



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

March 2023

San Diego County CoDA

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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 info, past Business Meeting minutes, bylaws, and local community contacts.

Step Three Prayer

In this moment, I can choose my own Higher Power. I can set aside all the old beliefs about who I am not and be who I am—a child of God. I can remind myself that a faith in a Higher Power becomes a faith in me, and that my recovery lies in being true to myself and to my Higher Power. (copied from CoDA.org Step Prayers)

The Speakers Meeting

is held on the first Sunday of the month. Two CoDA members share their experience, strength, and hope for approx. 30 minutes each. The next meeting is March 5th at 5:30 pm 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

Think about doing service while sharing your CoDA journey with others on their path to recovery. Contact **Robert** (760) 672-2101 if you wish to speak at a future meeting or to get more details about the meeting.

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,
<http://coda.org/index.cfm/newcomers/recovery-patterns-for-codependence/>

Come join your CoDA friends

Picnic at Lake Miramar

When: Sunday, March 26th 10:00 am until ???

Where: 10710 Scripps Lake Dr. San Diego

Who's invited: All CoDA members, their children, dogs, and friends are welcome.

Bring your bikes, strollers, fishing rod and license, walking/running shoes, and your picnic.

There are boat and bike rentals, a concession stand, and almost 5 miles of trails. **So much to do in such a beautiful setting!**

<https://www.alltrails.com/trail/us/california/lake-miramar-trail>

For further information, call **Laura (619)405-4142.**



Steps, Traditions, Concepts & Promises

Step 3: Made a decision to turn our will and lives over to the care of God as we understood God.

Tradition 3: The only requirement for membership in CoDA is a desire for healthy and loving relationships.

Service Concept 3: Decisions about service work in the Fellowship and all CoDA affairs are made through the group conscience decision making process. For this spiritual democratic process to work, every member of the group is encouraged to participate, consider all the facts and options concerning the issue, listen respectfully to all opinions expressed, then reflect and meditate to find a loving Higher Power's will. Finally, we deliberate honestly and respectfully to determine the proper course of action. Unanimity in the group is the desired outcome; a majority vote is a group conscience.

Promise 3: I know a new freedom.

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

Community Meeting Update

The Community Meeting is held on zoom on the third Saturday of the month from 10:00 am until 12:00. **All** CoDA members are invited to attend and give their input regarding the San Diego Community.

Zoom dial in (720) 707-2699

Meeting ID:883 4535 8086 Password 557229

Want to give your recovery a boost?

Desert CoDA – Weekly Speaker Event

Friday, 5:00-6:30 PST

Zoom info: 851-782-2381 Password 2021

Arizona CoDA – Sunday Zoom Series

11:30 – 1:30 pm PST

<https://us02web.zoom.us/j/85067247533>

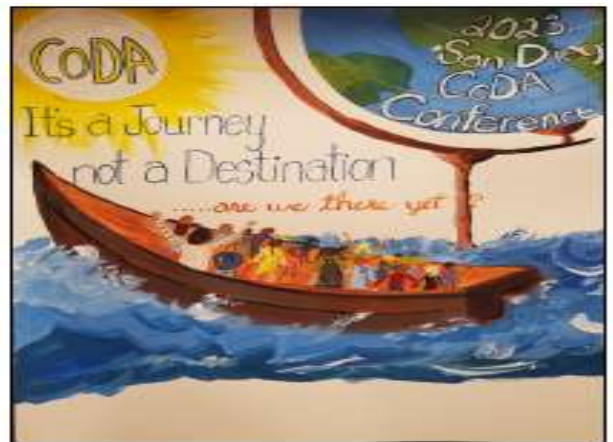
password 010247

SoCal CoDA 2020 and 2022 Southern California Conference Recordings

CoDA.org – check out the **Member Resources** section for these resources: Fellowship Forum, Voices in Recovery, Recovery Audio, Voices in Recovery.

San Diego CoDA – Monthly Speakers meeting – See front page of newsletter for info.

So many Resources to aid in CoDA recovery!



MARK YOUR CALENDARS!!!

San Diego 2023 CoDA Conference Info

June 2nd - June 4th

This conference will be a combination of online and hybrid workshops. June 2nd and 4th will be online, while June 3rd will be hybrid. The in-person meetings will be held at **Marina Village Conference Center** on Mission Bay in San Diego.

Check out the **Call for Service Flyer** on the San Diego CoDA website (sdccoda.org). It takes many people to host a conference so sign up for a committee of your choice! **The conference committee is also in need of technical expertise to help set up/facilitate the zoom hybrid** portions of this event.

Keep watching the website and future newsletters for further information as plans for this **AMAZING** conference develop.

Gender-Inclusive Language Task Force

Interested in participating? Email:

Board@CoDA.org for further info. Be sure to put Gender Inclusive Task Force in the subject line.

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.

Reward Of Recovery – 3 years later

September 28, 2001

I've just celebrated 4 years in recovery. As I look back and read my initial one year anniversary letter, I see now that I had simply uncovered the tip of the iceberg. I'd established a foundation. What followed has been truly miraculous. I am living life, one day at a time in serenity and joy. If it weren't for CoDA, I wouldn't be in the truly wonderful place I am now.

The first year I spent recovering from my divorce. The second year I did the steps again but with a focus on the inner child. This was some especially intense work that was accomplished with the aid of a doctor of psychology. I was able to recognize that I had abandonment issues. I was able to finally accept that my mother is an alcoholic and that I could hold her accountable for not being the mother I needed. And then I found the beauty in letting go. Where once I would have blamed her, I found I could accept her as she is. It took time. I saw that I was destined to be enabling someone until I had done this work. I understood better than ever where I came from and why I had made some of the choices I did.

In second grade I got my first pair of glasses. As a result, I was teased by the kids in the neighborhood, some mercilessly. One boy was especially mean. When I went home crying to my mother and told her what happened, she responded "Ann, what's the matter with you? Why do you listen to him? You're smarter than he is!". Those words hurt me deeply. I felt there was something wrong with me and that I should not bring my problems home.

Of course, now I know there is nothing wrong with me. I value myself and treat myself with respect as well as others. I have learned that nobody should speak to another in a demeaning manor. I also went back to school and last month completed a bachelors degree 23 years after I started college.

The greatest gift from the program has been achieving peace and serenity. This came partly from finally understanding how to accept and let go but not be taken advantage of. I can and do stick up for myself but no longer get emotional and make injustices a personal mission. Another gift has been gratitude. I have learned to be grateful for marrying an alcoholic, for losing a child, for all the pain and suffering. I know that this was my destiny and I wouldn't be where I am now had I not lived through those events.

And where am I? Well, as I wrote my one year anniversary letter I had just met my partner. The first year of the relationship was hard as I was doing my family of origin work but he is a kind and compassionate person. We are now sharing our lives together and I am overwhelmed at how good it is! There are some areas of our relationship that are tough. Financial issues seem to be a real problem and I suspect it is because I still get emotional when it comes to money. But we are still working through it and have recently made some headway. It is work but worthwhile. I have truly never been happier in my life.

There is no recipe to success in recovery. There is no secret. It just takes time and we all recover at our own pace. I pray every day and give thanks every day for the life I have been given. I even thank my higher power for the bad stuff because at least I am alive to feel it. I am especially grateful to have wonderful relationships with my parents, my partner, my siblings and a few recovery old-timers. I look forward to each day, accept my past and hope that others, especially the victims of the September 11, 2001 terrorist attacks, can find the peace and serenity that I have. I am truly blessed.

Ann M.

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



*God
Grant me the serenity
To accept things I cannot change
The courage to change the things I can
And the wisdom to know the difference*