



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

November, 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

Please Visit

www.sdccoda.org
for San Diego CoDA
community business,
meeting information,
past meeting minutes,
bylaws, and local
community contacts.

Step Ten Prayer

In this moment, I live my
life in a new way.
As I continue to open my
heart and mind, little by
little, one day at a time,
I reveal my true self,
mend my relationships,
and touch God.
(copied from CoDA.org
Step Prayers)

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 Nov.
6th and will be a **hybrid**
meeting at **Kensington
Community Church.**
4773 Marlborough St.
San Diego.

Zoom:

Dial in: (669) 900-6833
Meeting ID 861 1638
7309 Code 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/>

Help Wanted!!

SoCal Coda Conference San Diego 2023

Join in the excitement of hosting a conference!

to be held in May or June, 2023

Come give your thoughts about the best date for the conference, whether it will be live or on zoom, one day or two days, the theme, and many other details. The next planning meeting is:

November 16th at 5:00 pm on Zoom

Email Sharleene at sdccoda.zoom@gmail.com for zoom information or to volunteer for a position,

Filled Positions: Treasurer, Registration Chair, Volunteer Coordinator, and Theme Designer

Still Needed: Conference Chair, Workshop Chair, Tech/Zoom Chair, and Public Information Chair.

Speakers Meeting Speakers Come and share your experience, strength, and hope at the monthly speakers meeting. Do service while sharing your CoDA journey with others on their path to recovery. Contact Robert (760)672-2101

Steps, Traditions, Concepts & Promises

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition 10: CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.

Service Concept 10: When the CoDA Service Conference is in session, the CoDA Board of Trustees is directly responsible to the Conference. When not in session, the Conference assigns its decision-making authority on material matters to the Trustees. The Board of Trustees is authorized to monitor the work of Conference-appointed service committees and may provide assistance or guidelines when necessary. The Trustees serve as the board of directors of CoDA, Inc., the non-profit corporation, are assigned custodial control of all money and property held in trust for the Fellowship, and are responsible for prudent management of its finances.

Promise 10: I no longer need to rely solely on others to provide my sense of worth.

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

Thanksgiving Meetings

Virtual: *Joy in the Journey* 6:30 pm
Meeting ID 821 0272 3564# Passcode: journey

In person: *A New Freedom: Men and those identifying with men.* 7:00 p.m.

Kava Collection 1731 University Ave. San Diego

In person: *Women's Truth & Recovery*
1900 S. Nevada St. Oceanside

This year the Thanksgiving meeting and fellowship potluck is open to **all CoDA members, including men** too!

4:30-6:00 Fellowship and Food

6:15-7:30 CoDA Meeting

7:30-8:30 Fellowship

Bring something to share for the fellowship potluck **and** feel free to bring fellowship activities such as games, cards, craft activity, coloring books, crayons, marking pens, etc.

For information, contact Alex 858-668-8971

Don't sit home-come enjoy your CoDA family!



Group Service Rep (GSR) - each meeting is encouraged to vote for and send a member from their group to represent their meeting at the monthly Community Meeting where the business of the San Diego Community takes place. The meeting is held on zoom on the third Saturday of the month from 10:00 am until noon. All CoDA members are welcome to attend. The zoom information is:

Zoom dial in (720) 707-2699

Meeting ID: 883 4535 8086 Password 557229

There are only **two** positions open on the Community Board – Meeting Schedule Chair and Workshops, Panels, and Seminars Chair. If you are interested in either of these positions, contact Sharleene at sdccoda.zoom@gmail.com.

CHECK IT OUT!!!

The speaker recordings from the 2022 SoCal CoDA Conference are now posted on the SoCal website (www.socalcoda.org). If you were not able to attend the conference, this is a great chance to listen to some experience, strength and hope from the inspiring conference speakers.

Same friends, Different name

The Mira Mesa Serenity Lifers meeting on Friday nights at 6:00 p.m. has gone virtual. 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.

What Recovery Means to Me

Recovery is about finding Peace within and the ability to stand in my Truth regardless of the chaos I may be witnessing around me. I've spent nearly a lifetime making decisions out of my misperceptions, low self-esteem and fear. My limited understanding of social behavior crippled my ability to cope with even the slightest inconsistencies of what I considered "normal". I had no frame of reference as to what acceptable behavior was.

I came to CoDA so broken that it has taken a long time to unravel the mysteries of how I operate in this world. It seems too that all of my lessons before and since coming to CoDA have been hard-earned and intense but I truly believe necessary to get my attention and find the willingness to change.

Today I accept my humanness. Breaking the cycle of codependency has taken courage, something that requires a Higher Power which is now my guiding force on a daily basis. I know that I am never alone. Today I catch glimpses of that most beautiful spirit that is my authentic self.

And, today, I truly know a new Freedom.

Nadine N, October, 2022

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

