



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous
November 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,](http://4773MarlboroughDr.com)
[San Diego, CA 92116](http://SanDiegoCA92116.com)

[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.

Steps, Traditions, Concepts & Promises

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Service Concept 11: The powers of the CoDA Service Conference derive from the pre-eminent authority of the group conscience decision-making process. Arizona State law gives the Board of Trustees legal rights and responsibilities to act for the Fellowship in certain situations. CoDA, Inc.'s Articles of Incorporation and Bylaws are legal documents enumerating these Board rights and responsibilities.

Promise 11: I trust a guidance I receive from my higher power and come to believe in my own capabilities.

Mark Your Calendars

Holiday Party Dec 15th, 5:00-9:00

Kensington Comm. Church

[4773 Marlborough Dr,](http://4773MarlboroughDr.com)
[San Diego, CA 92116](http://SanDiegoCA92116.com)

Potluck style so please bring your favorite side dish or dessert.

Turkey, ham, vegetarian turkey, and water will be provided.

We will eat and then have a gratitude meeting after dinner.

Volunteers are needed to please come early and help set up.

Any questions, please contact:
Victoria 619-609-4166

7th traditions will be collected at the door so please give if you can, but no one will be turned away.

Please come to enjoy the food, fellowship and fun.

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous.

Step Eleven Prayer

In this moment, I quiet my thoughts and open my mind and heart to God's guidance for me.

In this moment, I feel the gentle peace that conscious contact with God allows.

If I am troubled and in doubt or joyful and serene, I turn to God. I know my path will be revealed and the way to my highest good will be made known.

(copied from CoDA.org Step Prayers)

Using the Traditions in Healthy and Loving Relationships - TRADITION TEN

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 TEN: CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.

"TRADITION TEN" SUGGESTED FOR RELATIONSHIPS: Each partner is entitled to their own opinion on outside issues, however, a relationship should avoid heated controversy or potentially divisive topics.

Within the context of relationships, this means that we are careful about our opinions and rely on the "live and let live" slogan. We do not drag our relationship into public controversy. In fact, we try to avoid heated controversy completely. It is usually fueled by some form of fear and carries with it power-driven anger, resentment, and emotional damage. The next time you get into a heated argument with your partner, listen very carefully and you will hear his or her mind snap shut! Then ask yourself this question: "How likely is it that God's Will for me is to scream and yell at another one of his kids?"

We also don't speak ill of each other to friends or in public. Being publicly critical gets to be a habit and is one of the symptoms of our disease of codependency. In our disease we are constantly railing away that it is someone else's fault. Besides, feelings are usually temporary unless stated publicly .

Personal Example:

We don't bring controversial issues into our relationship unless it is necessary and relevant to the relationship. Example: Politics is off limits inside my marriage. As individuals, we have very different political views, but as a couple, we try not to bring those opinions into our relationship where they create controversy.

CHECKLIST FOR TRADITION TEN:

- Do I give the impression that "we" have an opinion and I am its keeper?
- Am I careful to keep confidences given to me by my partner?
- If my relationship with my partner were not guided by this tradition, what would it be like? Where would I be?
- Am I publicly critical of my partner? If so, what evidence can I offer to substantiate that I have sound judgment? Am I not a member of a recovery program? Am I a role model or warning to others?
- If someone accused me of being a recovering person in a healthy relationship, would there be enough evidence to convict me?
- What would my partner say if asked whether or not I loved him/her?
- Do either of us have emotional scars from repeated heated controversy and/or struggles for power and control?
- How important is it for me to be right? Would I rather be happy?
- Do I expect or need my partner to see and feel the same way I do on issues?
- Can I let my partner disagree with my ideas without feeling rejected and without getting defensive?
- Do I have a 'live and let live' attitude or a 'my way or the highway' attitude?

Last month, I missed the 10th Tradition writing. So this month, I'm adding both 10 & 11.

Yours in Service,
Dave M. - CoDA Voice Editor

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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.*

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TRADITION ELEVEN: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

"TRADITION ELEVEN" SUGGESTED FOR RELATIONSHIPS: Each partner best conveys his or her beliefs and philosophy through attraction rather than promotion. Each person is in charge of his or her own anonymity. Anonymity is a valuable asset to the marriage or relationship.

Within the context of relationships, this tradition suggests that we rely on attraction to each other and to each other's ideas and philosophies. We don't hustle, jive or "sell" each other. This may have been our pattern/style in the past, something we tried in other marriages or relationships but it never worked well. We do not try to impose our ideas or CONVINCE our partner that our way is the better way, since we truly do not know what is best for anyone else. Attraction is defined as a force that naturally draws people and things together. We do not beg our partners for their time or promote how good we are for them. We each go about living our lives, trusting that who we are and how we live will continue to naturally attract our partners to us; We trust that time for the relationship will be something that we mutually desire.

Anonymity is a personal asset. In a relationship, anonymity is the ability to do something good and not have to advertise it. Anonymity is the ability to do good for goodness sake without having to take credit or receive special strokes for doing so. Anonymity can be having a positive attitude, not complaining when things are not just as we would have them. Anonymity is keeping silent when our partner makes a mistake. Anonymity is being happy and doing good without the expectations of reward, recognition, or return. A nice by-product of this practice of anonymity is the spiritual principle of 'what we sow, so shall we reap'. There is no room in a healthy relationship for self-glorification and pride but there is much room for great amounts of gratitude, humility, and a willingness to be of service to others.

Is our relationship a positive model of partnership? Would others want what we have? What kinds of people and relationships do we attract in our lives? What does that say about our level of health?

Personal Example:

When my now husband and I started dating, we had very different eating habits, which over time, have become more similar than different. Early on in our relationship, I noticed that when he made a salad at home for dinner, he would dump a bunch of pre-cut iceberg lettuce in a bowl, smother it with ranch dressing and call it salad. Considering myself a healthy eater and somewhat of an authority on nutrition (hah!), and KNOWING that there was nothing of nutritional value in that bowl, I was dying to tell him so. I wanted to tell him how much better off he'd be eating the way I ate. That would have been promotion. For some reason, probably God's intervention, I didn't say any of that, and instead, starting offering to make the salads when we had dinner together, using romaine lettuce, spinach, arugula, fresh tomatoes, cucumbers and light vinaigrette dressing to create the kind of salad that I preferred, which probably did have more nutritional value. I just did what I did with salad and offered to make him one too. When he offered to make me a salad, I'd just say, "No thanks, I'll make one for myself."

Pretty soon, I noticed that my then boyfriend really seemed to enjoy the salads I made for us, and in time, I noticed that he was no longer buying iceberg lettuce at the grocery store, but was bringing home romaine and red leaf lettuce instead! Today, married for almost a year, my husband and I make salads the same way. And without a confrontation, without a word from me, he had the opportunity to discover for himself something he liked about my eating habits and make his own decision to adapt accordingly. That's attraction in action. [continued on next page...]

CHECKLIST FOR TRADITION ELEVEN:

- Is my relationship treated with care in public?
- Do I think my relationship is attractive to others? Or does it appear shabby?
- Is my partner ever embarrassed or humiliated by my appearance or actions?
- Do I give relationships a bad name?
- Am I guilty of promotion rather than attraction in my relationships?
- Can I go about my affairs without giving my partner advice on how s/he should conduct hers/his?
- Can I do good things for my relationship anonymously? DO I do good things for my relationship anonymously?
- Can I give my partner the right to be wrong? Can I give my partner the right to be right?
- How do I feel when my partner criticizes the way I am trying to live my recovery program/conduct myself? (“Do you talk to your sponsees like that??”)
- Do I try to convince my partner that my way is an improvement over her/his way? Do I make subtle or not so subtle suggestions about how my partner could improve their quality of life?
- How can/does my partner’s being in touch with reality help me? (Is s/he?)
- Which do I give more of to my partner: 1.) Positive strokes Or 2.) Negative zingers?
- What happens when one partner in the relationship is getting noticeably healthier and the other is not?

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.

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



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.

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/>.