

June 8, 2019

## A MESSAGE FROM THE SO-CAL CODA COMMITTEE CHAIRPERSON

### WELCOME

Welcome to the 2019 SoCal CoDA Annual Conference and Assembly! The theme this year is “Stepping into Wholeness.” We look forward to a day of shared experience, strength and hope. This annual event is a great opportunity for fellowship and personal growth.

### ASSEMBLY

Another primary purpose of this event is an opportunity for CoDA members to participate directly in the Southern California Regional Committee of Co-Dependents Anonymous, often shortened to just “SoCal CoDA.” At the annual SoCal CoDA Assembly, the work of the committee is brought before the membership to ensure transparency and direct responsibility of the committee to those they serve.

### ELECTIONS

The annual Assembly is also where SoCal Committee officers are elected. A list of open service positions at the SoCal level is included with the registration packet. Any member of CoDA in the southern California region is eligible to hold office providing they have one year in CoDA, a working knowledge of the Twelve Steps and Twelve Traditions and are attending CoDA meetings on a regular basis. See the handout for further details about the open service positions and recommended experience.

### SERVICE WORK

Service work is an integral part of recovery and all forms of service are valuable. It is recommended that new CoDA members begin service work right in their home group. After some time, a CoDA member may wish to offer their time and talents to their local CoDA intergroup, to SoCal CoDA, and perhaps even to World CoDA. These are not “higher” levels of service. In CoDA, each meeting is autonomous. These other entities are CoDA members working together to serve the fellowship and provide resources such as CoDA literature and websites.

### THE REAL WORK – RECOVERY

While I have elaborated here on the SoCal CoDA Committee, the most important CoDA work that any of us do is the work on our own recovery, working the 12 steps, one day at a time. Today, we will spend time with our fellow recovering co-dependents sharing, listening and learning and stepping into wholeness.

Christine K, SoCal CoDA Committee Chairperson 2018-2020