



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

May, 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 Five Prayer

In this moment, I will acknowledge myself for doing what was most difficult for me. I will rest in the accepting presence of my Higher Power. I know I have deepened my commitment to the journey of recovery by opening myself and my heart to a fellow human being.
(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 30 minutes each. The next meeting is May 7th 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

Robert (760- 672-2101) is looking for members to come and share their recovery story at future meetings.

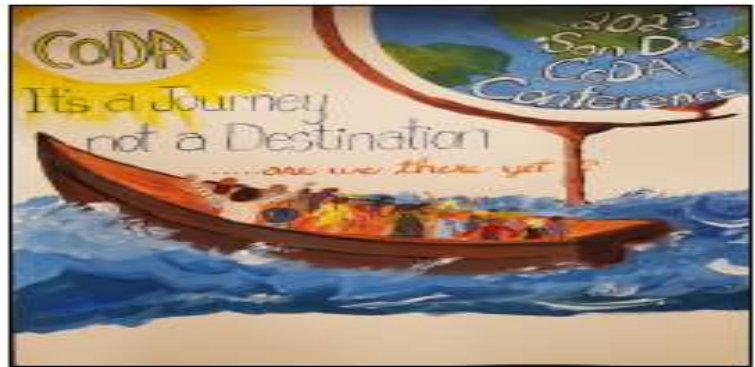
This is a great way to grow in recovery by looking back at how your journey has unfolded.

PROGRESS NOT PERFECTION!

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/>

ALMOST HERE!!



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

This conference will be a combination of online and hybrid speakers and 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.

Never attended a SoCal conference?? Or have you been to a dozen?? First or twelfth, you are in for a special weekend. There will be great speakers, workshop presenters, and lots of recovery during the weekend, whether on Zoom or Saturday in person.

Register after May 8th at:

<https://www.eventbrite.com/e/2023-socal-coda-conference-registration-623146978387>

Mark your calendars for a great recovery weekend!!

Steps, Traditions, Concepts & Promises

Step 5: Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

Tradition 5: Each group has but one primary purpose -- to carry its message to other codependents who still suffer.

Service Concept 5: Trusted servants are directly responsible to those they serve and are bound to honor the group conscience decision making process and uphold those decisions concerning their service work. The Fellowship also recognizes the need and right for members to honor their own experience, strength, and hope and their Higher Power's will as expressed to them. When the group conscience violates an individual's own truth and makes participation impossible, the individual may relinquish the service position.

Promise 5: I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.

Coming May 6th 9:30 am – 2:30 pm

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

Join the Co-Founders of CoDA and CoDA speakers from all over the world who will be sharing their experiences with service and how it has advanced their recovery.

Zoom Meeting 876 1635 5527 Password: 861572

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

Did you know??

You can sign up on CoDA.org for a weekly email written by a CoDA member sharing their experience, strength and hope as they journey in CoDA?? Here's the link:

<https://codependents.org/cgibin/dada/mail.cgi/list/connections/>

Recordings from 10 SoCalCoDA conferences are available for playing or download??

<https://socalcoda.org/recordings/>

**SADDLE UP FOR SERENITY,
STRENGTH, AND HOPE!**
The Royal Sonesta Houston
Houston, Texas

International CoDA Convention will be held July 28-30??
Speakers, Workshops, and Recovery

\$40 in person; \$10 Virtual

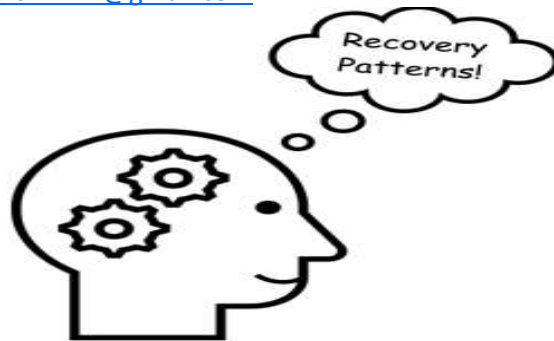
<https://2023internationalcodaconvention.eventbrite.com>

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.



**Freely offer advice and direction without being asked. Recovery pattern:
I give advice only when asked.**

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

Work it, because you're worth it!

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.

Speaking My Truth

I had a plan. I knew what I wanted. It was important to me. Things were not coming together well. I needed to speak up – not abandon myself (again). State the facts. Speak my truth. Live with the consequences.

I cannot control others, only myself. My CoDA recovery tools were knocking on my door. I knew what I needed to do. My people-pleasing defect runs strong and deep. I have to work so hard to overcome it. Day by day, sometimes moment by moment. I had to have a hard, honest conversation with my friend. It sounded so simplistic. I wanted to purchase a doll at a specialty store for my granddaughter by myself. My friend invited herself to come along. I had made subtle suggestions about going alone but not been forthright. It was so easy to rationalize in my head, “What’s the big deal? I’m being silly to not just go with the flow.” But truth is it WAS a big deal — to me. I’d planned this event for months. It was an intentional stop during my 2-week trip. It wasn’t just a purchase. It was an experience, an event, a story to share one day. The store is 600 miles from home. Now and only now was the time to speak up.

I wanted to call my sponsor but had no privacy. I sent her a brief text and she quickly responded with encouragement. I prayed to my Higher Power for wisdom and calmness. My heart was racing. I had to speak up.

The conversation went so well! God gave me the right words to say. No hard feelings. My heartbeat began to slow down. Serenity flowed throughout my body. I was so relieved and joyful. I was living Promise 12, “I gradually experience serenity, strength, and spiritual growth in my daily life.”

So today is the day I’ll go shopping. I will embrace the mountain drive enjoying the autumn foliage. I feel light and free. Promise 3, “I know a new freedom” has come to life! I was brave. I was courageous. Learning and living the program is the only way for me.

ALJ 10.16.22

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

