



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

December 2008 rev

San Diego CoDA Community Business Meeting

3rd Saturday of each month

Saturday, December 20th 10AM - 12PM

Community Directory

Info Line: (619) 222-1244

- Community Representative..... Frank
c-rep@sdccoda.org
- Alt. Community Rep.....France
alt-rep@sdccoda.org
- Parliamentarian.....Johnny
parliamentarian@sdccoda.org
- Recording Secretary..... Jackie
sec@sdccoda.org
- TreasurerLori W
treasurer@sdccoda.org
- Regional RepNancy M
reg-rep@sdccoda.org
- Alternate Regional Rep Trevor H
alt-regrep@sdccoda.org
- Hospitals & Institutions..... Lynne
H-I@sdccoda.org
- LiteratureJoe H
literature@sdccoda.org
- Newsletter..... Lesa G
newsletter@sdccoda.org
- Outreach Group.....Deborah D
outreach@sdccoda.org
- Public Info-Mail Csilla
p-mail@sdccoda.org
- Public Info-Phone..... Bonnie
phones@sdccoda.org
- Public Info-Web-Site..... Joe H
webmstr@sdccoda.org
- Workshops/Panels/Seminars..... Carolyn W
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.

Officer Elections in January

Send Your Group Representative

All Members are Welcome to Attend

Literature Available

Sunday Speakers Meeting

December 7th

First Sunday of each month.

6:30pm - 8:15pm

Kensington Community Church

4773 Marlborough

San Diego, Ca 92116

Meeting info email list: sdcodaspeakers@yahoo.com

CoDA Holiday Potluck in December
Date to be announced on website.

Hospitals & Institutions

If you are interested in doing 12th 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 7th TRADITION:

San Diego County CoDA (60%)

P.O. Box 720064
San Diego, CA 92172-0064
Info. Line: (619) 222-1244
Online: 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

CoDA Inc. (30%)

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

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

A Big Thank you to
Carolyn W.
and all who participated
in Super Seminar Saturday!



From your Regional Rep:

If you enjoyed the Super Seminar Saturday that San Diego CoDA hosted in October, and are looking for more of the same, please check out two upcoming CoDA events. The next SoCal CoDA Conference will be hosted by the Desert Communities CoDA on the weekend of June 5-7, 2009. You can find more information on this event at

www.desertcoda.org

The 2009 International CoDA Convention "Independent and Free" will be held Thursday – Sunday, July 9-12, 2009 in Seattle, WA. The deadline for early registration is December 1, 2008 (just around the corner). You can find more information and register for this event at www.coda.org. The next quarterly SoCal Coda Board meeting is tentatively scheduled for Saturday, December 6, 2008 in Orange County. This meeting is open to the entire CoDA fellowship. If you would be interested in attending, please email me for more information as it becomes available.

A note from Frank G., Community Representative

San Diego CoDA Community Elections are coming up in January! So, ahead of time, as a way to get the ball rolling, I'd like to say thank you, thank you, thank you to France, Jackie, Trevor, and Johnny!!! Your service is and has been greatly appreciated. However, it's almost time for you four to move on to bigger and better things, and let others follow in your footsteps.

I used to hate business meetings, and so, at best, I fully expected to have to just grin and bear it when my codependent right hand first shot up to volunteer. I am amazed to find that for the first time in my life I look forward to coming to a business meeting! So, if you are even just sort of thinking about taking a shot at one of these positions, I can say, without hesitation, do it, and be amazed yourself at how valuable and rewarding the experience turns out to be.

Below, I've copied excerpts from our bylaws to highlight the offices that will be up for grabs in January:

Election of the Alternate Community Representative, Alternate Regional Representative, Parliamentarian and Recording Secretary shall take place by hand or voice vote at the January meeting of the Committee, in every odd numbered year.

- 1. The ALTERNATE COMMUNITY REPRESENTATIVE shall serve in the absence of the Community Representative and shall perform the duties of the COMMUNITY REPRESENTATIVE in the absence of the COMMUNITY REPRESENTATIVE.**
- 2. The RECORDING SECRETARY shall be responsible for taking and transcribing the minutes of the monthly Committee meetings, which shall include all announcements and all motions made, whether carried or not. The Recording Secretary shall distribute the minutes and other materials as the Committee may designate. The minutes of a monthly meeting shall be distributed to each Group Representative, Committee Officer, sub-committee chair, and affiliated chairs prior to the date of the following meeting.**
- 3. The ALTERNATE REGIONAL REPRESENTATIVE shall fill ... in the absence of the Regional Representative, and shall attend functions with the Regional Representative whenever possible.**
- 4. The PARLIAMENTARIAN ensures that the Committee's meetings are conducted in accordance with the Twelve Traditions, The Committee's group conscience, and parliamentary procedures established by the Committee.**