



The CoDA Voice

A monthly Newsletter of
San Diego County Co-Dependents Anonymous

Download copies from www.sdccoda.org

January 2018

San Diego County CoDA
PO Box 720064
San Diego, CA 92172-0064
Info Line: 619-222-1244
Website: www.sdccoda.org

Look for new **Meeting Schedule**
soon at www.sdccoda.org

**Elections are in
January. Please join
us in serving our
CoDA Community!
Community Directory**

Officers:

Community Representative
c-rep@sdccoda.org

Community Representative,
Alternate
alt-rep@sdccoda.org

Parliamentarian
parliamentarian@sdccoda.org

Secretary, Recording
sec@sdccoda.org

Regional Representative *
reg-rep@sdccoda.org

Regional Representative,
Alternate
alt-regrep@sdccoda.org

Treasurer
treasurer@sdccoda.org

Sub-Committee Chairs:

Activities Coordinator *
activities@sdccoda.org

Hospitals and Institutions
Coordinator
h-i@sdccoda.org

Liaison CoDA World Events
[email pending]

Literature Coordinator
literature@sdccoda.org

Outreach Coordinator *
outreach@sdccoda.org

Newsletter Coordinator &
Meeting Schedule
newsletter@sdccoda.org

Public Info - Mail *
p-mail@sdccoda.org

Public Info - Phones *
p-phone@sdccoda.org

Webmaster
webmaster@sdccoda.org

Workshops, Seminars & Panels
Coordinator *
wsp@sdccoda.org

* Positions that are currently
open and need to be filled.
Please come to the *Monthly
Business Meeting* to learn more
about service opportunities.

San Diego County CoDA Monthly Business Meeting

A meeting of Committee Members, meeting GSR's, and all interested CoDA members.

We meet on the 3rd Saturday of each month, 10:00 am to 12:00 pm at

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

Literature is available at this meeting - groups please order online in advance.

These are the Committee service positions that are currently open:

- Public Info - Mail
- Public Info - Phones
- Activities Coordinator
- Outreach Coordinator
- Regional Representative
- Workshops, Seminars & Panels Coordinator

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.

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.

Step One Prayer

In this moment, I do not have to control anyone,
including me. And if I feel uncomfortable with what
another person is doing or not doing, I can remind
myself that I am powerless over this person and I
am powerless over my compulsion to act in
inappropriate ways.

(Copied from CoDA.org Step Prayers.)

CoDA Sunday Speakers Meeting (2 speakers)

The first Sunday of the month, 5:30 - 7:15 PM

Kensington Community Church

4773 Marlborough Dr., San Diego, CA 92116

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

Recovery from Codependence: A Brief Introduction

<http://codaa.org/index.cfm/newcomers/recovery-patterns-for-codependence/>

Please visit website: connections.codaa.org for:

- Meetings in Print
- Sharing Strength and Hope
- Lessons Learned
- Working the 12 Steps
- Affirmations
- Words of Wisdom
- Recovery Tips and Techniques



Steps, Traditions & Service Concepts

Step 1: We admitted we were
powerless over others - that our lives
had become unmanageable.

Tradition 1: Our common welfare
should come first; personal recovery
depends upon CoDA unity.

Service Concept 1: The members of
the Fellowship of Co-Dependents
Anonymous, in carrying out the will of
a loving Higher Power, advance their
individual recoveries, work to insure
the continuance of their groups and
their program, and carry the message
to codependents who still suffer. They
may also collectively authorize and
establish service boards or
committees and empower trusted
servants to perform service work.

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
 - ◆ "Heard in a Meeting" quotes
 - ◆ Announcements, Events, Fun Stuff, etc.
- Email submissions to newsletter@sdccoda.org.
Submissions may be edited for space/content.

The following was copied from website www.sdccoda.org, listed under “CoDA Readings / Twelve Tradition Writings.” The *CoDA Voice* will include one per month, each month this year.

Using the 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 ONE:

Our common welfare should come first; Personal recovery depends upon CoDA unity.

“TRADITION ONE” SUGGESTED FOR RELATIONSHIPS:

Our common welfare should come first; A healthy and loving relationship depends upon unity.

Tradition One suggests putting aside our egos and agendas to support the common welfare of the relationship. Instead of being attached to our own opinions and seeing differences as “attacks” or threats, we let go of our need to control the outcome and make room for our Higher Power. We find that when we let go of our need to control, we also have more serenity within ourselves.

The possibility of true unity begins with each individual. If each partner is not okay individually, they can’t support unity within the relationship because they need too much from it. In addition, having a solid relationship with a Higher Power within each individual person is vital. If each partner is following the guidance and Will of God, as they understand God, they are more capable of participating in a healthy and loving relationship. Why? Because a working relationship with God provides faith and faith removes fear. Unity requires harmonious cooperation. Unity demands a willingness to listen to the ideas, feelings, and opinions of the other with an open mind. Unity means I get to speak my truth and allow my partner to do the same. Unity means sharing views and not insisting on promoting my way as the only way. Sometimes I want to control by urging my partner to do what I think is best for him or for us. And then I remember that I am not my partner’s Higher Power and I do not have all the answers for him or for us. Control does not support our common welfare or our unity. And each partner can’t just do their own thing without considering how their actions will affect the relationship. An attitude of acceptance is essential to creating unity.

Personal Example: My fiancé and I are coming together in our early 40’s and we are planning our wedding together. Agreeing upon our wedding date has been a compromise, one that we arrived at by considering our common welfare. I have wanted to be married for the past ten years. My partner and I have been together for two and a half years, and though I knew I was ready to marry him about a year and a half into our relationship, he was not yet ready. When he “finally” (from my perspective) proposed in March, we both agreed we wanted to set a wedding date “soon.” As he was finishing a master’s degree program in June (while working full-time), I suggested July. He insisted he wanted to wait until August. Every time we tried to discuss it, I became irritated and impatient, feeling like I had been PATIENT LONG ENOUGH! I could not understand why he needed another month. At last he reminded me of something I already knew about him. After an extremely busy and demanding time, what he needs to do is unplug and do nothing – recharge his batteries for a while before he plans a trip or takes on a personal project (like getting married!). He impressed upon me how much he wanted to be able to enjoy and participate in our marriage ceremony and the time leading up to it and that in order to do so, he needed some “down time,” as a buffer between finishing school and getting married. That’s why August worked better for him – July was his buffer time. All at once I understood that it was more important in the long run to our relationship for both of us to be able to participate and enjoy the process than it was to get my way about the wedding date. And so we agreed to be married at the end of August.

Something that we frequently say to each other in the midst of disagreement (even when we are really irritated) is “I know that we can find a way to work this out together.” Saying or hearing this affirmation out loud helps to reaffirm our commitment to unity.

(continued)

CHECKLIST FOR TRADITION ONE:

- Am I God-centered or self-centered?
- What am I willing to sacrifice for my relationship?
- What affect do my actions have on our relationship? On our family?
- Am I a giver or a taker in this relationship?
- Do I do unifying things? Am I quick to criticize? Slow to praise?
- Do I use silence as a refuge or punishment while expecting my partner to read my mind?
- Do I listen when my partner has something to say? Do I listen with an open mind?
- Do I admire and approve of my partner? *Does s/he know that?* Do I show and communicate that to her/him?
- Am I a healing, mending, integrating force in our marriage/relationship or am I divisive?
- Am I a peacemaker? Or, because of my own insecurity, is it critical to my ego that I be right?
- Can I distinguish between my needs and wants? (Wants/desires are the seeds of my discontent.)
- Do I practicing *wanting* what I *need* rather than pursuing mainly what I want?
- Can I be flexible?

Flexibility is demonstrated in nature. You will see trees bend in the wind. You will see that tree branches are flexible. To be rigid is to break. When we have life problems it is good for us to be flexible. Sometimes we need to flow with what is happening-to 'go with the flow.' If we resist, it becomes more painful. We need to be on the path of least resistance. Water flows down the mountain through the path of least resistance. Electricity flows through the path of least resistance. Power flows through the path of least resistance.

Yours in recovery,

Marti, Marilyn & Debbe

The Serenity Prayer

God, grant me the Serenity to
accept the things I cannot change,
Courage to change the things I can,
And the Wisdom to know the difference.

Links to Other Co-Dependents Anonymous Sites

www.coda.org – CoDA International

www.socalcoda.org – Southern California

www.oc coda.org – Orange County

www.lacoda.org – Los Angeles County

www.desertcoda.org – Desert Area

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":

60%: San Diego County CoDA, PO 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

PLEASE INCLUDE MEETING ID#

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.