



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

August, 2021

San Diego County CoDA
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Website, CoDA Voice &
Meeting Schedule:
www.sdccoda.org

Step Eight Prayer

In this moment, I see the
impossible
become not only
possible, but real.
As I forgive myself for my
shortcomings,
I am able to forgive
others, opening the way
for a true and lasting
change in my behavior.
Thank you, God.

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/>.



MORNING HIKE

Saturday, Sept. 11th
8 am
Batiquitos Lagoon
Carlsbad

Check out the flyer on the San Diego Coda website for the map, further details, and to RSVP to Tina (619-957-3071).

BEACH PARTY

Saturday, August 14th
4-7 pm.

Crown Point

Come and have some
CoDA fun!!!

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



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.

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 30 minutes each. The next meeting on September 5th will be a **hybrid** meeting and will be held at **Kensington Community Church**

4773 Marlborough St. San Diego

**Zoom info: 669 900 6833 Meeting
ID 861 1638 7309 Passcode 932 653**

Steps, Traditions, Concepts & Promises

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition 8: CoDependents Anonymous should remain forever non-professional, but our service centers may employ special workers.

Service Concept 8: The CoDA Service Conference (CSC), through its group conscience decision making process, guides the Fellowship in making policy decisions and in following the Twelve Steps and Twelve Traditions. The Conference, though providing guidelines, holds no authority over the decision-making process of individual groups. The group conscience process is our decision-making process. Failure to honor this process may violate Traditions One and Four and a sanction may be imposed. The harshest sanction Conference can impose on an individual or group is to no longer recognize it as belonging to CoDA; this sanction may only be imposed on those who consistently violate the Twelve Steps and Twelve Traditions, as determined by guidelines accepted by Conference.

Promise 8: I acknowledge that I am a unique and precious creation.

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.

Consider advancing your recovery through service!



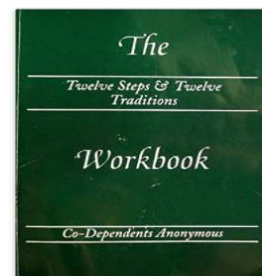
Please visit website: connections.coda.org for:

- 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!

Living Gratefully

Through my recovery in a 12-step program, I have learned to live the type of life I was created for, happy and in peace. I discovered what Carmen thinks, feels, and wants. How Grateful I am.

Before Coda, I did not know what the purpose of my life was. I will live a life surrounded by my codependent patterns, a disaster, chaos just by simply reacting to what happens at the moment and not thinking of healthier choices. My emotions were imbalanced. My codependence patterns were guiding me to live in misery. When I discovered what triggered my codependency reactions, I learned to stop and think. How grateful I am.

Guided through my higher power, I use the Axioms of Coda and the tools of the program to help and guide me to take a healthier choice. Getting to know what feels safe and comfortable has made a tremendous change in my life, I do not accept what's feels uncomfortable. I constantly use the first step to guide me to the beginning path of recovery. If I don't know what to do. I surrender to my Higher Power, Let go and let GOD! and so on. It is incredible to explain how the 12 Steps make changes in my life that are just what I need to continue with serenity. I can say now that living my life one day at a time works! I keep myself by doing service in my group. I had served mostly in all the service roles in Coda as gratitude for all I had gained in the program, I am a faithful member dedicated to sharing my experience, strength, and hope.

Carmen G. – (Connections 2/26/2020)

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