



The CoDA Voice

A monthly newsletter of

San Diego County Co-Dependents Anonymous

April, 2021

San Diego County CoDA

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Info Line: [1 \(760\) 215-9060](tel:17602159060)

Website, CoDA Voice &

Meeting Schedule:

www.sdccoda.org

Step Four Prayer: In this moment, I am willing to see myself as I truly am: a growing, unfolding spiritual being resting in the hands of a loving God. I can separate who I am from what I've done knowing that the real me is emerging—loving, joyful, and whole.

(Copied from CoDA.org
Step Prayers)

Co-Dependents Anonymous of San Diego is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We rely on the [Twelve Steps](#) and [Twelve Traditions](#) for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships. Through applying the [Twelve Steps](#) and principles in CoDA to our daily life and relationships, both present and past, we can experience a new freedom from our self-defeating lifestyles and realize a new joy, acceptance and serenity in our lives.

Upcoming Events

Working the Steps

Sat. April 24th, 3-4:30 p.m.

Zoom information: ID

882.1096.5500 Password- **recovery**

Guided Meditation

Sat. May 1, 10:30-11:30 a.m.

Zoom information: ID

812.6854.2161 Password- **recovery**

SAVE THE DATE

The second virtual SoCal Conference, hosted by the TVCC community, will be held on June 4th, 5th, and 6th. There will be speakers from across the country in addition to many workshops. [Look for the link to the conference registration form and additional information for all upcoming events on the San Diego Coda website \(\[sdccoda.org\]\(http://sdccoda.org\)\).](#)

Steps, Traditions, Concepts & Promises

Step 4: Made a searching and fearless moral inventory of ourselves.

Tradition 4: Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.

Service Concept 4: All those who volunteer to do service work for CoDA by serving on committees, boards, or corporations are trusted servants, not authority figures. Ideally, trusted servants volunteer out of a desire to follow their Higher Power's will, out of gratitude for the gifts they have received from CoDA, out of a desire to grow in their ability to create and keep healthy relationships, and to contribute what they can of themselves to CoDA. The Fellowship recognizes the need to select the most qualified people willing to serve as trusted servants. At times, trusted servants may hire individuals outside of the Fellowship for commercial services.

Promise 4: I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.

Check out the **Outreach** section of sdccoda.org to download the pamphlet

Recovery from Codependence

This pamphlet includes:

The Preamble

The Welcome

The Twelve Steps

The Twelve Traditions

The Twelve Promises

The Patterns and Characteristics of Codependency

How can service work advance my recovery?*

Service work puts us in a space where, from the start, it is no longer easy to exert our own will because we are working with others. It gives us the opportunity to notice when we are exerting our own will, and to practice letting go and trusting in a Higher Power. It is a visible, tangible, undeniable declaration of our desire to put recovery on the fast track.

*excerpt from CoDA.org- **Why Do Service Work?**

SAN DIEGO COUNTY CoDA COMMUNITY MEETING

This is a meeting of group service reps (GSRs) from individual CoDA meetings, Committee Members, and all other interested CoDA members. Right now, the meetings are being held virtually on Zoom on the 3rd Saturday of the month from 10:00 am – 12:00 pm. It is a perfect opportunity to check out this meeting without ever leaving your home! The next meeting will be held on [April 17th](#). The meeting information is: [720-707-2699](tel:720-707-2699) Meeting ID [773 573 132](#)# passcode [066788](#) or [Zoom](#)

The following service positions are open:

Alternate Community Representative

Recording Secretary

Treasurer

Outreach

Workshops, Seminars, and Panels

Information on these positions is available on www.sdccoda.org in **Our Bylaws** Article V, section E and F.

Speaker's Meeting

Plan to "come" to the Speaker's meeting on the First Sunday of the month at 5:30. The zoom information is:

[669.900.6833](tel:669.900.6833) Meeting ID 861 1638 7309#
passcode 932 653 or [Zoom](#)

Seventh Tradition

A group's Seventh Tradition suggested percent contributions are in parentheses, after establishing "meeting expenses," and "prudent reserves."

San Diego County CoDA (60%) - P.O. BOX 720064 San Diego, CA 92172-0064
Southern California CoDA (20%) - 10866 Washington Blvd. #1266 Culver City, CA 90232
CoDA, Inc. (20%) - P.O. BOX 33577 Phoenix, AZ 85067-3577

Greetings CoDA Voice Readers:

Please consider submitting a **CoDA Moment** – a place to share your experience, strength, and hope as it relates to recovery from codependency in CoDA.

Remember to **reference only CoDA Conference-approved literature**, not quoting from non-CoDA books or literature.

Submissions may be edited for space/content.

Email submissions to newsletter@sdccoda.org

The Deadline for submitting is the last Saturday of the month. Thanks!

CODA MOMENT*

As with many codependents, my family of origin had its own version of craziness. I spent a lot of time bemoaning the dysfunction of my family of origin and wishing things were different. However, there was a positive force that was always in our house – music! I grew up listening and loving the Big Band music of my parents, the Rock and Roll of my older brother, and Motown/Beatles in my high school and college years. My love for music continued into the 80s music of my children and now the Kidz Bop and Imagine Dragons music of my grandchildren. Lots of music that came with lots of codependent lyrics! The other day, though, as I was riding in the car (listening to what many would call elevator music!), I heard a song which was released in 1968. As I listened to the song, these lines from the lyrics jumped out at me and they've been in my head for the last few days:

I'll go it alone, that's how it must be
I can't be right for somebody else
If I'm not right for me.*

It is through the CoDA program and the help of my Higher Power that I have developed a healthier self-esteem so that I can feel comfortable in my own skin. I don't have to contort myself into what I think I should be or what I think others want me to be. And, it only fits that once I get "right" with myself, I can be a good partner for somebody who will accept who I truly am. And, in turn, I can learn to value that person in a similar way as they get comfortable sharing their true self to me.

Songwriters: Walter Marks

I've Gotta Be Me Lyrics © Warner Chappell Music, Inc, BMG Rights Management

***The opinions expressed in CoDA Moments are those of the person who wrote them. Take what you like and leave the rest.**