



The CoDA Voice

A Newsletter of Co-Dependents Anonymous of San Diego County
Issues also available at <http://www.sdccoda.org>

San Diego County
CoDA

PO Box 720064
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November 2011

Community Directory

Community Rep. ----- Karla K
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Alternate Community Rep. ---- OPEN
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Workshops, Panels, & Seminars Cheri K
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Activities Chair ----- OPEN
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Upcoming Events

Sunday's Speaker Meeting

Kensington Community Church , 4773 Marlborough Drive
San Diego, CA 92116

November 6th
6:30pm to 8:15pm

Meeting Updates

Women's truth and Recovery Meeting (CA1247) Moved from Wednesday to Thursday. Same Location, same time

Friday Encinitas Seaside Meeting (CA1277) Room changed to Quimby Room (facing Lake Dr.)

Service Opportunities

Alternate Community Representative

Serves in the absence of the Community Representative and performs the duties of the Community Rep. in his/her absence, such as setting the agenda, and chairing and conducting the community business meeting.

Alternate Regional Representative

In the absence of the Regional Representative, represents the committee at State, National, and International business functions and report those events in writing to the community. Attends functions with the Reg. Rep. whenever possible.

Activities Chair

The activities chair plans and organizes activities where all members can enjoy the fellowship.

Next Community Business Meeting Saturday November 19, 2011

The purpose of this meeting is to gather together CoDA volunteers each month, and share our experience, strength and hope as we serve the community. This is where the business of running CoDA is handled. Matters that affect the San Diego CoDA Community, are brought to this meeting, discussed and voted upon. Everyone is invited to the monthly business meeting.

Where to send Seventh Tradition:

San Diego County CoDA (60%)
PO Box 720064, San Diego, CA 92172-0064

Southern California CoDA (10%)
P.O. Box 4639, Culver City, CA 90231-4639
(THIS IS A NEW ADDRESS)

Coda Inc. (30%)
P.O. Box 33577, Phoenix, AZ 85067-3577

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

Message from your Community Rep

As we approach the end of 2011, I look back with gratitude on the activities of the CoDA Community in San Diego and surrounding communities. We continue to carry the message of recovery to those who want and need help in their efforts to accept with grace the things they cannot change; to demonstrate courage where they can make important changes; and to acquire the wisdom to distinguish between the two.

My service this year as Community Representative has been rewarding and challenging at times, and has provided numerous growth opportunities for me, and hopefully for many of you as well. I am hoping that someone else will step forward for the next year, as I relinquish this service at the close of this term in order to provide additional balance to my life, and to allow another to serve in this capacity. As you may recall, I accepted this position as a result of the resignation of our former community representative, France. In January, elections will occur for the next term, and I hope that you will search your hearts and see if this position is one that will be one you pursue as a trusted servant of this recovery community.

Thank you for your support.

Karla

From our CoDA Literature

Excerpt from: "Communication and Recovery" pamphlet

The following suggestions may help us develop healthier communication patterns:

- Listen carefully to our own thoughts and feelings.
- Sometimes delay our immediate responses to questions/comments to give ourselves time to think and feel.
- Monitor ourselves for weasel words (ex: "I am not sure" (when we are), or "maybe" (when we know it's "definitely")).
- Prepare for difficult conversations ahead of time, yet be open to spontaneity.
- Use CoDA or personal affirmations when we're feeling the "codependent crazies".
- Note self-effacing language such as "I just", "I guess", "I think", and "I only".
- Know that if we change our minds about previous decisions, we can verbalize our current thoughts, if we need to.
- Practice using different response words and expressions; for example, are we always "fine?".
- Watch for "bargaining" patterns; for example, "I can't today, but I'll try tomorrow" (when we know that tomorrow won't be any better either).
- Speak slowly, firmly, and clearly when drawing boundaries.
- Avoid justifying or explaining ourselves, even when we feel a compulsion to do so.
- Notice how words such as "should" and "ought" may be controlling us.
- Note whether we try to control others with our words, tone, volume, or nonstop talk, or if we allow others to control us with similar verbal tactics.
- Speak lovingly with others, our Higher Power, and ourselves.
- Add our own personal patterns to this list.

When we are able to say "no" without feeling guilty, we have taken a major step forward in our recovery. When we inventory our own weasel words and stop ourselves in mid-sentence from using them, we have taken a major step forward in our recovery. When we catch ourselves before we habitually apologize for something, we have taken a major step forward in our recovery. When the day comes and we say, "no, I am clear about my feelings, and I won't be going" and we don't feel a pressing need to justify ourselves, we have taken a major step forward in our recovery. When we speak clearly and honestly as we set a boundary and don't allow another's anger to control us, we have taken a major step forward in our recovery.

With time and practice, we will know. We will know when we have verbally owned our power. When our hearts and minds are clear, our speech can be simple and direct.

From "The Twelve Steps" Handbook

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 CoDA 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.

Step Ten Prayer

In this moment, I live my life in a new way. As I continue to open my heart and mind, little by little, one day at a time, I reveal my true self, mend my relationships, and touch God