

SUBJECT TO CHANGE AS WE UPDATE

2021 SoCal/TVCC Conference
“THE MIRACLE OF RECOVERY”
JUNE 4 – 6, 2021

ZOOM ROOMS

FRIDAY JUNE 4		Miracle	Recovery	Serenity
3:00 – 4:00 pm	Meeting & Fellowship			
4:00 – 5:00 pm	Introductions & Readings			
5:15 – 6:30 pm Ritchard	Speaker: “CoDA Makes My World Bigger” The illness of codependence gradually made my world smaller over time. Recovery in CoDA makes my world bigger.	XXX		
6:30 - ???	Meetings/ Fellowship/ Ice Cream Social?	Meetings	Fellowship	I.C.Social
SATURDAY JUNE 5		Miracle	Recovery	Serenity
6:30 – 7:15 am	Meetings & Fellowship	Meetings	Fellowship	
7:15 – 8:15am	Andrea & Christine Musical Meditation from Italy	XXX		
8:15 – 8:30	BREAK			
8:30 – 10:30 am Karen D.	“What Would I Be Doing If I Wasn’t So Afraid?” Let’s look at why we feel afraid to begin with, and what we can do about it.	XXX		
8:30 – 10:30 am Jim Y.	“Giving up the Ghost” 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.		XXX	
10:30 – 10:45 am	BREAK			
10:45 am–12:15pm Christina & Lisa	“Writing: A Window to the Soul” We will share our experience with writing & recovery. We will utilize sharing personal experiences, open discussion & some writing exercises.	XXX		
10:45am–12:15pm Keith	“Finding Courage to Face Our Self-Limiting Beliefs” This presentation will allow the co-dependents actively working their recovery to discover & identify any self-limiting beliefs they may have.		XXX	
10:45am–12:15pm Norma	SPANISH WORKSHOP “Creando Una Conexión con Mi Poder Superior” 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. <i>(continued on next page in English)</i>			XXX

	<p>“Creating a Contact with My Higher Power” Main points is to share my experience, strength & hopes focusing on the importance of having a higher power as a tool during our different stages in recovery, including daily life.</p>			
12:15 – 2:15 pm	Lunch & SoCal Assembly			XXX
2:15 – 3:45 pm Ras M.	<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 Lisa & Chris	<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	
3:45 – 4:00 pm	BREAK			
4:00 – 5:00 pm Yvonne	<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		
5:30 - 6:30 pm	Meetings & Fellowship	Meetings	Fellowship	
SUNDAY JUNE 6		Miracle	Recovery	Serenity
9:00 – 10:00	Meeting & Fellowship	Meeting	Fellowship	
10:00am –12:00pm Ritchard & Karen	<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 Darcie	<p>“Insanely Driven or Gently Led” 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.</p>	XXX		
1:00 – 2:30 pm Rhona	<p>“Codependency and the Shadow” Experiential workshop exploring what we project and reject about ourselves.</p>		XXX	
2:30 – 3:00 pm	BREAK			

3:00 – 4:00 pm Lisa	<p style="text-align: center;">Speaker: “Higher Power, Faith & Miracles”</p> 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	<p style="text-align: center;">Closing Prayers</p>	XXX		
5:15 – 6:30??? pm	Meeting Fellowship: What have we taken from this convention (Dinner)	XXX		