

# Spring Into Recovery

## The Higher Power Connection

### A Spiritual Program of Recovery

8<sup>th</sup> Annual CoDA Mini-Conference  
Saturday May 18, 2019



The Hope In Recovery meeting of Codependents Anonymous is excited to bring you another outstanding event with quality speakers, inspiring workshops, healthy food, and the opportunity to connect with others in recovery.

This year's conference focuses on the higher power connection in CoDA recovery. Through speakers' stories and breakout sessions you'll hear how unique the Higher Power Connection is to each of us, the various ways of finding a higher power and the role spirituality plays, and how to integrate a higher power into your daily life. You'll learn the benefits of putting your faith in a power greater than yourself, feeling connected to the greater world around you, finding meaning and purpose to your life and being more present and mindful.

#### Speakers

This year Donna B., and other speakers cover topics such as Do I Really Need a Higher Power to Recover, Overcoming Resistance, and How My Higher Power Changed My Life

**Breakout Sessions:** Getting Started, Overcoming Resistance, Strengthening the Connection, When Your Higher Power Isn't Named God, Daily Integration, CoDA Meetings, and more!

**Date:** Saturday May 18, 2019

**Time:** 9 am – 4:30 pm

**Registration:** 8:30 am – 9 am

**Location:** Crosspointe Church | 19527 104th Ave NE | Bothell, WA 98011

**Cost:** \$50 early bird registration (before May 5<sup>th</sup>) | \$60 general registration (until May 16<sup>th</sup>) | \$75 day of registration (payable at the door via cash, check or money order)

**Registration Fee:** Registration fee is transferrable but non-refundable

**Register Online:** <https://hopeinrecoverywa.org/events/> (additional fees apply)

**Lunch:** Lunch is provided for those that pre-register. Lunch cannot be guaranteed for those registering at the door.

**Questions:** [coda@hopeinrecoverywa.org](mailto:coda@hopeinrecoverywa.org), 425-998-9029

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#### To Pay By Check

*(Note: checks must be received by May 5<sup>th</sup> for early bird registration and May 16<sup>th</sup> for general registration)*

Make check payable to: Hope in Recovery

Hope in Recovery  
P.O. Box 3492  
Kirkland, WA 98083-3492

Name: \_\_\_\_\_ Email: \_\_\_\_\_ Phone: \_\_\_\_\_

**Volunteering**     I am willing to volunteer at the mini conference

#### Special Dietary Needs

Non-Celiac Gluten-Free  
 Vegan