



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

April 2023

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

Step Four Prayer

In this moment, I am willing to see myself as I truly am: a growing, unfolding spiritual being resting in the hands of a loving God. I can separate who I am from what I've done knowing that the real me is emerging—loving, joyful, and whole.

(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 April 2nd at 5:30 pm and will be a **hybrid** meeting at:

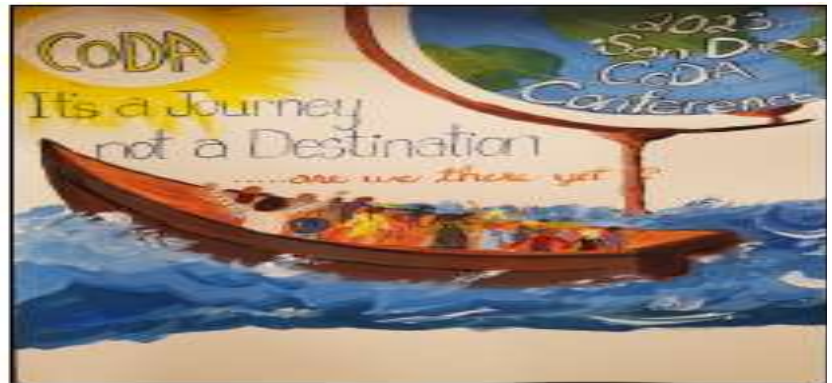
Kensington Community Church
4773 Marlborough St. San Diego
Zoom: Dial in: (669) 900-6833
Meeting ID: 861 1638 7309
Code 932 653

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/>

Just around the corner!



San Diego 2023 CoDA Conference June 2nd - June 4th

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

IMPORTANT! For the conference committee's planning and sanity, **All** volunteers: Speakers, Workshop Presenters, Greeters, Registration, Zoom help, and all CoDA members volunteering their time and talents, please sign up on the **Call for Service Flyer** located on the San Diego CoDA website (SDCCoDA.org) by **April 30th**.

Mark your calendars for a great recovery weekend!!

Steps, Traditions, Concepts & Promises

Step 4: Made a searching and fearless moral inventory of ourselves

Tradition 4: Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.

Service Concept 4: All those who volunteer to do service work for CoDA by serving on committees, boards, or corporations are trusted servants, not authority figures. Ideally, trusted servants volunteer out of a desire to follow their Higher Power's will, out of gratitude for the gifts they have received from CoDA, out of a desire to grow in their ability to create and keep healthy relationships, and to contribute what they can of themselves to CoDA. The Fellowship recognizes the need to select the most qualified people willing to serve as trusted servants. At times, trusted servants may hire individuals outside of the Fellowship for commercial services.

Promise 4: I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.



CoDA Bonfire Meeting

Saturday, April 30th Meet at 6:30 pm, meeting at 7:00

Watch SDCCoDA for location and further details.

CoDA Community Meeting Information

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

Socalcoda.org

Check out the SoCal CoDA website for recordings of speakers and workshops for the **past 12 years** of conferences. That is a **lot** of experience, strength, and hope!!! Thanks, Joe! (SDCCoDA webmaster)

Coming May 6th 9:30 am – 2:30 pm

Service – A Doorway to Connection, Self Esteem, and Healthy Relationships

Hosted by The Transatlantic CoDA Royale Committee & Codependence Matters

Co-Founders of CoDA, and CoDA speakers from all over the world will be sharing their experiences with service.

Zoom Meeting 876 1635 5527 Password: 861572

Help Wanted: Got Recovery?

Have you ever caught yourself in one of the Patterns of Codependency and turned it around instantly with a Recovery Pattern?

What was the pattern and what did you do?

Your anonymous story can help another codependent at the upcoming SoCal CoDA Conference. For info or to share your story, call/text Bryna at 619-203-5852 or email

blb12n12@gmail.com.



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

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.

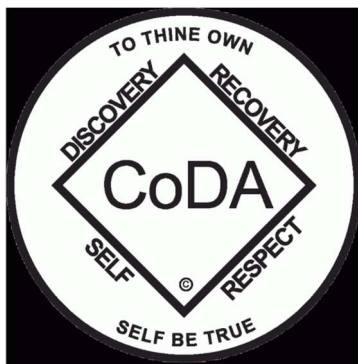
I CAN BE GRATEFUL AND ENJOY IT!

I talked with my coworker today. She was frustrated because she had so much to do at work. I listened. “It sounds like today has been a tough day for you,” I said after she had finished talking. “I have to go back to work now.” I left her office and returned to mine. As the day continued I kept thinking about my coworker’s frustration and wondering how I could help. Should I speak to my boss? I asked myself. Because of CoDA I told myself, “No.” I am not responsible for her. If she feels overworked she will speak to our boss about it. Should I feel guilty because my day was much easier than hers? “No.” My day has been given to me by my Higher Power. It was exactly the day He wanted me to have and I can be grateful and enjoy it. I don’t need to worry that it is not hard enough or feel guilty because I have peace.

“What can I do to help my coworker?” I asked my Higher Power. Pray for her was the thought that my Higher Power gave me. So, I prayed and released her into the loving, supremely competent hands of my Higher Power. And as the day continued into this evening I pray again for my coworker and myself that we may trust our Higher Power and surrender to Him.

Nicole 10/13/20

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



CoDA Recovery Prayer

God help me to:

Accept other people as they are,
Recognize my own feelings,
Meet my own needs,
Love myself just as I am.