

In Unity We Recover: The Joy is in the Journey

Contribute to the SoCal CoDA Video Montage



Since we can't meet in person at the SoCal CoDA Conference, we'd like to bring SoCal CoDA to you. Please help us create a video montage by submitting photos, art or short videos of ways that your intergroup or meetings have contributed to the strength of SoCal CoDA recovery in the last year. Did you mail out newcomer chips? Did you switch to a hybrid format? Did you show up for one another each week? Did you restructure your fellowship?

Key Dates

- May 13 - Submissions due
- June 4 - Join us at the Assembly during the SoCal CoDA Conference to view the video montage (will ONLY be shown at the Conference)



Guidelines

Be as creative as you'd like! Show us your SoCal CoDA flare! Sing a song, perform a skit...

Video Submission:

- * Send your video (as a link or attachment) to chair@socalcoda.org
- * Please name files in the following format: "Meeting Name_Intergroup Name_Video"
- * Video must be NO longer than 30 seconds
- * Create a HORIZONTAL video
- * Make sure we can see your face
- * Be close enough to the mic that the sound is clear and there are no distracting background noises

Art/Photo Submission:

- * Send a scan, digital file or photo to chair@socalcoda.org
- * Please name files in the following format: "Meeting Name_Intergroup Name_Photo"
- * File size must be less than 5 MBs
- * For flat art, use a scanner to create a JPG file if possible.

Questions?

Email chair@socalcoda.org