



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

August, 2022

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

Step Eight Prayer

In this moment, I see the impossible become not only possible, but real. As I forgive myself for my shortcomings, I am able to forgive others, opening the way for a true and lasting change in my behavior. Thank you, God.

(copied from [CoDA.org Step Prayers](http://coda.org/Step%20Prayers))

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 approx. 30 minutes each. The next meeting is Aug. 7th 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** Code 932 653 **Wanted: Speakers for future meetings.** Contact **Aaron** for more information **(619-807-0869)** sdcodaspakers@gmail.com

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/>

DON'T MISS OUT!!!

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.



STEPS, TRADITIONS, CONCEPTS, AND PROMISES

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition 8: CoDependents Anonymous should remain forever non-professional, but our service centers may employ special workers.

Service Concept 8: The CoDA Service Conference (Conference), through its group conscience decision making process, guides the Fellowship in making policy decisions and in following the Twelve Steps and Twelve Traditions. The Conference, though providing guidelines, holds no authority over the decision-making process of individual groups. The group conscience process is our decision-making process. Failure to honor this process may violate Traditions One and Four and a sanction may be imposed. The harshest sanction Conference can impose on an individual or group is to no longer recognize it as belonging to CoDA; this sanction may only be imposed on those who consistently violate the Twelve Steps and Twelve Traditions, as determined by guidelines accepted by Conference.

Promise 8: I acknowledge that I am a unique and precious creation.

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

CoDA Recovery Prayer

God, help me to:
Accept other people as they are,
Recognize my own feelings,
Meet my own needs,
Love myself just as I am.

Still Wanted:

GSRs (Group Service Reps) to represent your CoDA group at the monthly ZOOM Community meeting. **GSRs are an important part of the Community meeting, reporting on the successes and challenges that their home groups are experiencing.** They vote on any business items affecting the greater San Diego community and inform their home group about any upcoming CoDA activities. Please consider advancing your recovery by being of service.

The **Community Board** still 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 on the website up to date.

See the flyer on the San Diego CoDA website for more information about these positions.



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

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.

CARRYING THE MESSAGE

We had just started our semi-daily tour of the streets of Pacific Beach when a young couple called out, "We've been asking every couple we meet, who look like they might be getting along with each other, how long they have been going together and what is their secret for success". Without hesitation, I told them, "We have been together for over 40 years but it's only because of CoDA." They immediately responded, "What's that?" At that comment Nancy turned around and saw that I was in conversation with the couple. So she came back to me when she heard the word "CoDA." She next heard me say, "If it wasn't for CoDA, we likely would have split up long ago. We were both pretty mixed up and I was handicapped by alcoholism." With that no doubt shocking to them comment, the couple got very interested in what we had to say. So, Nancy and I both got into explaining 12-step work, AA and CoDA. We also gave them some of the tools we had learned to help us maintain a loving, happy and more or less healthy relationship. Of course, we have no idea how things tuned out for the couple, but we did do our part to spread the word.

Frank G. July, 2022

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

