



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous
December 2018

San Diego County CoDA

PO Box 720064
San Diego, CA 92172-0064
Info Line: (619) 222-1244
Website, CoDA Voice &
Meeting Schedule:
www.sdccoda.org

Please visit

www.sdcCoDA.org

"Our Community"
for San Diego CoDA
community business
meeting information,
past meeting minutes,
our bylaws, and local
community contacts.

CoDA Sunday Speakers Meeting (2 speakers)

The first Sunday of the
month, 5:30 - 7:15 PM
Kensington Comm. Church
[4773 Marlborough Dr,
San Diego, CA 92116](http://4773 Marlborough Dr, San Diego, CA 92116)

[Click this link for Free Pamphlets to Download](#)

- Am I Co-Dependent
- Attend Meetings
- Establishing Boundaries in Recovery
- Welcome to Co-Dependents Anonymous
- Communication and Recovery
- Recovery From Codependence: A Brief Introduction
- Sponsorship in CoDA
- What is CoDA
- Info for Professionals
- Your First Meeting
- Working the Steps as a Group
- Dealing With Disagreements
- CoDA Guidelines for Following the Twelve Traditions in Service Work

Monthly Community Business Meeting

This is a meeting of Committee Members, meeting GSRs, and all interested CoDA members. 3rd Saturday of each month, 10:AM - 12:PM, Mira Mesa Presbyterian Church, 8081 Mira Mesa Blvd, SD 92126 Please consider sharing your experience, strength, and hope through CoDA Community service. Information on these positions is available in **Our Bylaws** on www.sdccoda.org.

Many Service Positions are open and others are coming up for elections.

Service is part of recovery.

There is fellowship and a sense of fulfillment that comes from making an appreciable contribution to something outside of oneself.

CoDA Marathon Meetings

Celebrate New Year's Eve

with your family of choice by attending speaker/sharing meetings with potluck fellowship in between.

All are welcome, even if you don't bring a potluck item.

Newcomers are most welcome.

Meeting Times:

4-5:30 pm, 6-7:30 pm, 8-9:30 pm

with 30 minutes of fellowship between each meeting.

Immanuel Lutheran Church

[1900 South Nevada Street,
Oceanside, Ca 92054](http://1900 South Nevada Street, Oceanside, Ca 92054)

Service: We need your help to make these meetings possible!

Needs: 3 meeting leaders (must have 6 months in CoDA), Decorations & Setup, Clean Up, Pot Luck Coordinator, etc.

Please contact Lindsay at mailto:joyinconnection@gmail.com if you would like to be of service.

Hope to see you there!

Steps, Traditions, Concepts & Promises

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to other co-dependents, and to practice these principles in all our affairs.

Tradition 12: Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

Service Concept 12: The Fellowship strives to practice and encourage spiritual principles in all its material, financial, and business affairs, including fairness, equality, and respect for individual rights. Every member within CoDA has a voice and is encouraged to use it. Every member has the right to know what is happening within our organization. To honor this right, and in the spirit of CoDA unity, our CoDA, Inc. organization publishes and distributes group conscience decisions, such as minutes of our service boards and motions from our CoDA Service Conferences, in the most inclusive and timely manner possible.

Promise 12: I gradually experience serenity, strength, and spiritual growth in my daily life.

Step Twelve Prayer

In this moment, I thank God for my spiritual awakening. In this moment, I choose to live all the principles of this simple program. I know the wisdom working through me will touch all I meet with God's love and understanding.

I am at peace.

(copied from CoDA.org Step Prayers)

Using the Traditions in Healthy and Loving Relationships - TRADITION TWELVE

The following was copied from our website www.sdccoda.org, listed under "CoDA Readings / Twelve Tradition Writings." The **CoDA Voice** will include one per month, each month this year.

If the Traditions can keep together a whole group of dysfunctional people who would otherwise "usually not mix," keep them from killing one another and self-destructing; why can't the Traditions keep a couple or a family group together and show them how can they best function? It makes sense that the Traditions can answer the question: "*How can our relationships with others best stay whole and so survive?*"

The following is what was revealed to us through prayer and meditation and the study of CoDA literature in preparation for presenting a panel discussion on "The Traditions in Healthy and Loving Relationships" for Super Seminar Saturday. As with all things in our program, *please take what you like and leave the rest.*

Yours in recovery,

Marti, Marilyn & Debbe

TRADITION TWELVE: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

"TRADITION TWELVE" SUGGESTED FOR RELATIONSHIPS: anonymity, expressed through selflessness, is the spiritual foundation of our way of life as partners, friends, or family; ever reminding us to place principles before personalities.

This tradition says that selflessness is the spiritual foundation of our relationship and reminds us to place principles before personalities. This does not mean your "lofty principles" before your partner's contaminated, unwholesome personality. It means CoDA's principles before your contaminated, unwholesome personality! The main principle in a loving relationship is unselfishness. Our greatest expression of love is to be of help to one another. We can't be of help to one another if we are selfish and self-centered.

One of our greatest gifts or privileges as members of a 12-Step recovery program is the opportunity we have to be of help to God's kids. There is no room in our primary purpose for ego, pride, arrogance, selfishness, or unwillingness. There is, however, a lot of room for gratitude, humility, willingness, love, forgiveness, understanding, joy, and freedom. Applying the first part of this tradition to my marriage threw me at first. If there is anonymity in marriage, then there is no one there. Then I thought of something I heard someone share in another fellowship. Anonymity expressed through selflessness is the spiritual foundation of our way of life as a marriage partner. Ever reminding us to place principals before personalities; the main principal in a loving relationship is unselfishness. Our greatest expression of love is to be of help to another (my husband) and we can not do that if we are selfish.

I can listen to my husband with an open mind, not discounting just because he may not be agreeing with me. I need to remember always that we are equal. I can still see the good and positive in him, even when I also see his faults. When we are not on the "same page", I work on not judging him. I feel he truly listens to the content of what I am saying.

Tradition 12 reminds us to listen to what's being said, rather than getting distracted by who's saying it. It's easy for me to be defensive or filter when my partner says something because of my pre- conceived ideas or historical experience with my partner is, what they think and what they know and don't know. God speaks through all of us, and if I don't practice Tradition 12 in my intimate relationship, I could be missing an important message from my Higher Power coming through my partner.

Personal Example:

I almost missed a good business networking opportunity because I forgot to practice Tradition 12 with my husband. Someone he plays on a sports team with gave him a business card to give me from a friend who is in my industry. I assumed that it wasn't worth following up because of the source! "How would they know, they're just a bunch of guys running around playing hockey, they don't know my industry. Just because this guy has a card doesn't mean he's a viable contact..." or so went my thinking. For 6 months this card sat on a pile on my desk. Finally, when my business was really slow, I went through and called every person in my stack of cards out of sheer boredom and desperation. And what do you know, the guy who my husband's team mate referred to me with a business card actually turned out to be an incredibly talented person and a very valuable contact! Go figure.

We have learned that lessons can be learned from everyone. Some will teach us how to be (role models) and others will teach us how not to be (serve as a warning!). We are reminded that our primary purpose is to be of service, to express God's love, and to treat others well.

God, treat me tomorrow the way I treat my partner today.

[continued on next page...]

CHECKLIST FOR TRADITION TWELVE:

- Is there a spiritual foundation to our relationship? Have we had a spiritual awakening?
- Do I place our common welfare first?
- What would happen to me if my partner disappeared?
- Do I treat my partner in a way that I'm proud of? Do I treat my partner one way in public and another in private? Do I care if others see every aspect of how I treat my partner?
- Can I comfortably say, "I can't do anything my partner can't watch"?
- Do I have an immature need for attention and recognition?
- What is meant by 'discounting the message because of the messenger'?
- Do I have personal integrity? Can I be true to my own beliefs?
- Is my relationship growing healthier, getting sicker, or just stagnating?

You are what you repeatedly do. Excellence then is not an act but a habit.

By doing our best to adapt these traditions and their underlying concepts of willingness, positive attitude, humility, communication, fearlessness, love, tolerance, courtesy, honesty and integrity, we have seen not only our relationship/marriage benefit, but all of our other relationships as well.



Save the Date

**Second Annual
CoDA Sisters'
Day of Recovery**

Saturday March 9th 2018, 9:00-4:30

Immanuel Lutheran Church

[1900 S Nevada St, Oceanside, CA 92054](http://www.immanuel-lutheran.com)

Keynote Speaker & Workshops

Potluck Luncheon

More info to follow...

March is Women's History Month

during which we recognize and reflect on the incredible contributions that woman have made to make our state and our country a better place. Come join us to celebrate all women while supporting each other in our recovery journey.

Please visit website: connections.coda.org for:

- Meetings in Print
- Sharing Strength and Hope
- Lessons Learned
- Working the 12 Steps
- Affirmations
- Words of Wisdom
- Recovery Tips and Techniques



Links to Other Co-Dependents Anonymous Sites

www.coda.org – CoDA International

www.socalcoda.org – Southern California

www.oc coda.org – Orange County

www.lacoda.org – Los Angeles County

www.desertcoda.org – Desert Area

<http://spanish.coda.org/> Grupos en Español:

www.codaespanol.org & www.codaenespanol.org

Información: espanol@coda.org, (888) 444-2379.

Where to send Seventh Tradition.

A group's Seventh Tradition suggested contributions, after establishing "meeting expenses" and "prudent reserves" (please include meeting ID #):

60%: San Diego County CoDA, P.O. Box 720064, San Diego, CA 92172-0064

10%: Southern California CoDA, P.O. Box 4639, Culver City, CA 90231-4639

30%: CoDA Inc., P.O. Box 33577, Phoenix, AZ 85067-3577

Co-Dependents Anonymous of San Diego is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We rely on the [Twelve Steps](#) and [Twelve Traditions](#) for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships. Through applying the [Twelve Steps](#) and principles in CoDA to our daily life and relationships, both present and past, we can experience a new freedom from our self-defeating lifestyles and realize a new joy, acceptance and serenity in our lives. Download a copy of our pamphlet **Recovery from Codependence: A Brief Introduction**, from <http://coda.org/index.cfm/newcomers/recovery-patterns-for-codependence/>.