

But....I Joined CoDA To Stop Myself From Doing Too Much!

(Excerpted From A Longer Article)

I believe this issue is one of the reasons we've had so much trouble attracting new intergroup members. First, we do not encourage new comers to CoDA to join intergroup, there is much service to be done at the meeting level! But once one has 6 months - 1 year (depending on the person) service on a larger scale can be a wonderful opportunity to grow in CoDA. I've personally found doing service to be a great way to learn to set boundaries & say no when I need or want to. Especially early on, I needed to learn what my limits are, & service in CoDA is a great way to practice in a safe environment. It's also an excellent way to learn about the 12 traditions, make new friends in recovery, practice the 3rd tradition by actively coming to consensus & group conscience in a healthy & respectful manner, learn how to encourage & participate in building a healthy consensus, help to insure CoDA's continued health & presence, & to just plain enjoy some fun & fellowship - we've been known to go out for coffee & conversation many times after service meetings!