

# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous  
**August 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](http://www.sdccoda.org)

**Sponsorship Workshop Aug 29 - see pg 3!**

Please visit

[www.sdcCoDA.org](http://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

### 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

**Literature is available at this meeting; groups please order online in advance.**

Service positions that are open:

- Literature Chair
- Public Info - Phones
- Outreach Coordinator
- Service is Rewarding

#### 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.

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](http://www.sdccoda.org).

### SAVE THE DATES!

**CoDA Service Conference Oct 9-12**  
**International CoDA Convention Oct 12-14**

Both October 2018 events are in San Diego.

See the flyer attached to this newsletter.

Keep an eye on the CoDA.org [Calendar of Events](#).

### Steps, Traditions, Concepts & Promises

**Step 8:** Made a list of all persons we had harmed and became willing to make amends to them all.

**Tradition 8:** CoDependents Anonymous should remain forever non-professional, but our service centers may employ special workers.

**Service Concept 8:** The CoDA Service Conference (Conference), through its group conscience decision making process, guides the Fellowship in making policy decisions and in following the Twelve Steps and Twelve Traditions. The Conference, though providing guidelines, holds no authority over the decision-making process of individual groups. The group conscience process is our decision-making process. Failure to honor this process may violate Traditions One and Four and a sanction may be imposed. The harshest sanction Conference can impose on an individual or group is to no longer recognize it as belonging to CoDA; this sanction may only be imposed on those who consistently violate the Twelve Steps and Twelve Traditions, as determined by guidelines accepted by Conference.

**Promise 8:** I acknowledge that I am a unique and precious creation.

### Frank's experience, strength and hope for Coming to Believe in Step 2, and bringing Step 3 into an instant, spiritually based, addiction-healing reality.

I like to find a quiet spot such as a shade tree with dappled light and chirping birds. I *listen* and do my best to sort out, appreciate and identify every sound, especially the quietest ones such as those coming from distant birds or tiny insects. I breathe and as I do so I pay attention to my breath and do my best to sort out all of the various things I can *smell*, e.g., flowers, grass, food cooking, etc. I *taste* the air and sort through the different flavors that I experience in that moment, e.g., I lick my arm, chew on a flower, etc. I look around to *see* every object that I can define, especially their shapes and colors and the little stuff that I might otherwise miss such as individual leaves, blades of grass, birds, tiny insects, etc. I *feel* my place in this Universe. I sense my heart beating, my lungs expanding and contracting, my stomach digesting, the wind with its assortment of oxygen, nitrogen, water vapor and carbon dioxide molecules striking my face, etc. I “feel” my planet and “picture” it spinning as it rotates about a star we call the sun. I imagine that I can see my star rotating with billions of other stars in a galaxy that is only one of billions of other galaxies. I relax as I let all of my senses and imaginings join together in this instant that I realize is a magic moment that only exists right now, at this instant, in the very middle of forever. I find doing such a practice a few minutes each day is a good way to prepare for the ego-shattering, overwhelming spiritual-healing process that follows.

I find viewing a photograph or mentally picturing somebody that I deeply love and have lost to be one of the best ways to facilitate the ego shattering process. I let the associated intense sadness and love overtake me. If I have truly let go, at that moment when my guard is down and my ego crushed, I can humbly say “Thank you”, “Please forgive me” or “Please help me”, and with those few humbly spoken words, magic happens. That’s it. The amazing grace that happens next is no longer in my hands, but I find it’s good to pay close attention. Immediate results, such as the instantaneous release from debilitating addiction or resentment, I believe are always followed by the right things or people showing up at the right time. As I go about my day, if I’m not paying close attention, I can miss these important gifts.

### Step Eight Prayer

In this moment, I see the impossible  
become not only possible, but real.  
As I forgive myself for my shortcomings,  
I am able to forgive others, opening the way  
for a true and lasting change in my behavior.

Thank you, God.

(copied from [CoDA.org](http://CoDA.org) Step Prayers)

## ***Using the Traditions in Healthy and Loving Relationships***

The following was copied from our website [www.sdccoda.org](http://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 EIGHT:** Co-Dependents Anonymous should remain forever nonprofessional, but our service centers may employ special workers.

**“TRADITION EIGHT” SUGGESTED FOR RELATIONSHIPS:** Our marriage or relationship should remain forever an unprofessional, free, and giving relationship -Each to the other. In a healthy relationship, we do not keep score.

Our individual contributions to the relationship should be freely given and come from the heart. “Freely ye have received, freely give”. No one should keep score with regard to how much each partner does. All contributions should be valued.

Unless one of you is a professional carpenter, plumber, housekeeper, or laundress, etc., neither partner is an expert or professional in the relationship. Each partner must avoid taking a “professional” or know-it-all attitude. In the final analysis, personal opinions are just that –personal.

And when it comes to chores, you should try to share them. Most of the time, s/he who is most interested does. The one who is hungry, cooks. On the tasks that neither of you like to do, either rotate them or pay someone else to do them. As has previously been shared, neither partner is the boss in the relationship. There should be but one ultimate authority in the relationship—a loving Higher Power as expressed to our informed group conscience. Being in charge should not be all that important to either partner. If anything, just the opposite should be true. Does anybody in your household really want to be in charge?

### **Personal Example:**

In working my recovery program, I have learned to live life, not just survive life. Today I actually have a life that I love. Although CoDA and the 12 Steps have given me sanity and serenity, I suffer from acute clinical depression that is proven to run in my family.

After my sister committed suicide a few years ago, I was prescribed medication in order to function from day to day. Considering my history, I have remained on medication in addition to regularly seeing a doctor and therapist. Because of my codependence and wanting to be perfect this was really hard for me. I felt like a failure, I couldn’t “do this on my own”. After talking to my recovery friends and sponsor, I realized that sometimes we need to seek outside help.

My husband and I have gone to recovery meetings for couples in 12 Step recovery programs, as well as couples therapy counseling.

A few years ago, I admitted my husband into an inpatient rehab facility for his addictions. I knew that I certainly was not qualified to help him. I was more than relieved and grateful to turn him over to the professional that were trained to give him the help that he needed. The key for me in this and all my issues is for me to ask my trusted and loving Higher Power for guidance.

### **CHECKLIST FOR TRADITION EIGHT:**

- Does this tradition accurately describe my behavior? If not, what needs changing?
- Do I try to sound like an expert on things? If so, why do I need to do that? Is my security at risk? Is my fear triggered? Does my ego feel threatened?

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- Do I believe that one or the other partner should be in charge based on their gender? Experience? Education? Job? Or anything?
- Do I make an effort to understand my partner's opinions, views, and feelings? Do I really listen to my partner and show respect for those opinions, views and feelings?
- Does my identity and feelings of self-worth depend upon my relationship with my partner?
- Who or what was my role model for a healthy relationship?
- Can I give for fun and for free –requiring nothing in return? Do I keep score in my relationship?
- Do I charge my partner a 'fee' for being in a relationship with me? If so, what is it? How expensive is my love and companionship?
- Do I take hostages in my relationships? Do I feel that my partner belongs to me?
- Do I really understand that I will reap what I sow –that what goes around comes around?

I thank God that life isn't fair and that this program isn't about justice but about mercy!

### **CoDA SPONSORSHIP WORKSHOP**

- Have you been wondering what it takes to be a sponsor?
- Have you been contemplating taking the next step?
- Have you been pondering the idea but have been too afraid?
- Well...wonder...contemplate...ponder...no more...
- Would you like to grow in your sponsee - sponsor relationship?
- Do you want a sponsor - How do you find a sponsor?
- We have the workshop for you!

**Where:** Immanuel Lutheran Church, 1900 Nevada St, Oceanside 92054

**When:** **Wednesday, August 29**, 2018 - 5:00 pm - 6:30 pm

**Who:** All who are interested in learning about sponsorship and being sponsored.

**Agenda:** Panel , Audience Participation, Sharing ES&H in regards to sponsorship and needing a sponsor, Q&A, and Closing Prayer.

**Snacks and water will be provided**, but feel free to bring something to eat as it will be the dinner hour.

This will be an awesome opportunity to discover your path regarding next steps and to grow in your recovery.

**Please R.S.V.P to Addie 760-305-8355 or Susan 760-480-4492.**

### **Greetings CoDA Voice Readers:**

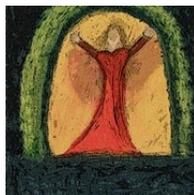
Please Submit Something to the **CoDA Voice**  
We encourage our readers to send us:  
◆ Personal sharing on your recovery  
◆ Poems about recovery from codependency  
◆ Jokes or Cartoons about recovery in CoDA  
◆ Announcements, Events, Fun Stuff, etc.  
Email submissions to [newsletter@sdccoda.org](mailto:newsletter@sdccoda.org)  
Submissions may be edited for space/content.  
Deadline is 1st Saturday of the month. Thanks.

### **Links to Other Co-Dependents Anonymous Sites**

[www.coda.org](http://www.coda.org) – CoDA International  
[www.socalcoda.org](http://www.socalcoda.org) – Southern California  
[www.occoda.org](http://www.occoda.org) – Orange County  
[www.lacoda.org](http://www.lacoda.org) – Los Angeles County  
[www.desertcoda.org](http://www.desertcoda.org) – Desert Area  
<http://spanish.coda.org/> Grupos en Español:  
[www.codaespanol.org](http://www.codaespanol.org) & [www.codaenespanol.org](http://www.codaenespanol.org)  
Información: [espanol@coda.org](mailto:espanol@coda.org), (888) 444-2379.

Please visit website: [connections.coda.org](http://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



### **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/>.