

INSIGHT AFFIRMATION

I am enough

# Insight

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**Volume 6, Issue 1  
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Editor: Diane C.  
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### **UPCOMING EVENTS**

#### **April 2007**

15 Spring Assembly  
Genesis Spiritual Life Center  
53 Mill St. Westfield, MA

#### **May 2007**

5 Board Meeting Littleton MA\*

#### **June 2007**

9 Board Meeting Littleton MA\*

#### **July 2007**

7 Board Meeting Littleton MA\*  
20 Campfire Connection, Hancock NH  
(see enclosed article)

\*Group Service Representatives (GSRs) are welcome to attend Board Meetings as observers. All Board Meetings are held at 510 King Street, Littleton MA 01460 and begin at 10 AM.



**In This Moment  
Daily Meditation  
Book has been published and is available  
through necoda.org,**

**the New England Intergroup  
CoDA Office, at inter-  
group@necoda.org, or  
CoDA.org by emailing coreor-  
ders@codaa.org.**

Letter to Insight Editor  
January 30, 2007

I am coming up on my 19th year anniversary in CODA. I can remember the first time I set foot into my first meeting and feeling "I'm Home". My life was in turmoil then and certainly out of control. I had been attending other 12-Step meetings and therapy for several years and still found myself unable to control my dependency on how other people in my life were choosing to live their lives. I only knew that whatever I had been doing to control what was going on in my life was not working.

At that time CODA was just emerging in Connecticut and the rooms were filled to the brim with people who were seeking solutions to similar problems with the relationships in their lives, whether they were parents, children, spouses, significant others, friends or work relationships. There seemed to be an underlying theme. We soon learned about the characteristics and patterns of codependents and then began to learn the tools and how to apply them along with the 12 Steps. There were masses of people swarming to the rooms and meetings were popping up all over the area and you could easily find a meeting on any night of the week and sometimes 2 or 3 on the same day. It was an exciting time of learning and growth.

During that time a lot of wonderful people came into my life, and the excitement was learning and growing together. At the same time, the circumstances that brought me to CODA were not getting any better, in fact, my situation in my home was spiraling out of control. My hopes and dreams were shattering bit by bit and my heart was breaking. If it weren't for the people in the rooms, the love, and understanding from everyone who came to the meetings and shared their experience, strength and hope, I have no idea where I would be today and how my family would have made it through.

Unfortunately, over the years, the number of meetings has dwindled, CODA CT had its own struggles during that time – many people moved on, went their own ways, exploring other avenues of recovery. Yet, I am thankful that there has remained a core group of people at our Saturday morning group in Ridgefield that has held strong. Today we are still alive and well, welcoming new people into the group and hopefully being as supportive to them as those people who were there for me in the beginning.

I continue to be an active part of that meeting because without it I don't know where I would be. A large part of my recovery is Step 12 - giving back to others what I so gratefully received (and still receive today).

Irene G.

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PLEASE SUBMIT YOUR ARTICLE,  
POETRY OR LETTER TO THE  
INSIGHT EDITOR BY MAILING TO  
THE ADDRESS OR EMAIL ABOVE.

### DONATIONS

Your 7th tradition donations are an integral part of CoDA's success.

Please forward your donation to:  
CoDa Intergroup, Inc.  
PO Box 126  
Littleton MA 01460

*Group Donation—Year to Date*

Massachusetts  
Lexington (MA052)  
Marblehead (MA022)  
Westfield (MA139)  
New Hampshire  
Keene (NH033)  
Nashua (NH008)  
Vermont  
Brattleboro (VT023)  
Rhode Island  
Cranston (R1011)

***NEED MORE INFO ON CODA?***

***INTERGROUP WEBSITE***  
***WWW.NECODA.ORG***

***NATIONAL WEBSITE***  
***WWW.CODA.ORG***

### **Step 3**

**Made a decision to turn our will and lives  
over to the care of God as we understood  
God.**

### **Tradition 3**

**The only requirement for membership in  
CoDA is a desire for healthy and loving re-  
lationships**

### **Promise 3**

**I know a new freedom**

***SAVE THE DATE !***

**Convention 2007– Boston/Woburn**

**The 2007 New England CoDA Convention will be  
held at the Holiday Inn in Boston/Woburn  
November 9, 10 and 11, 2007.**

### **The 2007 CoDA Convention needs YOU!**

Workshop Volunteers – Workshop Ideas and Facilitators are needed. The convention hosts 18+ workshops over the weekend. We are looking for fellow CoDA members like you, who are willing to organize and lead one of the workshops. Please send a suggested Title and description of your workshop idea to one of the contact locations below.

Raffle Donations – Doing any spring cleaning? Got any gifts you'd like to "re-gift"? The Convention Committee will be accepting all raffle donations and gift baskets at the Spring Assembly and at all future monthly Intergroup meetings. If you cannot make it to the Spring Assembly please feel free to contact us and we will arrange a way to meet up with you.

Speakers – Keynote speaker needed for Saturday night and Spirituality speaker needed for Sunday morning.

Contacts: CoDA Convention 2007  
P.O. Box 81114  
Wellesley Hills, MA 02481-0001

-OR-

[CodaConvention2007@yahoo.com](mailto:CodaConvention2007@yahoo.com)

We are most grateful for your contribution(s).