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Att: National Literature Committee

If you have questions, you may send e-mail:  
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CoDA literature is a living, breathing document by and for the Fellowship. CoDA's National Literature Committee welcomes additional material, or feedback on existing pieces. Please copy, sign and enclose the release form shown here, with your submission.



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# Co-Dependents Anonymous Why Is CoDA Conference Endorsed Literature Vital?



### **What is CoDA Conference Endorsed Literature?**

Conference Endorsed literature is any written or audio material created by members of Co-Dependents Anonymous that is approved by CoDA members at the national level via the group conscience process. CoDA members offer first-hand experience of what working the Twelve Steps and Twelve Traditions has done for them. Their writing is a sharing of their experience, strength and hope – the same thing a person hears when they attend a CoDA meeting.

Endorsed literature takes many forms: pamphlets, booklets and audio tapes. The book, *Co-Dependents Anonymous*, aka the "CoDA Book," is a major source of guidance and inspiration. Using our literature unites us and supports the essence of Tradition Five by carrying our message of hope to suffering codependents.

*Each group has but one primary purpose – to carry its message to other codependents who still suffer.*

– Tradition Five

### **Why Use CoDA Conference Endorsed Literature?**

When Co-Dependents Anonymous (CoDA) was founded in 1986, we did not have our own literature. We relied on outside professional literature and materials from other Fellowships, and were thankful for it. However, since 1986, we have come to rely on our Higher Power in the form of the group conscience, the Twelve Steps and Twelve Traditions, to guide us as we produce and publish our own literature.

### **Twelve Traditions, to guide us as we produce and publish our own literature.**

Conference Endorsed literature benefits the Fellowship by making our collective experience, strength and hope available to members. By using endorsed literature, our recovery is not diverted by any particular perspective, personality or plan. We can rely on the fact that what we are reading is the experience, strength and hope of recovering members like ourselves. Even when we attend meetings distant from our home, we can feel at home, because the literature and message are the same at CoDA meetings all over. Hence, we have CoDA unity.

*Our common welfare should come first; personal recovery depends upon CoDA unity.*

– Tradition One

### **Who Writes CoDA Conference Endorsed Literature?**

Members of the Fellowship write our literature. Each CoDA member wishing to contribute has a voice; no one is excluded. We write for a variety of reasons: a spiritual awakening, overcoming a fear, or working a Step or Tradition.

Insight about the recovery process is worth sharing, and all members are encouraged to submit their work.

*Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.*

– Step Twelve

### **How Does CoDA Literature Get Endorsed?**

CoDA members submit writing to the National Literature Committee (NLC). After its review, the NLC presents literature to the National Service Conference (NSC). The NSC is the annual business meeting at which voting members from around the country use the group conscience process to accept, and thereby endorse, literature.

Our literature is a living, breathing expression of the Fellowship. CoDA welcomes revisions to existing literature, which we consider 'works in progress', as well as new ideas. Use your first-hand experiences in recovery and the group conscience process.

NLC wants to encourage projects that will fill a need in the Fellowship's inventory of literature. We invite you to contact us when you choose your topic; we may be able to offer guidance to enhance the chance that your proposal fills such a need. NLC requests that you use the "release form" on the back panel of this pamphlet when contributing to NLC. If you need release forms, please contact NLC.

Since "anonymity is the spiritual foundation of all our Traditions," (Tradition Twelve) all our CoDA literature is published anonymously. Once a CoDA member assigns copyright to Co-Dependents Anonymous Inc., he or she relinquishes personal authorship of the material.

*CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

– Tradition Nine