



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

September, 2022

San Diego County CoDA
PO Box 720064 San Diego, CA
92172-0064
Info Line: 1 (760) 215-9060
Website, CoDA Voice &
Meeting Schedule can be
found on
www.sdccoda.org

Step Nine Prayer

In this moment, I trust my Higher Power to guide me in making sincere and honest amends. In this moment, I experience my gratitude for Co-Dependents Anonymous and the Twelve Steps of recovery, knowing that as I am willing to live this program, share the fellowship, and walk with God, I am free.

(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 approx. 30 minutes each. The next meeting is Sept. 4th 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) sdcodaspeakers@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/>

EXCITING NEWS!!!

It's time for San Diego to "step up to the plate" and host the **2023 SoCal Conference**

When: May/June **Theme:** TBD (to be determined)

OPPORTUNITIES FOR SERVICE ABOUND!!

Any CoDA member who has worked on past conferences will tell you how rewarding, fun, and exciting to be part of the conference committee. Keep watching the newsletter and website and listening at your meeting for details about volunteer information!

Let's knock this conference out of the ballpark!!!



STEPS, TRADITIONS, CONCEPTS, AND PROMISES

Step 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Service Concept 9: By tradition, the CoDA Service Conference gives responsibilities to working committees composed of Conference Delegates and other CoDA volunteers or to separate service boards or corporations. All are directly responsible to the Conference. The scope of the work a committee does is determined by the Conference group conscience. The chairperson of each committee assumes the responsibility to ensure the work assigned to the committee is completed in a timely manner.

Promise 9: 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 address to Healy- 619-339-3048

SEEKING: GROUP SERVICE REPRESENTATIVES

Interested in providing service to our community? Come to the next meeting on Zoom. Everyone who attends has a voice.

When: 3rd Saturday of each month, from 10-12pm

Where: Zoom Dial In: (720) 707-2699;
Meeting ID: 883 4535 8086; Password: 557229
<https://sdccoda.org/virtual-meetings.php>

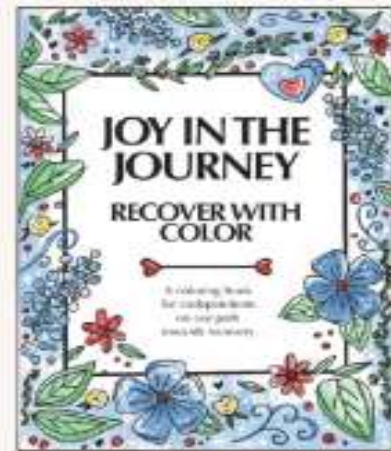
Who: Each meeting is encouraged to vote for and send a member from their group to represent their meeting

Why: This meeting offers the opportunity to provide service to the community by helping us reach the Codependent who still suffers, receive support from other CoDA members, and grow in our recovery.

ON THE FENCE?

Join us at our next meeting (Sept. 17th) to see what this is all about.

Questions: Contact Sharleene (858-335-7745) or sdccoda.zoom@gmail.com



A recovery-themed coloring book for codependents. It is inspired by CoDA's 12 Steps, Traditions, and Promises with beautifully designed spaces for you to capture your thoughts and ideas. Available at www.corepublications.org

Serenity Lifers Online— same friends, different name

The Mira Mesa Serenity Lifers meeting on Friday nights at 6:00 p.m. has gone virtual. We met for years at the Mira Mesa Presbyterian Church and switched to Zoom during the pandemic. As a result of group conscience votes in June and July 2022, we agreed to stay online indefinitely and changed our name to **Serenity Lifers Online**.

If you need a meeting on Friday nights, we'd love to e-see you! **Zoom ID 829 3652 9363# passcode 200724**. Joining by phone? Here's the number: **408.638.0968**. **Questions?** Text/call Bryna at 619-203-5852.

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.

An Apology Is Not An Amends

At least, that's the way I have come to see it. I have always been uncomfortable with apologies but I have told myself that when I do wrong, I deserve the discomfort from making an apology. Nevertheless, growing more and more during my time in CoDA, I have felt apologies to be demeaning, not good. And in CoDA, I learn that making a mistake is not becoming a mistake, perhaps validating my discomfort with apologies. A mistake is something I did, not something I am.

More and more, I have been thinking of my whole process as one of spiritual growth, with recovery the pathway out of the dead ends I have gotten myself into. When a toddler tumbles, she/he gets up laughing, learning what to change by those very missteps. So, during a recent meeting, as I was sharing on this topic, I suddenly realized Steps 8 and 9 do not call for apologies, they call for amends. Ah-Ha! The wisdom of our program revealed once again! Action is what we are called to. Apologies are only words. They can be empty and easily forgotten. Action is what indicates and propels true change. So my job when (not if) I make mistakes is acknowledging it to those whom I have wronged (Step 10), and taking action to avoid repeats in the future (Step 11), surely. The ease with which I can do this both indicates and expresses that it was my action that was deficient, not my being. So no big deal. "Thank you for letting me know." And how that eases the whole relationship! I acknowledge my reality. I am still at the toddler stage, still learning firmer steps to spirituality. So it is easy for both of us to laugh when I tumble again.

JB – 02/25/2019

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

