



# The CoDA Voice

A monthly newsletter of

San Diego County Co-Dependents Anonymous

## March, 2022

San Diego County CoDA

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Info Line: 1 (760) 215-9060

Website, CoDA Voice &  
Meeting Schedule:

[www.sdccoda.org](http://www.sdccoda.org)

### Step 3 Prayer

In this moment, I can choose my own Higher Power. I can set aside all the old beliefs about who I am not and be who I am—a child of God. I can remind myself that a faith in a Higher Power becomes a faith in me, and that my recovery lies in being true to myself and to my Higher Power.



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 March 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/>

### What is the Monthly Community Business Meeting?

This is a meeting of San Diego Community Committee Members, meeting GSRs (Group Service Reps) and all interested CoDA members. This committee serves as a 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 3<sup>rd</sup> Saturday of every month 10:00 am to 12:00 pm

#### Where is it held?

Mira Mesa Presebyterian Church 8081 Mira Mes Blvd. San Diego 92126

(At this time, meetings are being held virtually. The zoom info is:

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

There are **two open positions** on the Committee at this time:

**Activities Chair**-creates and coordinates activities for fellowship events within the CoDA Community

**Workshops, Panel, and Seminars:** creates and coordinates Super Seminar Saturday and other workshops.

**Group Service Reps** are an important part of the community business meetings. They report on the successes and challenges that their home groups are experiencing, and they discuss and vote on any business items affecting the San Diego community. Plus, the GSRs keep their home group informed about what is happening in the San Diego Community.

**"I started doing service to give back. Turns out, the more I give, the more I receive."- In This Moment**

## Steps, Traditions, Concepts & Promises

**Step 3:** Made a decision to turn our will and lives over to the care of God as we understood God.

**Tradition 3:** The only requirement for membership in CoDA is a desire for healthy and loving relationships.

**Service Concept 3:** Decisions about service work in the Fellowship and all CoDA affairs are made through the group conscience decision making process. For this spiritual democratic process to work, every member of the group is encouraged to participate, consider all the facts and options concerning the issue, listen respectfully to all opinions expressed, then reflect and meditate to find a loving Higher Power's will. Finally, we deliberate honestly and respectfully to determine the proper course of action. Unanimity in the group is the desired outcome; a majority vote is a group conscience.

**Promise 3:** I know a new freedom.

Check out CoDA.org "Store" to be directed to CoRE Publishing where you can purchase CoDA literature as well as CoDA audio CDs.



CD-Hope for a New Day, I Thought I'd Be OK As an Adult

### 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**

## 2022 CODA SERVICE CONFERENCE AND INTERNATIONAL CODA CONVENTION

Do Big Things  
in  
Recovery

RAPID CITY, SOUTH DAKOTA

Register: [2022codaconvention.eventbrite.com](https://2022codaconvention.eventbrite.com)



BEST WESTERN RAMKOTA HOTEL

AUGUST 21- 25 BUSINESS CONFERENCE  
AUGUST 26-28 WORKSHOPS AND SPEAKERS

Early Bird Registration  
by June 30- \$40  
After June 30- \$50

Workshop Leaders, Speakers and Interpreters needed!  
Contact: [Events@coda.org](mailto:Events@coda.org)

**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)

## When I Started to Believe

I was raised by a narcissistic mother and married a narcissistic man. I was willing to change roles in my marriage. I was the breadwinner and he was the househusband. Despite having a masters in electrical engineering, he could not get a job in his field. The political climate and his nationality were the barriers. I had returned to school and gotten my nursing degree.

I didn't attempt to leave my emotionally abusive marriage until I witnessed my son imitating his father's despicable behavior toward me. I started attending CoDA after I began therapy in my early 60s. I would listen to others' stories and compare myself to them. I would minimize my situation. It wasn't until I separated from my husband and was living with a roommate that I could finally see the abuse that I had endured.

When I started to believe with all of my heart that I was powerless over others (step one) and came to believe that a power greater than myself could restore me to sanity (step two), that is when I experienced a change in my belief system.

I began to better understand my coping mechanisms of self-deprecating humor and numbing of feelings. I learned why they were created and how to alter them. I also did a lot of inner child work and began to reparent myself in loving ways. It was when I made a decision to turn my will and my life over to the care of God (step 3) that my way was paved. By making a searching and fearless moral inventory of myself (step 4), I was able to differentiate between mine and others' "baggage".

I have been divorced for 3 years now. I live in an intergenerational group house with emotionally healthy people. I have no contact with my ex husband. My mother died one year ago. My relationship with my 3 grown children is still strained but they see my growth. I am in contact with my penniless 64 year old brother who is still living in our deceased mother's house. I give him emotional support but not financial support. I'm letting God take care of everyone...not me. It's wonderful!

Charlene M. 12/1/20

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