



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## January, 2023

San Diego County CoDA

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San Diego, CA 92172-0064

Info Line: 1 (760) 215-9060

Website, CoDA Voice & Meeting  
Schedule can be found on

[www.sdccoda.org](http://www.sdccoda.org)

### Please Visit

[www.sdccoda.org](http://www.sdccoda.org) for San Diego CoDA community business, meeting information, past meeting minutes, bylaws, and local community contacts.

### Step One Prayer

In this moment, I do not have to control anyone, including me. And if I feel uncomfortable with what another person is doing or not doing, I can remind myself that I am powerless over this person and I am powerless over my compulsion to act in inappropriate ways.

### Speakers Meeting

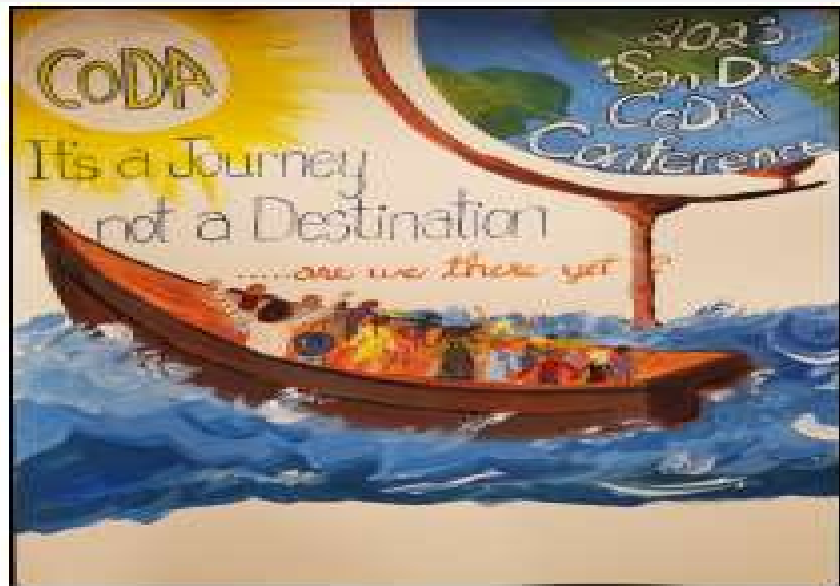
Is held on the first Sunday of the month at 5:30 p.m.

Two CoDA members share their experience, strength, and hope for approx. 30 minutes each.

The next meeting is Feb. 5<sup>th</sup> 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/>



The 2023 San Diego CoDA Conference committee is taking shape with Robert L. stepping up to become conference chair. However, there are a few positions still open on the planning committee. If you would like to help plan this **exciting** event, please email Robert at the address below or join in on the January zoom meeting:

The next planning meeting will be held on zoom on Wednesday, January 18<sup>th</sup> at 5:00 pm. The zoom information link is:

<https://us02web.zoom.us/j/82501630843?pwd=vxnWvTzansEaQ0javONHMRsinbJQ54.1>

Meeting ID: 825 0163 0843; Passcode: Coda  
Conference email: [arewethereyet023@gmail.com](mailto:arewethereyet023@gmail.com)

**"I started doing service to give back. Turns out, the more I give, the more I receive."** - [In This Moment](#)

## Steps, Traditions, Concepts & Promises

**Step 1:** We admitted we were powerless over others – that our lives had become unmanageable.

**Tradition 1:** Our common welfare should come first. personal recovery depends upon CoDA unity.

**Service Concept 1:** The members of the Fellowship of Co-Dependents Anonymous, in carrying out the will of a loving Higher Power, advance their individual recoveries, work to insure the continuance of their groups and their program, and carry the message to codependents who still suffer. They may also collectively authorize and establish service boards or committees and empower trusted servants to perform service work.

**Promise 1:** I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.

### Speakers Meeting

Have you thought about sharing your story at the monthly Speakers Meeting? It's a great opportunity to look back at your CoDA recovery to see how far you've come. And, it's a boost for others to hear how recovery "works when you work it".

Think about doing service while sharing your CoDA journey with others on their path to recovery.

Contact **Robert** (760)672-2101 to arrange to speak at a future meeting.

### Step Studies Forming.

Interested in working the steps through a step study using the **CoDA 12 Steps and 12 Traditions workbook**?

Email or text Healy and she 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 her know. **Healy: 619-339-3048**  
[healyv@cox.net](mailto:healyv@cox.net)



### Recovery Audio

Recordings of past workshops and speaker presentations from conferences, conventions and retreats,

Go to [CoDA.org](http://CoDA.org), click on Member Resources, click on Audio Visual Resources to find Recovery Audio.

### Need some new Recovery Tools for your CoDA Toolbox?



### Fellowship Forum

Discussions and speaker presentations by CoDA members.

Join us last Saturday of every month for CoDA Member shares with time for questions and fellowship.

Go to [CoDA.org](http://CoDA.org), click on Member Resources, click on Audio Visual Resources to find Fellowship Forum.

### 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 happens. **Voting on Officer and Chair positions will take place at the January 21<sup>st</sup> meeting.** Come and join in on the elections and offer your feedback on issues pertaining to the San Diego CoDA community..

The meeting is held on zoom on the third Saturday of the month from 10:00 am until noon. All CoDA members are invited to attend.

**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](mailto:newsletter@sdccoda.org) by the 25<sup>th</sup> of the month.

**“KEEPING MY PEACE”**

We all have challenges we face on a daily basis whether it is work, family, romantic relationships, friendship, or financial issues. For me, keeping peace in my heart and in my mind is essential to navigating all of these avenues of life. However, sometimes maintaining the peace in my head is very challenging.

A few weeks ago, I was not in a peaceful state of mind. I allowed the world to take my peace. That was a difficult place for me, as I had not been in that level of darkness in over ten years. Thankfully, I had tools to bring me out of the darkness. Nonetheless, the brief amount of darkness that I felt propelled me into realizing that I needed to work on learning to keep peace even in the darkest of times.

During the times of light, when everything is going well in my life, I don't need to lean on the tools of recovery as hard, and I forget the power that the tools hold. Reiterating the **First Step** of CoDependents Anonymous seems easy at times when all is well. “We admitted we were powerless over others—that our lives had become unmanageable.” But when issues arise, and I begin to feel a dip in my life happening, and I go to the first step, it's not as easy to trust and believe that the step actually works. I stare at step one, and I can't seem to get over the fact that I'm “...powerless over others...” I think to myself, there must be something that I can do—but that's the codependence in me—believing I can change the ideals of others.

**Step Two** during the dark times proves just as difficult. “Came to believe that a power greater than ourselves could restore us to sanity.” During the sane times, or what I call the time of rainbows and lollipops, step two is easy. It's during the times of turmoil, the times where I am not at peace where this step is the most difficult. But at the same time, it is at these times of despair where I need this step the most in order to stay in, retain, or get back in peace. I have to remember that there is a power greater than me that can indeed restore me to sanity.

**Step Three**, to me, seems equivalent to the 5th component to the stages of grieving—acceptance. I've gone through denial, I struggled through the anger, I wrestled with bargaining. Now, there isn't anything else I can do except—accept. Acceptance doesn't mean I agree with the situation, or with people, or even with God's decision. It means I've turned my life over to the care of God. It means I will live in peace, and I will let go and let God.

In the past, times of peace in my heart and head were not sustainable because I lacked conviction due to my codependence. My codependence forced me into isolation due to fear. Fear prohibited me from choosing healthy relationships, and even more frustrating, it kept me from sustaining those relationships that were healthy.

In The Twelve Traditions of Co-Dependents Anonymous Tradition 3 states “The only requirement for membership in CoDA is a desire for healthy and loving relationships.” I like to think that statement in itself has everything to do with peace. The need to have peace in one's life while still having relationships. Whatever resource I use, one of my biggest goals in life is to learn to live in peace no matter what type of turmoil is happening around me. Peace doesn't just happen. I have to work at it. If I want healthy and loving relationships, I have to work hard at it. Fortunately, I have the tools, I have the steps, I have my Higher Power, and I have my CoDA friends to help me along in the journey to sustaining peace.

Resa G. 11/26/16

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