



# Canadian Newsletter of Co-Dependents Anonymous



sharing our experience, strength and hope with one another June 2013 • Volume 4 Issue 1

## Las Vegas, Nevada (or bust)

### 2013 International Co-Dependents Anonymous Convention (ICC) & Co-Dependents Anonymous Service Conference (CSC)

CSC runs from Tuesday, July 9<sup>th</sup>, at 9:00 AM till Friday July 12<sup>th</sup>, and ICC starts on Friday, July 12<sup>th</sup> and goes till Sunday, July 14<sup>th</sup> at 2:00 PM (EDT)

#### Convention Hotel Renaissance Las Vegas Hotel

For information on prices and tickets please go to: <http://2013icc.eventbrite.com>

Listing of workshops, speakers and times will be posted on CoDA website when ready. Delegate packets will also be on our CoDA website again this year when ready. [www.coda.org](http://www.coda.org)

#### What is CSC Convention?

The International CoDA Convention is where co-dependents meet to celebrate their recovery. It is the annual business meeting of Co-Dependents Anonymous.

#### Who can attend?

Basically anyone can attend. This is the fun part part of CoDA Events. You do not have to hold any type of position with CoDA or your local CoDA meeting.

#### Conference calls to do tradition work, it really works!

Four Canadians and two Americans have been doing a conference call every week at 6:45am. We are working through the traditions texts and questions in of "Co-dependents Anonymous workbook". Talk about an eye opener at that time of the day. It's wonderful to be able learn some more about the traditions from other members all over this country and even internationally. I don't have a long distance plan for the United States although I have one for Canada on my cell phone. I'm also capable of linking phone calls with two other people, which is great, because one of our members has a USA plan which I'm able to tag along and able to reach the meeting that way. Hope this ignites an idea for other Canadians to start groups linking phone meeting of their own and study the "Co-dependents Anonymous literature". This definitely increased our desire for healthy and loving relationship of the weekly meetings. Who knows maybe it can happen to others also!

*Luc B. Sudbury, Ontario*

### Inside This Issue

<b>Convention / Conference .....</b>	<b>1</b>
<b>Conference Call meetings .....</b>	<b>1</b>
<b>Personal Recovery Sharing (from two members).....</b>	<b>2</b>
<b>Seeking Input from YOU.....</b>	<b>3</b>
<b>Tradition 3.....</b>	<b>4-5</b>
<b>Co-Dependents Anonymous Canada Board of Trustees Report.....</b>	<b>5-6</b>

#### Take what you like and Leave the rest

This newsletter is not CoDA Conference Endorsed Literature. Each issue may contain a selection of passages from CoDA Conference Endorsed Literature, as well as news from around CoDependence Anonymous throughout Canada and personal sharings from Canadian CoDA members. Please take what you like and leave the rest.

Please pass this newsletter on to those who may be interested. If you would like to receive this newsletter, send and email to: [newsletter.codacanada@rocketmail.com](mailto:newsletter.codacanada@rocketmail.com)

## Personal Recovery Sharing

*The following stories come from two fellow members of Codependents Anonymous*

### Silence is Golden

When I attended my first a year ago, I had no idea what to expect. Having never been to a 12-step meeting before, the whole format was completely new to me. When the time came for sharing, I was keen to talk. I had so many questions and was anxious to hear the advice that everybody could give me! And then, I was introduced to crosstalk. Rather, the avoidance of crosstalk. A meeting full of people with similar problems where nobody could give advice? I didn't understand! Surely I could be the exception to the rule...

While I was sharing for the first time, I was making so much eye contact with members silently begging them to jump in. But nobody did. Worse than that, when other people were sharing, I had so many great comments to make! How could I stay silent? But I did.

Now, 10 months later, the 'no crosstalk' rule is one of my favourite things about meetings. It's such a wonderful boundary that provides me with the warmest, safest security blanket. It's teaching me to speak without fear of judgment. I'm learning to speak my truth with confidence. I no longer feel like I have to be eloquent and hilarious when I speak. I can just be real.

It's also teaching me to listen without agenda. I don't need to listen intently for the sole purpose of giving unsolicited advice. I'm learning to listen because people deserve simply to be heard. Listening with an open mind is helping me to learn so much from my fellow Codependents Anonymous members.

The gift of silence is even spilling over into my life outside of meetings. It's helping me to not interrupt others. Whatever I have to say is NOT more important than whatever is being said. I am learning to respect other people's truths, because they are just as important as mine. I am becoming a better family member, friend and co-worker.

Silence is a gift that I was always afraid to accept. Every area of my life used to be filled with crosstalk. But now I know that I deserve to be heard without interruption. And in turn, other people deserve to be heard without interruption. Speaking and listening have never been so real and so safe.

*Jenny H.*

### Reflecting on my journey

I have arrived to my place of peace and serenity amongst the gift of nature that God has so freely shared with me. I take a moment to reflect on my hike throughout this gift that I so truly appreciate and respect. Thank you God, for this gift. As I walked the trail of nature it reminded me of my journey in life. The path was a challenge to follow and achieve. There were many hills and rocks to climb and in the same way, I have been on my journey of spirituality. Alongside the path were the falls that moved so swiftly with a refreshing feel and look to them. They reminded me of the journey of life I have been on for the last 5 years. At first, I thought I could get healthy like the swoop of a tornado and the fast running water represents this idea. The sound of the running water represents my inner child's need to be heard. Amongst these rocks and hills I crossed over many roots of life. My roots are who I am and what I have to deal with and accept. In time my goal is to completely, whole heartedly forgive my loved ones. The roots also remind me of the fact that my codependency is deeply rooted in my being and this is ok because life begins with a root and or a seed without it I would not exist. I have also been given the gift of wanting to be the best that I can be. I sit here at the top of the falls knowing this is my destination in life, and realizing there will be many rock, hills and climbs to accomplish and that my roots will show through on the many challenges I will face. I know that I'm pushing forward for progress and not perfection; I know that my God already knows my path and I can turn to my God at any moment to reflect and ask for guidance and forgiveness. I am seeking through my gift of nature my true roots which have been covered over with many layers of humanity, for I know and realize my true roots are the roots of spirituality, which I had forgotten. Thank you for the chance to improve my journey destination by giving me the awareness of it. I will meditate and then offer my shortcomings to my Higher Power to take from me so I can move forward on my journey. As I walked the return path to find my way back, I again noticed many rocks, hills and roots. Even though I knew the path as I traveled it many times before, it was not hard to wander off the trail. Only now, I notice a lot quicker that I have fallen off my path and I quickly return to my proper journey. For this revelation I'm grateful; it makes me more aware of my humanness and the right to make a decision whether it be right or wrong. Thank you for this adventure with myself and my Higher Power. Today is the day I completed my step in Coda.

*Terry C. Sudbury Ontario*

## Tradition Three

### “The only requirement for membership in CoDA is a desire for healthy and loving relationships.”

In a friendship relationship Tradition Three might be rephrased as: “The only requirement for membership in our friendship is the desire to be in the friendship combined with the willingness to make it work.”

In a CoDA group, Tradition Three emphasizes the spiritual principle of inclusion to make clear, simple membership requirements within an organization. The same holds true for relationships. When we hold clear, simple requirements for participation in the relationship, we make it easier for each party to participate in the relationship.

In the example above, both the desire to be in the relationship and a willingness to work at the relationship would seem to be essential to a successful friendship. Consider, for example, if one party has an honest desire to be in the friendship but isn’t sufficiently motivated to do the work necessary to maintain and grow the relationship. Inevitably, that friendship will fail. The friendship will also not last if that same partner is willing to do the necessary relationship work but doesn’t really care to be friends with the other party.

Tradition Three encourages us to focus on those elements that are essential to the relationship in question. Some examples might include:

- Opinions on causes or issues. These may be important if the relationship is based on a shared political philosophy (a political party, for example) but less important in a workplace friendship.
- Goals and aspirations. Shared goals may be essential to some relationships. For example, mutual spiritual growth might be seen as essential to a sponsor / sponsee relationship. Efficiency and professionalism might be essential elements of an employer / employee relationship. Other relationships may be based on simple, mutual respect and admiration.

In relationships between life partners, one couple talks about four commitments that are necessary for a relationship to thrive. (1) He must be committed to his own spiritual growth and (2) he must be committed to supporting her spiritual growth. (3) She must be committed to her own growth and (4) also to his. If any one of those four commitments is not in place, the relationship cannot be healthy and loving in the long term.

Placing unnecessary requirements on relationship partners can be a way of controlling - of holding others at arm’s length and avoiding intimacy. Focusing on the essentials of a relationship removes obstacles between others and ourselves.

Some of us were encouraged to apply this principle in Step Two, when we were asked to describe what we needed from our Higher Power. By simplifying our understanding of our Higher Power, we eliminated many spiritual barriers. The same benefit is available to us in our relationships with others, through the application of Tradition Three.

Some questions we may consider in applying Tradition Three might include:

1. What do we mean by the spiritual principle of inclusion?
2. Do I place obstacles between my Higher Power and myself?
3. Do I place obstacles between other people and myself?
4. Am I clear about what is required to be a full participant in my relationships?
5. Am I willing to be a full participant?
6. How do I feel when I don’t participate fully?
7. Am I committed to my own spiritual growth? To my partner’s growth? How do I demonstrate these commitments?

(Excerpted from the booklet, *Twelve Piece Relationship Toolkit*, developed by the Experience Strength and Hope Group of CoDependents Anonymous in Saskatoon.)

**Tell us about your experiences with Tradition Three so that we may all grow in our recovery.**

### Seeking Your Input

CoDependents Anonymous Canada is committed to fostering the growth of a national community within CoDA. As part of that effort, we plan to increase the frequency of our national newsletter.

But we need help. Your group can contribute to the effort by reading this announcement at several consecutive meetings.

We need articles, and personal sharings from Canadian CoDependents Anonymous members. Please share your personal experience, strength and hope with other CoDependents Anonymous members by submitting an article to the newsletter.

Submissions can be sent by email to: [newsletter.codacanada@rocketmail.com](mailto:newsletter.codacanada@rocketmail.com)

In particular, we would love to receive articles or sharings on any of the following:

- Special events hosted or organized by your group
- The Steps (single Steps or in combination, e.g. Steps Four and Five)
- The Traditions (single Traditions or in combination)
- The Promises (single Promises or in combination)
- Detachment
- Hope
- Shame
- Boundaries
- Experiences with CoDependents Anonymous Conference Endorsed Literature
- Working with newcomers

A couple of reminders:

1. Submission does not automatically guarantee publication
2. Submissions may be edited for length or readability

We’re looking forward to seeing whatever the Higher Power moves you to share.

In Service,  
CoDependents Anonymous Canada  
Newsletter Committee

## **Co-Dependents Anonymous Canada Quarterly Service Report First Quarter 2013**

Vital service work continues throughout Co-Dependents Anonymous Canada on so many levels. At the board level, trustees have been meeting monthly to further organize the national organization to support "carrying the message to those who still suffer." In cooperation with the Co-Dependents Recovery Society (CDRS) liaison, the Board is setting goals to develop Co-Dependents Anonymous at the national level. On the last Board of Trustees conference call, an ON guest member listened in on the call. All Co-Dependents Anonymous members are invited to listen to any Board conference calls. Board meeting conference calls are typically on the second Saturday of the month @ 11:30 AM MST.

*You can send your 7th traditions by mail:*

*Make cheque payable to:*

Co-dependents Anonymous,  
390-2 Homewood Avenue  
Sudbury, Ontario, P3E 3R1

You can also use the CDRS literature order form when you make literature orders and make sure to say "7th donation to Co-dependents Anonymous Canada" and designate a specific area, if you have one or leave it blank, (ie. newsletter, literature, delegate travel to yearly conference representing Canada, telephone, group GSR, helping groups get establish and tradition issues, supplies, outreach, provincial intergroup, etc)

### **WEBPAGE**

At this time the CDRS webpage credit card donation does not have a comment area to direct donation to Co-dependents Anonymous Canada. It automatically goes to CDRS literature section and not CCB. We are working on this feature, we will keep you posted, and thank you for your patience.

Co-dependents Anonymous Canada Board (CCB) would like to thank you for your generous support in helping to carry the message to the ones which are still suffering. Luc Boileau, CCB treasurer, treasurer.codacanada@rocketmail.com.

### **MEETINGS**

New meetings are constantly being registered on the Co-Dependents Recovery Society (CDRS) site. 72 English speaking meetings along with 49 French speaking meetings brings the total to 121 meetings in all in Canada:

BC 29 AB 6 SK 6 MB 3 ON 23

QC 1 - English 49 - French: Ayants Affectifs Dependiant Anonymes du Québec-49 NB 1 NL 2 NS 1 YT 1 PEI & NWT: none at this time.

### **GENERAL SERVICE REPRESENTATIVES (GSR's)**

From these meetings, reports of active General Service Representatives (GSR) are emerging. Recently, Bruce R. & Jema M. from Duncan, BC and Jennifer P. from Calgary, AB have been added to the list.

Sending contact information of present Canadian GSR's to the Chairperson deborah.outreach@gmail.com would be

most helpful to increase communication with more meetings. For further information, about GSR or other service, contact any of the Co-Dependents Anonymous Canada Board Members.

### **CANADIAN SERVICE WORK OPPORTUNITIES**

Canadian Co-Dependents Anonymous service work possibilities are infinite. At the level of the Co-Dependents Anonymous Canada Board of Trustees, only ON, SK, and AB are represented. The current Board of Trustees desires a more uniformed representation for all provinces. Hence, General Service Representatives are needed who are interested in considering service work not only at this level, but also, at the provincial, intergroup and local levels is vital. As well, many opportunities lie with hospitals and Institutions, newsletter and literature, outreach or other areas of need. Notice of possible interest or intent can be made to any board members.

### **2013 International Co-Dependents Conference And Convention Business Conference (International Service) -**

Since the Canadian members of Co-Dependents Anonymous applied for CoDA Inc. approval of two English and two French speaking delegates in 2011, Canada can now send up to eight members to the 2013 International CoDA Service Conference. English speaking Canada has the opportunity to send two delegates with voting privileges and two alternate delegates with voting privileges when the delegate is unable to do so. It would be helpful for those interested in being involved with Conference to make themselves known as early as possible, as group conscience is required for roles with voting privileges. As well, anyone can register as an observer (no voting rights) with no cost to observe the conference in action. This can be a brilliant opportunity to be a part of Co-Dependents Anonymous service work process, as delegates from all over the world seek a group conscience to continue the work of Co-Dependents Anonymous. Anyone interested can attend the Convention on the weekend and benefit again from engaging with Co-Dependents Anonymous members from all across the world. The shift moves from the "conference business" of Co-Dependents Anonymous to the "convention recovery" while listening to speakers, participating in workshops, sharing meals and being in fellowship. Early registration is vital to avoid the possibility of full registration.

### **"CoDA/CODA" not Legal Property of CoDA Inc. or Related Groups**

Upon seeking copyright of the acronym "CoDA or CODA," CoDA Inc. found that it had already been taken by Calgary Olympic Development Association. This group desires to maintain their rights to the acronym, hence, Co-Dependents Anonymous has no legal rights to use it.

Respectfully In Service,

Co-Dependents Anonymous Canada Board of Trustees

Deborah R. (AB) Chairperson

Luc. B. (ON) Treasurer

Pete N. (ON) Secretary

Ritchard I. (SK) Outreach Membership

Dianne B. (BC) CDRS Liaison



# Thank you

*The CoDA Canada Board would like to thank the following groups and individuals for their very generous 7th Tradition contributions since August, 2010*

<b>Amount</b>	<b>Donor</b>	<b>Location</b>	<b>Group Number</b>
24.83	Steps to Serenity and Strength	Toronto, ON	CAON305
100.00	12 Step/Tradition Workbook Group	Toronto, ON	CAON308
100.00	Freedom Group	New Westminsters, BC	CABC074
40.36	First Nanaimo CoDA Group	Nanaimo BC	CABC026
150.00	Experience Strength and Hope	Saskatoon, SK	CASK301
8.00	Teresa R. Ontario		
3.00	Duncan Thursday Night CoDA Group	Duncan, BC	CABC316
50.00	Strathcona CoDA Group	Edmonton, AB	CAAB094
10.00	Mike O. Toronto, ON		
5.00	Paul O. Oakville		
5.00	Personal Member for newsletter shipping		
688.82	CoDA Inc.	Canadian delegate travel allowance 2012 conference	
200.00	Calgary Freedom CoDA Group	Calgary, AB (Delegate travel)	CAAB305
300.00	Co-Dependents Recovery Society (CDRS)	Re: Delegate Travel	
10.85	Kerrisdale Group	Vancouver, BC	CABC016
12.59	Steps to Serenity and Strength	Toronto	CAON305
200.00	Pinecrest Group	Ottawa, ON	CAON302
5.00	Thursday Night CoDA Group	Prince Albert, SK	CASK201
20.00	Pinecrest Group	Ottawa, ON	CAON302
15.00	First Nanaimo CoDA Group	Nanaimo BC	CABC026
20.00	Winnipeg Group	Winnipeg, MB	CAMB225
150.00	Experience Strength and Hope	Saskatoon, SK, (Delegate travel)	CASK301