



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

November, 2021

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

Step Eleven Prayer

In this moment, I quiet my thoughts and open my mind and heart to God's guidance for me.

In this moment, I feel the gentle peace that conscious contact with God allows.

If I am troubled and in doubt or joyful and serene, I turn to God. I know my path will be revealed and the way to my highest good will be made known.

(copied from [CoDA.org Step Prayersh](http://CoDA.org/StepPrayersh))

Sunday Speakers Meeting (2 in person speakers this month!)

The first Sunday of the month at 5:30 p.m.

The next meeting on

Nov. 7th will be a

hybrid

meeting at

Kensington

Community Church

4773 Marlborough

St. San Diego

Zoom info:

669 900 6833

Meeting ID 861 1638

7309

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/>

Bring your marshmallows and roasting sticks!

Bonfire CoDA Meeting

Friday, November 12th

6:30-8:30

East parking lot off Crown Point Blvd, past the play structure.

Look for the yellow and blue balloons

Don't forget chairs if needed, dinner if wanted, jackets, etc.

For questions, call Tina 619-957-3071



Steps, Traditions, Concepts & Promises

Step 11: Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

Service Concept 11: The powers of the CoDA Service Conference derive from the pre-eminent authority of the group conscience decision-making process. Arizona State law gives the Board of Trustees legal rights and responsibilities to act for the Fellowship in certain situations. CoDA, Inc.'s Articles of Incorporation and Bylaws are legal documents enumerating these Board rights and responsibilities.

Promise 11: I trust a guidance I receive from my higher power and come to believe in my own capabilities.

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 Community meeting is in need of a secretary and a Workshops/Panels/Seminar Chairperson.

Service is the express lane on the Highway to Recovery!

The meeting is held on the 3rd 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

Have you checked out CoDA.org??

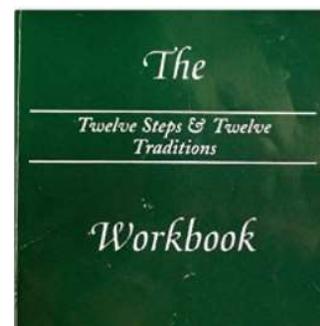
If not, you're missing many great resources such as:

Voices in Recovery – CoDA Members Share
Voices in Service Podcasts!
Fellowship Forum Recordings
Connections Recovery Stories
Downloadable Pamphlets

READY TO WORK THE STEPS?

If you are interested in working the steps through a step study, using the CoDA 12 Steps and 12 Traditions workbook, please email or text me and I can help your group get started!

Healy: 619-339-3048 healyv@cox.net



Saturday Speaker Series

Presented by CoDA Arizona Events Committee
Join via Zoom
Every Saturday from 1:00-4:00 pm (Arizona time)

<https://us02web.zoom.us/j/85067247533>

Password: 010247

Audio by Phone: (669)900-9128

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

Thankful for CoDA Service

Answering the call for service has strengthened my recovery.

I was a GSR attending my fifth business meeting when I felt the nudge. San Diego CoDA was looking to fill positions. One of them, the treasurer, had been vacant a long time. My higher power tapped me on the shoulder.

I wondered, *is this me taking on too much, keeping too busy to shield myself from reality?* I couldn't be certain the extent my dysfunctional brain would go to keep me living in denial. I centered myself and I asked my higher power for guidance. Then I raised my virtual hand.

Since becoming the treasurer for CoDA San Diego, I have had to allow myself to be a C-student. It's uncomfortable for me since I've generally been an overachiever my whole life to gain the love of others. I'm not able to make my role as a trusted servant a top priority, so sometimes it takes me extra weeks, or even months, to get things done. Partly it's because I am a busy, working single mom in recovery. But the other part of why it's like molasses getting myself to complete tasks surrounding money is that I'm reframing my deep-seated beliefs about how I'm not good enough, not smart enough, not important enough to be privy to financial information.

It has taken nearly a year so far for a former treasurer to walk me through the process of taking the reins. He and I have met for many hours transferring knowledge and fixing digital situations that arise from an old-school organization trying to move into the 2020's. The largest obstacle for me so far was creating the 2022 budget. I procrastinated. I waited until the last minute. After some negative, then constructive self-talk, I finally recognized it for what it was: emotional paralysis.

I was full of fear. What if it wasn't good enough? What if I got it wrong? What if I got it SO wrong that people *laughed* at me or were *angry*? I didn't know which would be worse. With a ramekin of chocolate chips next to me, I revved up and I asked my higher power for help. I pushed through the pain and started typing. I allowed myself to be imperfect. I told myself that I'm going to do my best. A budget is simple. I can add and subtract. I understand the concept. So what's to worry about?

I made it to the meeting that Saturday on-time. I acted as-if it was a breeze. Nobody laughed. Nobody got angry. Nobody even gave me the 3rd degree. They thanked me for the time I put into it. This situation shows exactly what I've learned in CoDA: That very few people in life treat me as my family of origin used to in the privacy of our home. And now, with the twelve steps in my tool belt, I know that if they did, I would view criticism, ridicule, and anger in an entirely different way: much less personally. Doing CoDA service helps me to face my fears, even hidden ones I didn't know were there. I believe in service and I believe in CoDependents Anonymous. I am grateful for my ability to serve.

Erin H. - 2021

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