



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## September, 2021

**San Diego County CoDA**  
PO Box 720064 San Diego,  
CA 92172-0064  
Info Line: 1 (760) 215-9060  
Website, CoDA Voice &  
Meeting Schedule:  
[www.sdccoda.org](http://www.sdccoda.org)

### Step Nine Prayer

In this moment, I trust my  
Higher Power to  
guide me in making sincere  
and honest amends. In this  
moment, I experience my  
gratitude for  
Co-Dependents Anonymous  
and the Twelve Steps of  
recovery, knowing that as I  
am willing  
to live this program, share  
the fellowship,  
and walk with God, I am free.

(copied from [CoDA.org Step  
Prayers](http://CoDA.org/StepPrayers))

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/>.

### WEEKLY CoDA INFORMAL GATHERING

Each Sunday from 1–  
3 pm, there is an  
informal CoDA  
Fellowship Gathering  
at east Mission Bay -  
just south of the  
Mission Bay Beach  
Club (at the Bay end  
of Clairemont Drive).

The location is  
pinned at:

[https://goo.gl/maps/d  
89x4HKHbwXqngbk7](https://goo.gl/maps/d89x4HKHbwXqngbk7)

**Come join in for  
fellowship and  
recovery!**

### MORNING HIKE

**Saturday, Sept. 11<sup>th</sup>**

**8 am**

**Batiquitos Lagoon Carlsbad**

Meeting place:

Ember and Rye restaurant

7447 Batiquitos Dr. 92011

Check out the flyer on the San  
Diego Coda website for the map,  
further details, and to RSVP to

**Tina (619)-957-3071**



### MARK YOUR CALENDAR

#### A Walk in Balboa Park

**Saturday., Oct. 9<sup>th</sup>**

**10:00-11:00 a.m.**

**Zoom info:** 838.5790.5034

**Password** – fellowship

**In Person:** Meet on the grass on  
the SE corner of 6<sup>th</sup> and Laurel

**Monday, Oct. 18**

**10:00-11:00 a.m.**

**Zoom info:** 829.8500.9957

**Password** – fellowship

**In Person:** Meet at the fountain in  
front of the San Diego Museum of  
Art

Bring a lunch so that after the walk,  
we can picnic and perhaps visit a  
museum!

**Call Tina** (619) 957-3071 for more  
info and to RSVP.

## Steps, Traditions, Concepts & Promises

**Step 9:** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Tradition 9:** CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

**Service Concept 9:** By tradition, the CoDA Service Conference gives responsibilities to working committees composed of Conference Delegates and other CoDA volunteers or to separate service boards or corporations. All are directly responsible to the Conference. The scope of the work a committee does is determined by the Conference group conscience. The chairperson of each committee assumes the responsibility to ensure the work assigned to the committee is completed in a timely manner.

**Promise 9:** 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.

The meeting is held on the 3<sup>rd</sup> Saturday of the month from 10:00 am-12:00 pm.

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

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

### 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 October 3rd 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**

## 2021 Virtual International CoDA Convention

Celebrating CoDA Community  
Saturday, October 9<sup>th</sup>

**8:00 am-2:00 pm (PDT)**

Workshops and Speakers will run approximately 1.5 hours each with a break for lunch.

Registration via Eventbrite at

**[2021codaconvention@eventbrite.com](mailto:2021codaconvention@eventbrite.com)**

**Schedules and instructions will be emailed as the event nears.**

### 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](mailto: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](mailto:newsletter@sdccoda.org)

## Amends

I have heard people in the program complain about others owing them amends. When the other person admitted their wrong doing and vowed to change, the amends were not accepted because they didn't say they were sorry.

Is saying, "I'm sorry" an amends? Or is there a lot more to it?

Webster's definition for Amend (on the internet):

1: To put right

2a: to change or modify for the better

2b: to alter, to reform oneself

Synonym – correct

My first sponsor told me it was not important whether the person I was making an amends to accepts them or not. What was important was that I made them. Making amends is about cleaning up my own side of the street. It is not about getting anyone to like me. It is about becoming responsible for my behavior. It is about cleaning up the messes I have made to the best of my ability.

I need to state my boundaries and hold them, not try to run someone else's program. Whether someone else makes amends to me or not is their business not mine. I need to focus on myself and my recovery, not on what I think someone else should do.

**R.M.** 9-12-17

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

***I can expect a miraculous change  
in my life by working the program  
of Co-Dependents Anonymous.***