spanish workshop**  **Peeling the onion**  **Participants to develop the workshop reading the codependents characteristics. Relating to the 4th step because we are going to peel the onion** | | | Nora P | Harbor | |
| 8:00a-10:00 | TOOLS TO MAINTAIN HEALTHY RECOVERY BALANCE  We will use an assessment tools sp 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 the tool to track progress. Facilitator will share tools and techniques 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. | | | Theresa K | Lagoon | |
| 8:00a-10:00 | DISCIVERING YOUR UNIQUE AND PRECIOUS CREATION-  Your authentic self  The promise of the 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. | | | Paul N | Coral Reef | |
| 8:00a-10:00 | My subconscious can’t take a joke!  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. | | | Barbara L | Coast | |
| 10:00a-10:15 | **BREAK** | | |  |  | |
| 10:15a-1215p | Boundaries from the perspective of “Equal Other”  When we know who we truly are, equals 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, since reactions often erupt from childhood wounds and negative core beliefs , it can feel like life or death struggle. This workshop will explore ways to nurture ourselves 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 the other is unable to act in a way that is equal and respectful for both. In closing, we will learn a simple meditation on how to self nurture. | | | Darcie D | Coral Reef | |
| 10:15a-1215p | Tips to survive a codependent slip  I will identify a codependent slip and give tips to survive by using some Coda steps and some recovery tools. | | | Tamala S | Harbor | |
| 10:15a-1215p | Authenticity in Relationships  Do you have bad time being your true, authentic self in relationship’s? Come identify and rewrite your limiting beliefs as well as learn and practice tools for being true to yourself while sharing authentically with your partner. In this workshop we talk about unhealthy beliefs and behaviors that have shown up in past relationships and why? | | | Adam M & Rebecca K | Lagoon | |
| 12:15-1:30 | Lunch | | |  |  | |
| 1:30-4:30p | Journey to the Higher Self, Description,  What is the High 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 | | | Ken & Mary R | Coral Reef Harbor | |
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| 4:30p-5:00p | BREAK | | |  |  | |
| 5:00p—6:00pm | **SPEAKER**  **My worlds Expands!** | | | Richard I | Coral Reef Harbor | |
| 6:00p | **FREE NIGHT!!!!!** | | |  |  | |
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| Sunday | October 14th | | |  |  | |
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| 800a – 9:30 | **Brunch** | | |  | Peacock | |
| 10a-11am | **SPEAKER**  **Waiting for Love!** | | | Anna J |  | |
| 11-12pm | **CLOSING PRAYER** | | | EVENTS |  | |