

Your Voice Matters!

What's your favorite **Tool for Recovery**, for enhancing healthy relationship or for creating change in your life?

We are looking for CoDA members willing to share their experience, strength and hope at the Fall Conference for 3 to 5 minutes on their favorite tool(s). Pick from below or some of your own choosing.

Asking for help	Respecting Boundaries	Observation
Telephone	Setting Boundaries	In This Moment Readings
Telephone list	Detachment	Prayer
Email	Making Choices	Attitude of gratitude
Website	Writing letters	Meditation
Sponsorship	Journaling	Higher Power
Literature	Writing	Twelve Promises
Staying Positive	Twelve Steps	Favorite Promise
Slow Down	Favorite Step	Seventh Tradition
Online meetings	Using discretion	Business meetings
Listening	Patterns and characteristics	Twelve Traditions
Attending Meetings	Favorite Recovery Patterns	Favorite Tradition
Home Group	Affirmations	Coda Weekly Readings
Sharing	Forgiveness	Fellowship
Anonymity	Humor	Conferences
Slogans	Inventories	Retreats
Relationship Building	Spirituality	Coda Blue Book
"I" messages	Gratitude Lists	Coda Workbook
"I" statements	Positive thinking	Twelve Step Handbook
Taking care of yourself	Service work	Being a sponsee
Power of Five	Serenity Prayer	Living in the moment

Contact someone from planning committee

Contact John D, 708 945 6581; or Gary L, 773 443 8085; or Cathy H, 773 916 0552; or Bill J, 815 474 0652;
or Bill M, 630 677 6550

Conference is November 22nd