



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

July, 2022

San Diego County CoDA
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Website, CoDA Voice &
Meeting Schedule can be
found on
www.sdccoda.org

Step Seven Prayer

In this moment, I ask my Higher Power to remove all of my shortcomings, relieving me of the burden of my past. In this moment, I place my hand in God's, trusting that the void I experience is being filled with my Higher Power's unconditional love for me and those in my life.

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

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/>

UPCOMING EVENT!!!

Relax in Recovery

CoDA Camping Trip - Laguna Mountains

Where: Burnt Rancheria Campground – Pinyon Loop

When: August 12th and 13th

Space is limited to 16 tent spaces or book your own space.

Not a camper??

Come up to Burnt Rancheria on **August 13th** and join the campers for a **Coda Potluck and Meeting**

Bring a dish to share. Dinner will be at 5; a meeting will begin at 7. Bring your own chairs.

Please sign up on EventBrite for these activities by Aug. 1st so that we know how many people to plan for. Details, further information, and directions to the campsite can be found on the San Diego CoDA website flyers.



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 is on July 3rd and will be a

hybrid meeting at **Kensington Community Church**
4773 Marlborough St.
San Diego

Zoom info:

Dial in: 669 900 6833

Meeting ID 861 1638

7309

Passcode 932 653

Steps, Traditions, Concepts & Promises

Step 7: Humbly asked God to remove our shortcomings.

Tradition 7: A CoDA group ought to be fully self-supporting, declining outside contributions .

Service Concept 7: Trusted servants do practice the Twelve Steps and Twelve Traditions in their service work and in all of their affairs. Trusted servants do not seek power, prestige, wealth, status, or acclaim; do not govern, coerce, or attempt to control others; and do not push a personal agenda, promote controversy, or advance outside issues at CoDA's expense. Since issues over authority, will, money, property, and prestige can and do arise in service work, trusted servants need to practice emotional sobriety, including anonymity, humility, tolerance, gratitude, making amends, and forgiveness .

Promise 7: I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy. My new and renewed relationships are all with equal partners.

New Step Studies Forming

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. And, **if you are starting or participating in a step study group already that is accepting new members, please let me know.**

Text your name/email to Healy- 619-339-3048

DO BIG THINGS IN RECOVERY

2022 CoDA Service Conference and International Convention

August 26-28 Workshops and Speakers
Rapid City, South Dakota

All CoDA members are welcome to participate. For more info and to register: 2022codaconvention.eventbrite.com



THROUGH SERVICE

Wanted:

Speakers for the Monthly Speakers Meeting. Come share your experience, strength, and hope with other codependents. Benefits both speaker as well as those in attendance. Contact Aaron at sdcodaspeakers@gmail.com or 619-807-0869 for more information.

Wanted:

GSRs (Group Service Reps) to represent your CoDA group at the monthly ZOOM Community meeting. GSRs report on the successes and challenges that their home groups are experiencing, vote on any business items affecting the greater San Diego community, and inform their home group about any upcoming CoDA activities.

Wanted:

The Community Board has 3 open positions:
Activities Chair- plans fun things like the camping trip, hikes, holiday party, etc;
Workshops, Seminars, and Panels Chair- plans recovery events such as Super Seminar Saturday, sponsor panels, etc;
Meeting Schedule Chair- keeps the meeting schedule up to date.
See the flyer on the San Diego CoDA website for more information about these positions.

CODA FELLOWSHIP FORUM

HOSTED BY CODA COMMUNICATIONS COMMITTEE

Join us for CoDA Member shares with time for questions and fellowship

WHEN: Last Saturday of every month:
12 PM (PT), 1 PM (MT), 2 PM (CT) and 3 PM (ET)
8 PM (GMT-UK) -Sun. 7am (AEST-Aus)

Join Zoom Meeting: <https://zoom.us/j/99712210733>
Meeting ID: 997 1221 0733

CoDA Moments – a place where you may share your experience, strength, and hope as it relates to recovery from codependency in CoDA. Please consider sharing your story!

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 by the 25th of the month.

Me, a Writer?

I have difficulty with writing. When I began my journey in CoDA six years ago, I couldn't even imagine writing in a journal or answering the workbook questions. The idea that I might eventually submit something for the Fellowship to read was unfathomable. Part of my problem was believing I had nothing of value to add; I didn't even think my words were worthy of being put in ink on a page. The other challenges revolve around the more practical aspects of composition.

I found my voice by sharing in meetings. When I stayed for fellowship and allowed others to give me positive feedback about how something I had said was touching or insightful, I began to become open to the idea that what I had to say might be important.

I started to discover my personal power by taking on service positions. Through the group conscience process I got practice in expressing myself clearly. I also learned how to accept a group decision with gratitude and grace. Now I have a sense of self-worth as well as humility; my voice matters but it's not the only voice that matters. I am neurologically atypical, which means my brain and nervous system are different from the norm (sometimes a little, sometimes a lot). And that affects my perceptions, feelings, thoughts, and actions. That includes stringing words together so that what makes sense inside my head also makes sense to people outside of it. My stories tend to meander. It takes hours to create the first draft and days to revise, edit and organize it so that there is a beginning, a middle and an end.

Composing a cohesive story or article can be difficult. The words sometimes flow easily. At other times I am at a complete loss. Most often, my mind jumps from one topic to another and occasionally gets caught in a loop. It's easy to feel discouraged, but I have gotten so much out of CoDA that it's worth some effort to share it (Step 12). And, in the process, I continue to gain insights about myself while practicing patience and acceptance. Because of my dedication to working the Steps, applying the principles and being of service, I have been experiencing the Twelve Promises coming true in my life in unexpected ways. Daring to write and submit anything for publication to the Fellowship is only one, but a very clear example that I can point to. Day by day, I come to know new freedoms, see myself in different lights and become familiar with my capabilities. I cannot imagine being where I am today without the CoDA program and the loving presence of our Fellowship.

I am deeply grateful.

Caryn T. 05/30/2022