



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

December, 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 Twelve Prayer

In this moment, I thank
God for my spiritual
awakening. In this moment,
I choose to live all the
principles of this simple
program. I know the
wisdom working through
me will touch all I meet
with God's love and
understanding.
I am at peace.

(copied from [CoDA.org Step
Prayers](http://CoDA.org/StepPrayers))

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 Dec.
4th 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

CoDA – A Journey, Not a Destination- “Are We There Yet?”

We have the theme. Hurray!!! Now we need to decide if the conference will be one day or two, zoom or in person, and the date. **We need your help!!**

The next planning meeting is:

December 14th at 5:00 pm on Zoom

Meeting ID 825 0163 0843 Passcode Coda

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: Workshop Chair, Tech/Zoom Chair, and other leadership positions

Step Studies Forming. Interested in working the steps through a step study using the **CoDA 12 Steps and 12 Traditions workbook?** Email or text me and I can help your group get started. And, **if you are starting or already participating in a step study group that is accepting new members**, please let me know.

Text your name/email address to Healy - (619) 339-3048

Steps, Traditions, Concepts & Promises

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to other co-dependents, and to practice these principles in all our affairs.

Tradition 12: Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

Service Concept 12: The Fellowship strives to practice and encourage spiritual principles in all its material, financial, and business affairs, including fairness, equality, and respect for individual rights. Every member within CoDA has a voice and is encouraged to use it. Every member has the right to know what is happening within our organization. To honor this right, and in the spirit of CoDA unity, our CoDA, Inc. organization publishes and distributes group conscience decisions, such as minutes of our service boards and motions from our CoDA Service Conferences, in the most inclusive and timely manner possible.

Promise 12: I gradually experience serenity, strength, and spiritual growth in my daily life.

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.

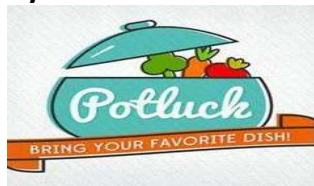
January Speakers Meeting and Fellowship Potluck

The January Speakers Meeting will be held on **January 1st** from 5:30-6:30 at Kensington Community Church (4773 Marlborough St. San Diego, CA 92116).

Two CoDA members will share their experience, strength, and hope and a potluck will follow the meeting.

Bring a dish to share. Please call or text Laura (619-405-4142) with any questions.

Come celebrate the beginning of the new year with your CoDA family!



Speakers Meeting

Robert is looking for speakers for the upcoming monthly speakers meetings. Do service while sharing your CoDA journey with others on their path to recovery.

Contact **Robert** (760)672-2101



CoDAthon 2022 Holiday Marathon 24 Hour Meetings

We are hoping to add many more meetings before the days of the event! To add your holiday meeting to the list, please email codathon@codas.org

If you have a need to attend a meeting on one of the following days, check out **Coda.org CoDAthon** for a complete listing of holiday meetings.

Christmas Eve December 24th
Christmas Day December 25th
New Years Eve December 31st
New Years Day January 1st

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

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.

REALIZING A NEW JOY

“By actively working the program of Co-Dependents Anonymous, we can each realize a new Joy, acceptance and serenity in our lives.” — CoDA Preamble. Actively working the program of Co-Dependents Anonymous, that’s the part that brought my ego down and my CoDA Steps back into the driver seat of my life. In my recovery work the quickest way to feel the worst and go back to the old ways of living was not being active in my program.

I brilliantly decided that after a year of recovery I had it all together. I was healed, I did not need CoDA because my Higher Power and myself were going to get through this together, I have the literature ... I got this. Wrong! And Wrong! The day that I decided “I got this” I found myself: Trucking a friend around town from her old roommate’s house to get stuff from another person’s house, to the store, then very irritated sitting in my car waiting for her for about an hour. Then I realized what in the name of codependence is happening right now? I’m back to doing things I don’t want to do. I’m not a taxi, my time is precious. How did I end up back into my compliance role? Doing things I have no desire to do at the expense of my own sanity. I put my head on my steering wheel and screamed until I started to chant “By actively working the program of Co-dependence anonymous, We can realize a new Joy, acceptance and serenity in our lives.” *Ding *Ding!! I have to get out of here, I have no serenity no joy and I surely wasn’t going to accept this as a result for my life.

I’m now 3 years in CoDA this December. My CoDA birthday is 12/11/19. I work my program 365 days a year, I share my experience, strength and hope at speaker meetings, I’m a part of a CoDA Committee, I do a lot of service in not only my home group but in other meetings, I do my step work daily and practice CoDA principles in all my affairs. I’m so grateful for this program and the unconditional love from all of the fellowship. I’ll keep coming back and I’ll keep working on myself because I deserve to be recovered, and happy. I deserve to be here.

Denire’ (recovering Co-dependent) Oct., 2022

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

