

The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

September 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

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 - Mail
- Outreach Coordinator
- Hospitals and Institutions

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.

CoDA Service Conference Oct 9-12
International CoDA Convention Oct 12-14
Both October 2018 events are in San Diego.

Go to this [link](#) for registration and information.

**Volunteers are needed to help with the
International CoDA Convention - see page 3**

Steps, Traditions, Concepts & Promises

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Service Concept 9: By tradition, the CoDA Service Conference gives responsibilities to working committees composed of Conference Delegates and other CoDA volunteers or to separate service boards or corporations. All are directly responsible to the Conference. The scope of the work a committee does is determined by the Conference group conscience. The chairperson of each committee assumes the responsibility to ensure the work assigned to the committee is completed in a timely manner.

Promise 9: I acknowledge that I am a unique and precious creation.

Lesla, our San Diego Regional Representative to SoCalCoDA, writes:

The **CoDA World Service Conference** and **International Convention** are coming up October 9-14 (see notice above). I thought it would be helpful for members to see the **Co-Dependents Anonymous Structure Chart** (which is copied on page 4). This is an inverted pyramid with meetings at the top. The **Intergroup** is San Diego County CoDA (SDCCoDA). The **Voting Entity** is Southern California CoDA (SoCalCoDA). SoCalCoDA Delegates will be emailing out a survey for all San Diego CoDA members to provide input for voting on motions at the Service Conference. If you are not on this email list, then you can find a link to the survey posted on the SoCalCoDA website, www.socalcoda.org. The motions are available at the CoDA World website, www.coda.org. We encourage each member to complete the survey and attend the Service Conference.

We all have a voice in CoDA!

The SoCal CoDA Delegates are asking for all members of SoCal to share *thoughts, opinions, and feedback* on the motions coming up at the 2018 CoDA Service Conference (CSC) in San Diego on October 9-12. The following links are being offered as a process to hear your voice so we can represent SoCal's group conscience in San Diego! We hope to have a Spanish translation available in the near future. Click on these links:

[Online feedback form](#). [Flyer to print, copy and bring to your meetings](#).

We want to hear your voice by October 5th in time for CSC! Feel free to contact us at SocalCodaDel@gmail.com with any questions or concerns.

Yours in Service, Athena, Kirsten and France

Step Nine Prayer

In this moment, I trust my Higher Power to guide me in making sincere and honest amends. In this moment, I experience my gratitude for Co-Dependents Anonymous and the Twelve Steps of recovery, knowing that as I am willing to live this program, share the fellowship, and walk with God, I am free.

(copied from CoDA.org Step Prayers)

Using the Traditions in Healthy and Loving Relationships

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 NINE: CoDA, as such, ought never be organized; but we may create service boards directly responsible to those they serve.

“TRADITION NINE” SUGGESTED FOR RELATIONSHIPS: A family or relationship should be flexible in its organization but our *informed* group conscience may appoint certain persons to serve various functions and to be directly accountable to those they serve.

With all this in mind, it follows that a relationship and/or family ought never be organized. It needs to be spontaneous, unpretentious, unrehearsed, flexible and candid.

Organization carries with it a certain level of safety but at the expense of a certain amount of flexibility and creativity. Organization is meant to avoid or pre-empt the unexpected. Organization leads to attempts at control -the nemesis of a happy and healthy relationship/family. These attempts to control in relationships/family are so futile as to be almost laughable and lead only to anger, rebellion, and resentments. A marriage, romantic relationship, and/or family is no place for a constitution, organizational chart, bylaws, or Robert’s Rules of Order.

This tradition is an exhortation to have fun, be playful, and lighten up. Don’t take yourself so seriously. Each member in the family and/or relationship is in a position to serve that family and/or relationship and is directly accountable to the other members.

Personal Example:

Tradition nine suggests we not have too rigid a structure within the relationship, for example not dividing tasks strictly between traditional male and female roles. We need to have flexibility. **We each take on service to the relationship as best fits the changing needs of the relationship. Example: I do a lot of the day to day cooking, but on Thanksgiving, my husband makes the turkey and stuffing because he enjoys it. When I was diagnosed with food allergies, he started making TWO turkeys with two kinds of stuffing and gravy, so I could enjoy one while staying on my food allergy diet.

CHECKLIST FOR TRADITION NINE:

- Do I try to be the boss in my family or relationship?
- Do I bring an attitude of service to my relationship/family?
- Am I mature enough to understand and use the principles of CoDA in my relationship/family even if no one makes me do so with a sense of personal responsibility?
- Do I exercise patience and humility in the things I do in my relationship/family?
- Do I assume responsibility or do I try to take on authority?
- Have I learned how and when to step aside gracefully when I begin to overstep my bounds?
- Who decides who does what in the day-to-day business of a relationship/family?
- Am I a “peace at any price” person? Doesn’t this get to be expensive at times?

CODA International Service Conference

~ Volunteers Needed ~

Please help serve the CoDA World!

The International CODA Conference is coming to San Diego October 12-14. Volunteers are needed in 2-3 hour shifts to help with these service positions:

- 🌐 **Event Assistants**
- 🌐 **Hospitality Room Hosts**
- 🌐 **Literature Sales**
- 🌐 **Welcome Table**
- 🌐 **Conference Greeters**

Please announce
this at your
meetings.

[Click this link to learn more and to sign up.](#)

CoDA Approved and Endorsed Literature

Big Discounts for Literature Purchases at the CoDA Service Conference and International CoDA Convention in San Diego, October 2018.

Our full range of materials will be available in both English and Spanish. Items will be discounted up to 30% off. A big discount for you and your group!

Literature will be on sale Tue 9th - Sat 13th.

If you are available to help sell literature please register on the SDCC website

www.sdccoda.org

or call Addie at 760.305.8355 to sign up.

Inmates Want & Need CoDA Sponsors

We have an **Inmate Sponsorship Program** that started in 2014. It involves corresponding with an inmate using US Mail. If you think you might want to be of service in this way, please email: InmateSponsorship@CoDA.org or addie@usa.com. Thank you for your interest in serving.

Some qualifications of CoDA Sponsors for inmates:

1. Have two years of active participation in CoDA.
2. Be actively participating with a sponsor or co-sponsor.
3. Have worked the 12 Steps and a working knowledge of the 12 Traditions of CoDA.
4. Desire to share the clear message of recovery in CoDA.
5. Have the willingness and availability to reply to any letter within two weeks from the date the letter is received using the US mail, providing your own stamps, stationary, and using the CoDA PO box as his/her return address.

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

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 – CoDA International

www.socalcoda.org – Southern California

www.occcoda.org – Orange County

www.lacoda.org – Los Angeles County

www.desertcoda.org – Desert Area

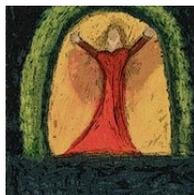
<http://spanish.coda.org/> Grupos en Español:

www.codaespanol.org & www.codaenespanol.org

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

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



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/>.

Co-Dependents Anonymous Structure Chart

Group conscience decision making provides a foundation for the entire service structure of Co-Dependents Anonymous (CoDA). It is an inverted pyramid and begins in our meetings, moving down to our Intergroups or Communities, continuing through our Voting Entities (VEs) and finally reaching the CoDA Inc. organization. Not every VE has both Intergroups or Communities

