



A Newsletter of Co-Dependents Anonymous of San Diego County

Back-issues available at <http://www.sdccoda.org>

P.O. Box 720064, San Diego, CA 92172-0064 ♦♦ (619) 222-1244 ♦♦

April 2010

Community Directory

- Community Representative France W
c-rep@sdccoda.org
- Alt. Community Rep Micah
alt-rep@sdccoda.org
- Parliamentarian Kirk B
parliamentarian@sdccoda.org
- Recording Secretary Renee H
sec@sdccoda.org
- Treasurer Emily
treasurer@sdccoda.org
- Regional Rep Trevor H
reg-rep@sdccoda.org
- Alternate Regional Rep Debbe C
alt-regrep@sdccoda.org
- Hospitals & Institutions Frank G
H-I@sdccoda.org
- Literature Michelle M
literature@sdccoda.org
- Newsletter Joe H
newsletter@sdccoda.org
- Outreach Group Nancy M
outreach@sdccoda.org
- Public Info-Mail Deborah C
p-mail@sdccoda.org
- Public Info-Phone Steve T
p-phone@sdccoda.org
- Public Info-Web-Site Steve C
webmstr@sdccoda.org
- Workshops, Panels, & Seminars Cheri K
wsp@sdccoda.org
- Activities Chair OPEN
activities@sdccoda.org

Information Line - (619) 222-1244

**April 4th, 2010
Sunday Speakers Meeting**

6:30pm – 8:15pm
Kensington Community Church
4773 Marlborough, SD 92116
Meeting info email list: sdcodaspeakers@gmail.com
Speaker Coordinator – Karla

**Save the Date
May 1st 2010**

**Super Seminar Saturday
"Trust the Process"**

Kensington Community Church
4773 Marlborough, SD 92116
To volunteer contact Cheri K
at wsp@sdccoda.org

**San Diego CoDA Community Business Meeting
3rd Saturday of every month 10 AM – 12 PM**

Mira Mesa Presbyterian Church
8081 Mira Mesa Blvd., San Diego, CA 92126

All Members Welcome to Attend
Literature Available

How to Reach Us and Where to Send Seventh Tradition:

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

San Diego County CoDA (60%)
P.O. Box 720064
San Diego, CA 92172-0064
Info. Line: (619) 222-1244
Form Online: www.sdccoda.org

Southern California 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

Traditions in Healthy and Loving Relationships

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*.

TRADITION NINE

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

9. 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 Rule’s 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?

Yours in service,
Marti, Marilyn and Debbe
Next month: Tradition Ten

Outreaching to the Community

This Outreach Committee's first event was the Women's Resource Fair on March 7th. It was a great success, and over 150 copies of our meeting list, etc., were given out. The fair had a record turnout this year, both for providers and for participants. There were 62 social services agencies represented, and 819 women, 213 children and 59 teens were able to access services and information that will make a difference in their lives. We definitely felt that this was a very good resource for us to get the word out about our program.

We welcome you to join us as we work Step Twelve and try to carry our message of recovery to other co-dependents who are still suffering. If you are interested in learning more about outreach, please check the Events section at www.sdccoda.org to find out about our next meeting, or contact the Outreach Chair directly at outreach@sdccoda.org. The next outreach meeting is April 10th, 2010, at 2:00 PM, at Coco's Restaurant, 2644 El Cajon Boulevard, San Diego.

"..we tried to carry this message to other co-dependents.."

Be of Service and Get In Free to the 2010 San Diego County Fair!!!

The CoDA Outreach Committee needs volunteers to "...carry the message to other co-dependents...who desire healthy and loving relationships" by volunteering at the CoDA booth at the 2010 San Diego County Fair. All volunteers will be given free entrance to the fair. So come out volunteer your service work and enjoy a fun day at the San Diego County Fair on CoDA San Diego.

Please volunteer your service, and contact outreach@sdccoda.org

