

CoDA CANADA Newsletter

May , 2010
Volume 1 Issue 1

Codependents Recovery Society
FAX: 1-604-777-4890

Website: www.cdrs.ca

P.O. Box 306, Stn. Main, Surrey BC V3T 5B6
Email: coda_Canada@cdrs.ca



First Issue



INSIDE THIS ISSUE

- 1 CoDA Canada Resurges
- 2 Canada Communication
- 2 Community Volunteer Contributions
- 3 Canadian Volunteers Required
- 3 Codependence or is it Service?
- 4 World Conference and Convention

Coda Canada Resurges

Directors of the Co-dependents Recovery Society-CDRS/Co-Dependents Anonymous Canada-CoDA Canada Board of Directors have all unified to resurge CoDA Canada.

Chairperson: Gerry B. (BC) Secretary: Geordie L., (BC), Treasurer: Sue F., (BC), Directors: Ernie F. (SK), Deborah R. (AB), Member: Sharon B. (BC) and CoDA Inc. (World) Vice Chairperson and Board Member Liaison to Canada: Dianne B. (BC) initiate the process of interconnecting with Canadian Codependents Anonymous groups.

In the past, the Board of Directors of Co-Dependents Recovery Society, (CDRS) is the group that primarily served to:

- distribute CoDA literature to Canadian members and
- maintain the Canadian meeting list.

It appears that the time is right to make steps to unify CoDA Canadian CODA groups by considering intergroup development. Co-Dependents Anonymous Service Manual 2009 states: "A strong **CoDA Intergroup (community service group) (CSG)**: develops a sense of community at the local level:

- leads to success in **attracting and sustaining the involvement** of members,
- **supports service work and in community building activities,**
- **nominates Group Service Representatives (GSRs) from area meetings"** to serve at provincial and national levels
- **organizes newsletters, fellowship activities,** Examples: conventions, conferences, retreats, one-day workshops/seminars, social events...

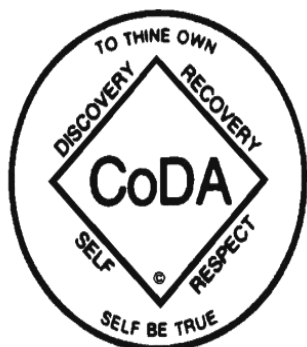
At this time, there seems to be only one intergroup/community group that has evolved in English speaking Canada. The Greater Vancouver Area has developed over the past years.

On the other hand, Quebec has developed an integral service structure with French literature distribution and intergroups that serve the French speaking members.

Now Canada, this can be the time to increase our unification to be stronger, individually and as a whole carrying the message, in recovery with one CoDA group at a time with the lead of our Higher Power! **How will you remember your service contributions, as we embark on these new and exciting chapters in CoDA Canada history?**

In order to grow our database, we will need email addresses.

Please pass this newsletter to those who may be interested. If you would like to receive this newsletter, please email: coda_canada@cdrs.ca to add your email address to the database.



What is ...a Sponsor?

A sponsor is someone who:

- will guide you through the Twelve Steps.
- is a role model for recovery.
- is a friend.
- is a source of loving support.
- will respect your anonymity.

...the Purpose of a Sponsor?

-to develop a one-to-one relationship with another CoDA member, who is willing to share experience, strength and hope in support of your continuing recovery and who can guide you through the Twelve Steps and the principles of this program.

... an Effective Sponsor?

- does not give advice.
- does not rescue or fix you.
- does not give you harsh or shaming criticism.
- does not use this relationship for his/her own gain, (includes sexually, professionally, and personally).
- does not act as your therapist.
- does not neglect his/her own recovery program in order to attend to you.

Sponsorship in CoDA Pamphlet, Co-Dependents Anonymous
©1989

POSSIBLE INTERGROUP/COMMUNITY VOLUNTEER CONTRIBUTIONS

General Service Representatives-GSR's could:

- ✓ Provide a **communications hub** to handle CoDA inquiries.
- ✓ See that the **local &/or provincial offices are funded for telephone and mailing.**
- ✓ Take the CoDA **messages into hospitals & institutions.**
- ✓ Maintain a current **CoDA speakers bureau.**
- ✓ Keep a **meeting directory current and distribute it.**
- ✓ Serve as **delegates to national and world conferences.**
- ✓ See that **information** from the **world and national service offices are passed on to the rest of the fellowship.**
- ✓ **Safeguard the traditions.**

Delegates could:

- ✓ **Meet regularly as CoDA Canada Delegates.**
- ✓ **Create and distribute Conference-Approved literature.**
- ✓ **Organize conferences and conventions.**
- ✓ Create a yearly **CoDA Canada operating budget.**
- ✓ Maintain an **accounting of the funds that come into the CoDA Canada Service Office and oversee the expenditures.**

CoDA Canada Communicates Across Canada Telephone Survey

In the next few months, group contacts are being asked to participate in a telephone or hard copy survey. Information concerning what are group needs, how can CDRS be of support, any interest in forming an intergroup or other concerns will be heard.

Newsletter

In order to make steps to connect with Canadian groups and members, we are implementing a CoDA Newsletter that will provide news and information on local, intergroup/community groups, provincial, and world.

Practice Step 12 – Being of Service

CoDA Canadian Volunteers are needed to:

- assist in the formation of Canadian intergroups
- act as a delegates to represent a Canadian area at the 2010 CoDA World Conference in Culver City, CA – July 13-16, 2010
- compose, revise, edit, and design graphics for the Canadian CoDA Newsletter, CoDA Literature and more....
- assist in developing and maintaining an online presence for an online CoDA Canadian discussion forum
- other service or skills that you would like to offer?

Volunteer for short to long-term periods whatever suits you best.

Email: coda_canada@cdrs.ca for more information.

Codependence, or is it Service?

One CoDA Member described the difference between being of service and functioning codependently in this way:

Codependence: “If I don’t, it won’t get done right.
The entire burden is on me again.”

Service: “I am doing my part within the group.
As each person is doing his/her part. God is in charge not me.”

Perhaps the first solution is to ask the Higher Power of our own understanding for guidance so that the way we approach series is right for each of us as an individual. If we choose to view being of service in a new way, we might see it as an opportunity to transform are thinking, about helping, about giving, and about doing.

A Delicate Balance

So many of us came to the CoDA Fellowship in a state of perpetual burnout. We had been giving to others what we thought was our support, encouragement,

Codependence, or is it Service? continues on page 4

“...why should we volunteer for service at CoDA meetings, let alone at higher levels like the Community, [Provincial,] National or the [World] levels.?... As we attend CoDA meetings, use CoDA literature, and study the CoDA Steps and Traditions, we cannot fail to nice that someone, somewhere,, is providing these and other tools for us to use in our recovery...”

“How can I continue to recover from codependence and, at the same time, share some of the gifts I have received from the CoDA fellowship?”

Thank you

to offer Sara M. from Edmonton for offering her time to edit this newsletter.

and even good advice. In the process we usually neglected ourselves. We failed to see or to value our own needs and wants. Being with or avoiding others seemed to be our only concern. Our lives often felt cockeyed, out of alignment, and unbalanced.

Now, as we progress in our CoDA recovery, we begin to believe that a part of our growth lies in the ability to say “no” to any request that we fear that may be intrusive. And it would be out of choice, in many cases to say “no” without feeling guilt. What better place to practice this new found freedom than in the very Fellowship which offers us this opportunity? We begin to turn down requests to be of assistance where we feel the safest in CoDA.

If we have felt overloaded and overwhelmed at home, at work, at school, and in our personal relationships, why should we volunteer for service at CoDA meetings, let alone at higher levels like the Community, [Provincial,] National or the [World] levels?...As we attend CoDA meetings, use CoDA literature, and study the CoDA Steps and Traditions we cannot fail to notice that someone, somewhere, is providing these and other tools for us to use in our recovery...”How can I continue to recover from codependence and, at the same time, share some of the gifts I have received from the CoDA fellowship?” Just the fact that we are asking ourselves this question suggests we are willing to look at the idea of service in a new way, free from those old compulsions to control, to avoid, to direct, to comply, to advise or to “do everything ourselves because if we don’t-who-will?”

Our next action may be to find an answer and then implement it. For this, we can look to our Steps and Traditions, the experience of others who are dealing with this question in CoDA, and our own inner guidance. We know we can apply the tools for our recovery program to any so-called living problems we might encounter. The question of balancing service with our recovery from codependence is no different.

Sources:

“*Being of Service in CoDA,*” CoDependents Anonymous © 1992, pages 1-3.

“*Being of Service in CoDA,*”

Codependence, or is it Service? from pages 3 & 4.

CoDA Red Deer Recovery Rendezvous

...where Calgary meets Edmonton CoDA members halfway
@ Red Deer for a day of workshops & fellowship

Saturday, June 5 ~11:00AM - 5:30 PM

 Glenn's Restaurant 

\$10 Registration Fee

Covers room rental, materials & does not cover meals
Participate in recovery for a day with old and new friends

2010 CoDA Service Conference & Convention

Radisson Hotel Los Angeles Westside
6161 West Centinela Ave., Culver City CA
90230-6306, USA

Canada Toll-free Telephone: 1-800-395-7046

Email: reservations@radissonlawestside.com

CoDA Service Conference (CSC) World Business Meeting

Dates: July 13-16, 2010

Registration fee for Delegates, Alternate Delegates,
Committee Chairs, and Board members is \$75 US
Observers are Welcome (Registered \$10 Beverage Fee)

CoDA Canada needs delegates to
represent their cities/areas...

Contact codacanada@cdrs.ca

2010 CoDA International Convention

Dates: Jul 16-18, 2010

Speakers: Mary & Ken, cofounders of CoDA (Fri.)

Melody B. (Sat.), & Anita F. (Sun.)

Workshops, Fellowship Activities...

Theme: "12 Promises: The Yellow Brick Road to Recovery"

Registration will be \$45 US

Continental Breakfast \$15 US (available every day in the Hotel Cafe)

Lunch Tuesday through Thursday \$20 US

Friday Lunch Banquet \$25 US ~ Saturday Evening Banquet \$40 US

Buffet Breakfast before speaker \$25 US

Plans for a Marina Del Rey harbor dinner cruise on Thursday evening

For registration see : www.coda.org.

Come and participate in service & recovery. with
fellow Canadians and recovering members from the
USA, England, Germany, Spain, Italy, Ghana, Japan,
China, Argentina, Brazil, Mexico...