



# The CoDA Voice

A monthly newsletter of

San Diego County Co-Dependents Anonymous

## July, 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](http://www.sdccoda.org)**

### Please Visit

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

### Step Seven Prayer

In this moment, I ask my Higher Power to remove all of my shortcomings, relieving me of the burden of my past.

In this moment, I place my hand in God's, trusting that the void I experience is being filled with my Higher Power's unconditional love for me and those in my life.

**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/>

### 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 July 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**

**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 as well as a way to do service.

## FUN! FUN! FUN!!!

**Come for a day, the CoDA potluck/meeting, or the weekend!**

**CoDA Camping**

**FRI JULY 21 - SUN JULY 23**

- ✓ Picnic Potluck Sat. 5pm
- ✓ CoDA Meeting Sat. 7pm
- ✓ Sites 31 and 43 Reserved
- ✓ Fellowship, hiking, fun

Burnt Rancheria Campground  
Mount Laguna off of Sunrise Hwy  
Aaron L. 619-807-0869

**LET US KNOW YOU ARE GOING**  
**[HTTPS://TINYURL.COM/YCa85B8R](https://tinyurl.com/YCa85B8R)**

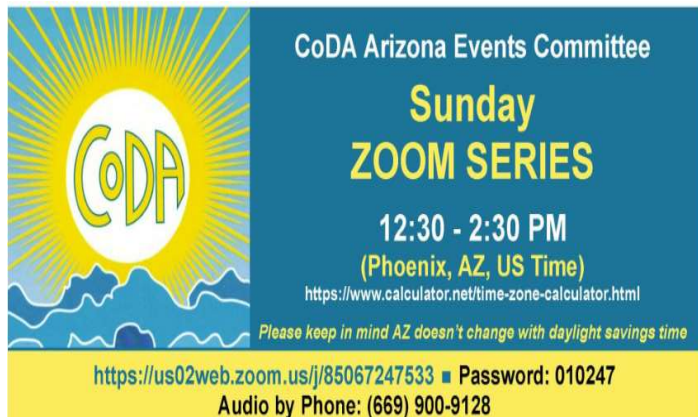
## Steps, Traditions, Concepts & Promises

**Step 7:** Humbly asked God to remove our shortcomings .

**Tradition 7:** A CoDA group ought to be fully self-supporting, declining outside contributions .

**Service Concept 7:** Trusted servants do practice the Twelve Steps and Twelve Traditions in their service work and in all of their affairs. Trusted servants do not seek power, prestige, wealth, status, or acclaim; do not govern, coerce, or attempt to control others; and do not push a personal agenda, promote controversy, or advance outside issues at CoDA's expense. Since issues over authority, will, money, property, and prestige can and do arise in service work, trusted servants need to practice emotional sobriety, including anonymity, humility, tolerance, gratitude, making amends, and forgiveness.

**Promise 7:** I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy. My new and renewed relationships are all with equal partners.



CoDA Arizona Events Committee  
**Sunday  
ZOOM SERIES**  
12:30 - 2:30 PM  
(Phoenix, AZ, US Time)  
<https://www.calculator.net/time-zone-calculator.html>  
Please keep in mind AZ doesn't change with daylight savings time  
<https://us02web.zoom.us/j/85067247533> ■ Password: 010247  
Audio by Phone: (669) 900-9128

### CoDA Community Meeting

The **Community Meeting** is held on zoom on the third Saturday of the month from 10:00 am until 12:00 pm. The next meeting will be July 15<sup>th</sup>. This is a business meeting where **all** CoDA members are invited to attend and give their input regarding activities and other business affecting the San Diego Community.

**Group Service Reps** are encouraged to attend so that they can participate in voting on CoDA issues and to report back to their meeting about decisions that affect the San Diego community.

**Zoom dial in (720) 707-2699**

**Meeting ID: 883 4535 8086 Password 557229**

**Drop in to give your input and see how a healthy business meeting functions!!**

### DON'T MISS IT!!

**SADDLE UP FOR SERENITY,  
STRENGTH, AND HOPE!**

**International CoDA Convention: July 28-30**

Royal Sonesta Houston, Texas Registration info:

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

**\$50** in-person if you go to sizzling Houston

**\$15** to attend virtually in temperate San Diego

**Speakers, Workshops, and Recovery!!**

### Please Vote – by July 21st

Every year CoDA members get a chance to have a say about how CoDA functions. This year your SoCal CoDA delegates will be representing you in Houston at the 2023 **CoDA Service Conference** on July 23-27. Help them know how to represent you and SoCal CoDA by reviewing the motions at:

<https://sites.google.com/view/2023-socal-coda-conference/2023-coda-world?authuser=0>

### 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)

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

## **MY RECOVERY JOURNEY**

I feel very lucky to have found CoDA after emotionally spinning out for years, triggered by the Covid-19 pandemic, the everyday stresses of being a working parent, and significant shifts in my family dynamic, including the realization that my closest family member had been suffering in an emotional abusive relationship. Over time, in managing these crises and trauma, I found my responses to things (guilt, shame, panic, controlling, resentment) were only getting worse, not better. So, in February of 2022, I went to the CoDA website and reached out to the contact for what is now my beautiful home meeting (shout out to my “A Life You Deserve” ladies!). Someone got back to me right away and I joined the meeting that night. I was so nervous to attend my first meeting. Even though I had done therapy for years, I had no idea what to expect and decided to just buckle up and see what happens at a meeting.

I don’t even remember the topic of the meeting and when I raised my hand to share, it was lots of tears and disjointed fragments of my story coming out in fits and starts. Even though it was an online meeting, the attentiveness of the other people at the meeting, the encouragement in their faces, and the chats to “please come back” were enough to keep me going. I felt such a relief when someone read the 12 Promises for the first time. Since then, I have attended meetings (pretty) faithfully, have taken on small service roles in our group, check in with other CoDA folks through text and other online chats, and have participated in a step study group, which led me to another wonderful group of women who I learned much from and value dearly. My fellow CoDA travelers helped me through a family suicide, uncertainty about my career, and changing dynamics with friends and family members.

What I love most about CoDA is that it’s always there when I need it – there’s always a meeting, another member who I can reach out to, accountability partners, and more. CoDA has brought me back to God and gave me the gift of exploring my relationship with God. CoDA has allowed me to rest, to trust myself, to let go, to fail and then try again. Over and over and over. The renewal process of the Steps, the constant contact with God, and the understanding that life will happen, whether I control it or not, have been huge realizations for me. CoDA has also helped me to understand and forgive my family (and myself) for past behavior, seeing that people were doing their best, that boundaries are necessary, and that my only job is to keep my side of the street clean.

I’ve also learned that my friendships in CoDA can ebb and flow – sometimes I’m super connected, texting folks, going to meetings, being with my step study friends (affectionately called the Cod-ettes!). Other times, I need to be quiet with God and practice the principles of CoDA in all of my affairs. Giving myself the permission, with God’s guidance, to see my recovery as a journey, rather than a destination, is self-love in action.

Bottom line: CoDA has made my life a richer, safer, and more lovely place to be. I am (and will forever be) taking two steps forward and one step back, but I know that I am not alone. I have my higher power, my recovery friends, my

intuition, and my larger group of friends and family to walk with me through life. And I know that good things are happening now and will come in the future.

Laura S. 04/12/2023

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



### In This Moment

I accept where I am.

I respect the journey that I am on. I do not compare the pace or rate of my growth to others. I am on my own path. I am exactly where I need to be. I avoid taking other people's inventory and instead look at myself. I focus on the lessons that I need to learn and remember that each person and situation can be my teacher, if I allow them to be. I am open to growth. – CoDA's In This Moment Meditation Book

## BREAKING NEWS!

Laura, San Diego CoDA's activity chairperson, announced that there will be a movie gathering on **Saturday, July 1<sup>st</sup>** at the **Downtown San Diego Water Park** across the street from the Star of India. Bring your chair and snacks and watch **Top Gun, Maverick** on the big, big screen. Look for Laura after 7 pm, the movie starts after dark. She'll be in her folding chair, with her dog, and **one balloon**.