



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

July, 2021 Update

San Diego County CoDA
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Info Line: 1 (760) 215-9060
Website, CoDA Voice &
Meeting Schedule:
www.sdccoda.org

Step Seven Prayer

In this moment, I ask my Higher Power to remove all of my shortcomings, relieving me of the burden of my past. In this moment, I place my hand in God's, trusting that the void I experience is being filled with my Higher Power's unconditional love for me and those in my life.

Speaker's Meeting

The Speaker's Meeting is held on the first Sunday of each month at 5:30 pm. Two CoDA members share their experience, strength, and hope for approximately 20-30 minutes each. The next meeting will be a **hybrid** meeting and will be held at 5:30 pm on August 1st at Kensington Community Church 4773 Marlborough St. San Diego.

The Zoom info is:
669.900.6833 Meeting
ID 861 1638 7309#
passcode 932 653

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.

Download a copy of our pamphlet **Recovery from Codependence: A Brief Introduction**, from <http://coda.org/index.cfm/newcomers/recovery-patterns-for-codependence/>.

SAVE THE DATE

Beach Party
Saturday, August 14th
4-7 pm.
Crown Point

Watch for the flyer and further details on the San Diego CoDA website.



INFORMAL GATHERING

Each Sunday from 1–3 pm, there is an informal CoDA Fellowship Gathering at east Mission Bay by the old Visitor's Center (Clairemont Drive exit off the 5 freeway). Look for the orange and green swim noodles!

CoDA Service Conference (CSC)

This annual business meeting of worldwide CoDA delegates will be held virtually on

July 27th – 30th. Free registration can be found on CoDA.org where any CoDA member can register as **Observer**.

The San Diego delegates are asking CoDA members for their input regarding the motions that will be voted on at CSC. You can find the survey on www.socalcoda.org. Your input will be greatly appreciated.

What is the Monthly Business Meeting?

This is a meeting of San Diego Committee Members, meeting GSR's (Group Service Reps) and all interested CoDA members. This committee serves as an inter-group coordinator and facilitator of communication between CoDA groups at all levels for the purpose of sharing the message of recovery from codependency.

When is it held? The 3rd Saturday of the month from 10:00 am to 12:00 pm.

Where is it held? Mira Mesa Presbyterian Church 8081 Mira Mesa Blvd. San Diego, CA 92126.

At this time, meetings are being held virtually. The Zoom information is:

720-707-2699 Meeting ID 773 573 132# Passcode 066788

There are four open positions on the board: Alternative Community Representative, Recording Secretary, Workshops/Panels/Seminars, and Outreach. Information regarding duties and qualifications can be found on the San Diego CoDA website. Please consider advancing your recovery through service!

Steps, Traditions, Concepts & Promises

Step 7: Humbly asked God to remove our shortcomings .

Tradition 7: A CoDA group ought to be fully self-supporting, declining outside contributions .

Service Concept 7: Trusted servants do practice the Twelve Steps and Twelve Traditions in their service work and in all of their affairs. Trusted servants do not seek power, prestige, wealth, status, or acclaim; do not govern, coerce, or attempt to control others; and do not push a personal agenda, promote controversy, or advance outside issues at CoDA's expense. Since issues over authority, will, money, property, and prestige can and do arise in service work, trusted servants need to practice emotional sobriety, including anonymity, humility, tolerance, gratitude, making amends, and forgiveness .

Promise 7: I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy . My new and renewed relationships are all with equal partners.

Please visit the website:

connections.coda.org

for the following recovery aids:

- Meetings in Print
- Sharing Strength and Hope
 - Lessons Learned
- Working the 12 Steps
 - Affirmations
 - Words of Wisdom
- Recovery Tips and Techniques



READY TO WORK THE STEPS?

If you are interested in working the steps through a step study, please email or text me and I can help your group get started!

Healy: 619-339-3048

healyv@cox.net

Greetings, CoDA Voice Readers

Please consider submitting to CoDA Moments – a place where you may 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 your submission to newsletter@sdccoda.org

The deadline for submitting your CoDA Moment is the first Saturday of the month. Thanks!

EXPECTATIONS

When I have expectations about something, what I'm doing is trying to control the outcome of some situation. That causes anxiety. I create a constant state of agitation by attempting to control the OUTCOME. I also have to control each aspect leading to that outcome –every word, movement, the ambiance, people and feelings involved, etc. It's like being in constant crisis mode. It's exhausting.

Also, the outcome is, most of the time, not going to be what I expect or try to control, and that causes even more anxiety –anxiety partly when the outcome is different than I expect (and thus disappointing to me), but also anxiety during my attempts to control. This happens because I am experienced enough in this program to know what I'm doing when I'm doing it, and cognitively aware that I really have NO CONTROL over the outcome! So, all that anxiety is counter-productive to any level of serenity, hence when expectation goes up, serenity goes down.

The way I get out of this cycle is by working the 3rd step...giving my will and my life over to the care of ...(God, Goddess, Buddha, Mother Nature, Universal Spirit...???) Higher Power. Really, by relinquishing my will on a situation, I achieve serenity. Certainly I have wants and needs, and it's important in my growth to acknowledge them. My job is to do the next right thing. This means taking action by following the voice of Goddess within me and trusting in her guidance of my life. If I have faith that my needs will be met and the best thing for me will be the outcome, and if it's not good for me, Goddess will give me the strength to survive and make better choices next time., then I have serenity.

That's how serenity works in my life.

Racquel M. (Connections, 2001)

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