



The CoDA Voice

A monthly newsletter of
San Diego County CoDependents Anonymous

January, 2022

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

Step One Prayer

In this moment, I do not have to control anyone, including me. And if I feel uncomfortable with what another person is doing or not doing, I can remind myself that I am powerless over this person and I am powerless over my compulsion to act in inappropriate ways.

(copied from CoDA.org
[Step Prayers](#))

The **Sunday Speakers Meeting** is held on the first Sunday of the month at 5:30 p.m. Two CoDA members share their experience, strength, and hope for approximately 30 minutes each.

The next meeting on Feb. 6th will be a **hybrid** meeting at **Kensington Community Church**
4773 Marlborough St.
San Diego

Zoom info:
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 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/>

Fun and Fellowship

Join San Diego CoDA members for a **tide pool walk** at Swami's Beach on Saturday, January 29th.

Meet for **lunch/coffee** at 12:30 pm at Swami's Café (1164 S. Coast Highway, Encinitas) before the walk.

Coming just for the walk?

Meet at the top of the steps in the parking lot (west side of Hwy 101) above Swami's Beach at 1:30.

We'll head down the stairs to the beach at 1:45.

Low tide is at 1:56 pm.

Check the website for the flyer/map and text Tina (619-957-3071) to let her know you are coming.



I know a new sense of belonging. The feelings of emptiness and loneliness will disappear.- The Twelve Promises

Steps, Traditions, Concepts & Promises

Step 1: We admitted we were powerless over others – that our lives had become unmanageable.

Tradition 1: Our common welfare should come first. personal recovery depends upon CoDA unity.

Service Concept 1: The members of the Fellowship of Co-Dependents Anonymous, in carrying out the will of a loving Higher Power, advance their individual recoveries, work to insure the continuance of their groups and their program, and carry the message to codependents who still suffer. They may also collectively authorize and establish service boards or committees and empower trusted servants to perform service work.

Promise 1: I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.

CoDA.org (Member Resources)

is a great place for recovery support:

Voices in Recovery – CoDA Members Share

Fellowship Forum Recordings

Voices in Services

AND

World Service Events – Past Convention & Retreat

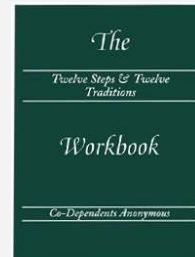
Recordings

Also, look for the new **Public Service Announcement** which you can download and share on public and social platforms.

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



If you're up late or need a recovery reminder while doing dishes, event recordings can be like podcasts of support.

Check out **desertcoda.org** **Past Speaker Audio**

CoDA members speaking on CoDA issues.

NUTS -Not Using The Steps! -Tools for Recovery

CALLING ALL GSR'S AND OTHER INTERESTED CODA MEMBERS

Come and give your input to the San Diego intergroup at the monthly Community meeting. The intergroup supports the San Diego community by providing the local website, meeting list, newsletters, activities, etc. **GSRs have a voice** and can share any concerns or successes that their meeting is experiencing, as well as discussing/voting on any business items affecting the community. GSRs carry information back to their home group so that the group is aware of upcoming activities. If your meeting does not have a GSR, please consider volunteering for this valued position.

**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

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

CoDA HOPE

It's been 1 year & nine months, since I first walked through that church door. I'll never forget that first day. I was terrified. But I was more terrified to not walk through that door, because honestly, I wasn't sure I'd have the strength to keep getting up and putting one foot in front of the other.

I remember the first time I spoke, and how my adrenaline would spike so high, I thought I was going to faint. I remember speaking of "him" my ex-husband.... a lot in the beginning. I was so hurt... feeling used, abused, cheated, misled, beaten down, confused, lost, manipulated, and that of a total victim of emotional abuse who'd been living on a battlefield of psychological warfare. And in so many ways I was. I felt helpless, hopeless, and stuck without any idea how I was ever going to escape the pain – or better yet "fix" it. And by "Fix-it" back then I meant, "Fix-him" - In order for me to feel better.

I'd read just about every trending book on narcissistic abuse, and listened to all the most popular podcasts about how to identify these different pathological characteristics so that I could know for certain if he was completely uncurable, or if this was something that could be fixed – or better yet, something I could fix through my diligence – Or maybe even my therapy – like if I could just change me into someone who could tolerate the bad behavior through healing my own trauma triggers, maybe we could live happily... and then he wouldn't have to change to make me feel better. Uhhh... can you say control much?

While my intentions to heal and not run were noble, – the avenues I'd been going down to get there were a far cry from what I have learned from CODA about recovery, self-love, equality, humility, and acceptance. Through working the steps, I've been able to discover things about me and my own characteristics, for which I could not see so long as my attention stayed focused on the pain I felt he'd induced on me, from my own victimized perception. The steps have instead gently shown me parts of me that contributed to the discord in our relationship. Like my need to control – and how by making him a power greater than myself I'd created unreasonable expectations of him.

Working the steps has helped me gain clarity, about me – and along the way, I've discovered I am not the saint I thought I was so long as I was the victim. By being able to identify my part, I have been able to reclaim a part of me I had been bleeding for him... and I've slowly been getting stronger...gaining more confidence, and feeling more genuinely empowered, where before I felt my life force was being taken over daily. So long as I continued to blame him, I'd not have been able to receive the gifts of healing I have to date, which I now know is not dictated by how others treat me, rather how able I am to accept things as they are without assuming the responsibility to change another.... just as much as it is not another's responsibility to change in order to make me feel better. That's my job.

I also know there is no magic pill of not ever feeling triggered, at least not that I've discovered.... Which I guess is what I was first hoping to be strong and in control enough to do. But this is not a bad thing because my feelings are important indicators and guides into my healing which I need, as I have fought for years to avoid what hurts. But if the only way out is within, that's where I need to be.

Today I find solace in knowing its ok to feel, and its inevitable... I will be triggered, but what I have now that I didn't before, is a way to react more appropriately.... And by appropriate, I mean in a way that I feel empowered with being able to remain calm, and speak my truth in a way I can be proud...
with grace and integrity.

I don't need to be a doormat, victim, or raging bull on fire. With the help of CODA, my Higher Power and the ever increasing self awareness that comes from intention and repeated practice, I am able to experience the hope and progress that comes from living a life and acting in ways I can be proud of.

IN SUMMARY: Here are a couple things I've discovered to be true for me:

I can't think my way out of the traumas in my being.

The only way out is within

If I am to heal it, I must first feel it.

My feelings are valid and have the right to be expressed

Expression is a gift of healing – when shared among others in a safe and sacred space,
I am not the only one who benefits.

Darlene - November, 2021

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

