



A Newsletter of Co-Dependents Anonymous of San Diego County  
Available at - [HTTP://WWW.SDCCODA.ORG](http://www.sdccoda.org)

P.O. Box 720064, San Diego, CA 92 172-0064 ♦ (619) 222-1244

September 2008

**San Diego CoDA Community Business Meeting**

3<sup>rd</sup> Saturday of each month

Saturday, September 20th: 10AM - 12PM

**Community Directory**

Info Line: (619) 222-1244

- Community Representative..... Frank  
[c-rep@sdccoda.org](mailto:c-rep@sdccoda.org)
- Alt. Community Rep.....France  
[alt-rep@sdccoda.org](mailto:alt-rep@sdccoda.org)
- Parliamentarian..... Johnny  
[parliamentarian@sdccoda.org](mailto:parliamentarian@sdccoda.org)
- Recording Secretary..... Jackie  
[sec@sdccoda.org](mailto:sec@sdccoda.org)
- Treasurer .....Lori W  
[treasurer@sdccoda.org](mailto:treasurer@sdccoda.org)
- Regional Rep .....Nancy M  
[reg-rep@sdccoda.org](mailto:reg-rep@sdccoda.org)
- Alternate Regional Rep ..... Trevor H  
[alt-regrep@sdccoda.org](mailto:alt-regrep@sdccoda.org)
- Hospitals & Institutions..... Lynne  
[H-I@sdccoda.org](mailto:H-I@sdccoda.org)
- Literature .....Joe H  
[literature@sdccoda.org](mailto:literature@sdccoda.org)
- Newsletter..... Lesa G  
[newsletter@sdccoda.org](mailto:newsletter@sdccoda.org)
- Outreach Group.....Deborah D  
[outreach@sdccoda.org](mailto:outreach@sdccoda.org)
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[p-mail@sdccoda.org](mailto:p-mail@sdccoda.org)
- Public Info-Phone..... Bonnie  
[phones@sdccoda.org](mailto:phones@sdccoda.org)
- Public Info-Web-Site..... Joe H  
[webmstr@sdccoda.org](mailto:webmstr@sdccoda.org)
- Workshops/Panels/Seminars..... Carolyn W  
[wsp@sdccoda.org](mailto:wsp@sdccoda.org)
- Activities Chair..... Stephen S

**Mira Mesa Presbyterian Church**

8081 Mira Mesa Blvd. San Diego, CA 92126

From I-15, make a left on Reagan and right on Berwyn.

From I-805 make a Right on Reagan and another right on Berwyn.

Literature Available

Send Your Group Representative

All Members are Welcome to Attend

**Sunday Speakers Meeting**

*September 7th*

First Sunday of each month.

6:30pm - 8:15pm

Fellowship After

Kensington Community Church

4773 Marlborough

San Diego, Ca 92116

Meeting in Youth Hall during Construction.

Meeting info email list: [sdcodaspeakers@yahoo.com](mailto:sdcodaspeakers@yahoo.com)

**Hospitals & Institutions**

If you are interested in doing 12<sup>th</sup> Step Service work with Hospitals and Institutions, there are requirements.  
Please contact Lynne for information: (619) 574-6684

**Monday**

Las Colinas Women's Jail  
8:30 am – 10:00 am

**Tuesday**

Las Colinas Women's Jail  
6:30 pm – 8:00 pm

**Wednesday**

Men's Downtown Jail  
7:00 pm – 8:30 pm

**HOW TO REACH US & WHERE TO SEND 7<sup>th</sup> TRADITION:**

**San Diego County CoDA (60%)**

P.O. Box 720064  
San Diego, CA 92172-0064  
Info. Line: (619) 222-1244  
Online: [www.sdccoda.org](http://www.sdccoda.org)

**Southern California Regional CoDA (10%)**

P.O. Box 175  
Orange, CA 92856-0175  
Info. Line: (323) 340-3762  
Online: [www.socalcoda.org](http://www.socalcoda.org)

**CoDA Inc. (30%)**

P.O. Box 33577  
Phoenix, AZ 85067-3577  
Info. Line: (602) 277-7991  
Online: [www.codependents.org](http://www.codependents.org)

A group's 7th Tradition suggested contributions, after establishing "meeting expenses" and "prudent reserves."

## **Report from Our San Diego CoDA Regional Representative**

I'd like to thank the San Diego CoDA community for their contribution to and support of my trip to Chicago as a voting delegate for SoCal CoDA to the CSC Conference in September. I am looking forward both eagerly and anxiously to my first participation in service at the CoDA World level. There are currently five "voting entities" (meaning these were submitted by states/voting entities) issues, listed below, that I will be voting on as one of two delegates from Southern California, and I welcome your guidance. Please discuss these issues within your groups and return any input to me as soon as possible. The SoCal CoDA quarterly meeting will be held on Aug 23<sup>rd</sup>, and with your guidance I hope to represent San Diego CoDA accurately and honestly. And, of course, all who wish to are welcome to attend SoCal CoDA meetings and participate in the discussions.

Here are the "voting entities" issues to be voted on at the CSC Conference:

AZ-08-01. Arizona requests a thorough evaluation/explanation of how CoRe structures its postage and handling charges to CoDA groups. And, if possible, requests that CoRe reduce the costs.  
RATIONALE: So, CoDA groups can afford CoDA resources, and support CoRe, more easily.

AZ-08-02. Arizona suggests that CoDA Inc.'s board and CoRe's board begin discussion about coming together as one board.  
RATIONALE: To promote unity, and to prevent duplication of efforts and expenses for attorneys and accountants.

TX-08-01. Texas requests that individuals be granted permission to verbally substitute the term Higher Power for God, if desired, when reading the Preamble, Welcome, Steps, and Traditions out loud.  
Intent: This issue was submitted two years ago and there was a misunderstanding at CSC about what was being requested. We do not request the written documents be changed but the statement that the Foundational documents must be read "as written" be changed.  
Codependents can be black and white in their thinking; some people interpret "as written" to mean that Higher Power cannot be substituted for God when reading the document. Changing "as written" (e.g., as written except for the substitution of Higher Power for God) allows people the choice of saying Higher Power when the documents are read out loud. Since CoDA is a nondenominational organization, we would like to be congruent with the principles of the organization in using "Higher Power" and the God of our understanding in the reading of Foundational documents.

TX-08-02. Texas requests that when CoDA World translates the CoDA Book into other languages, only the first 111 pages be translated rather than the entire book. Translation is very expensive and we think the recovery stories will not translate well linguistically or culturally.  
Intent: We do not intend to eliminate the personal recovery stories but think the stories would be better if provided in the native language and culture—perhaps as a separate book. Translating the first 111 pages only would save CoDA money and provide important CoDA literature to other countries more quickly.

TX-08-03. CoDA Texas suggests a change to the third paragraph of the Welcome. It now reads: "We attempted to use others-- our mates, friends, and even our children as our sole source of identity....." We would like to add "and jobs" and change the Welcome to: "We attempted to use others-- our mates, friends, and even our children and jobs, as our sole source of identity....."  
Intent: Some codependents don't have mates, children, or even friends, but use their job as their sole source of identity. Adding this phrase to the Welcome identifies another area of our addiction. We suggest this change be implemented in the Meeting Starter packet and other web documents and then in the CoDA Book at the next printing.

Yours in service,

Nancy M.  
SD Regional Rep

## **Tuesday Night CoDA Step Study CA1204 Open Meetings in August Until filled**

**Time: 7:00 - 8:30**

**College Lutheran Church**

**6650 Montezuma**

**San Diego, CA 92115**

Enter at parking lot in rear

**Using the Co-Dependents Anonymous Twelve Steps & Twelve Traditions Workbook and other CoDA approved Literature.**

**Meeting will close when filled.**

**Step study is approximately 36 weeks.**

**Opening again when workbook is completed.**

## **Super Seminar Saturday**

**October 25th, 2008 9-4**

Clairemont Church of God

4955 Conrad Av, San Diego, CA 92117

Theme: "What Does Recovery Look & Feel Like?"

Workshops on...

"Where is My Higher Power?"

Feelings & Boundaries

Affirmations Circle

4th Step Workshop

Keynote Speaker

Yoga Meditation

Panel on Recovery

Arts & Crafts and more

Lunch

*For more information or to volunteer email Carolyn at [wsp@sdccoda.org](mailto:wsp@sdccoda.org)*