



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

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

### Step Eight Prayer

In this moment, I see the impossible become not only possible, but real. As I forgive myself for my shortcomings, I am able to forgive others, opening the way for a true and lasting change in my behavior.

Thank you, God.

(copied from [CoDA.org](http://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 August 6th 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**

### Looking for a service opportunity?

Consider signing up to share your recovery journey with the CoDA community. You will benefit from sharing your story and the community will benefit from hearing it.

Call **Robert** (760- 672-2101) to sign

**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/>

### POTLUCK BONFIRE

Join your CoDA friends at the bay for food and conversation!

**When:** August 19 6:30 pm

**Where:** 1775 E. Mission Bay Dr. San Diego 92109

**Who's invited:** CoDA members, their children, friends, and dogs

**What to bring:** A chair, blanket, and something to share

**Questions:** Laura (619) 405-4142



**Directions:** Take the 5 freeway to Clairemont Dr/Mission Bay Dr. (Exit 22). Turn toward the bay at the stoplight, go to the stop sign and turn left. Follow the road, turning into the parking lot before Mission Beach Bay Club Resort. Once you park, look for the fire rings and red balloons.

## Steps, Traditions, Concepts & Promises

**Step 8:** Made a list of all persons we had harmed and became willing to make amends to them all.

**Tradition 8:** Codependents Anonymous should remain forever non-professional, but our service centers may employ special workers.

**Service Concept 8:** The CoDA Service Conference (Conference), through its group conscience decision making process, guides the Fellowship in making policy decisions and in following the Twelve Steps and Twelve Traditions. The Conference, though providing guidelines, holds no authority over the decision-making process of individual groups. The group conscience process is our decision-making process. Failure to honor this process may violate Traditions One and Four and a sanction may be imposed. The harshest sanction Conference can impose on an individual or group is to no longer recognize it as belonging to CoDA; this sanction may only be imposed on those who consistently violate the Twelve Steps and Twelve Traditions, as determined by guidelines accepted by Conference.

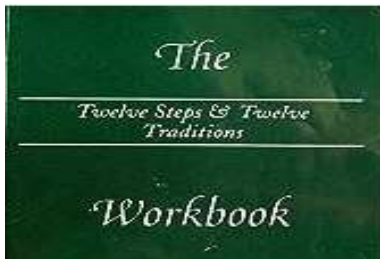
**Promise 8:** I acknowledge that I am a unique and precious creation.

### 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)



### 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 August 19<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!!**

### Did you know

There are so many **FREE** great pamphlets that can be downloaded from CoDA World??? Follow these steps:

- 1) Go to CoDA.org and at the top of the page, find
- 2) Member Resources and click on it. Then click on
- 3) Meeting Materials.
- 4) Scroll down to Service Materials and Pamphlets
- 5) Click on Service Materials
- 6) Print out the ones you want (Maybe "Communication and Recovery" and/or "Establishing Boundaries"???)

### 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.

### They're Here!!!

The Social webmaster has posted recordings from the last 10 years of CoDA conferences. Thanks, Joe!!! What a wonderful opportunity to hear recovery wisdom!

You can find these recordings at:

<https://socialcodasoc.org>.

Take advantage of some amazing speakers and give your recovery



**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 **anytime** to [newsletter@sdccoda.org](mailto:newsletter@sdccoda.org) for inclusion in a future newsletter.

## R-E-S-P-E-C-T

Some time back in my recovery journey my Sponsor asked me to think about making a list of what Respect would look like should I feel compelled to investigate such a concept. There were reasons for her suggestion and they had to do with the understanding of some of my character defects surrounding being overly critical, judgmental, intolerant, impatient, well, you get the idea.

Coda is about self discovery. And I found myself at Step 5 still struggling with these particular issues and not wanting them anymore. They were blocking me from making connections with others in a meaningful way. It was painful to admit these things about myself but even more painful to continue on without any real willingness to let them go. Enter Higher Power. I asked God for the willingness to write what respectful should look like and it came.

The writing unraveled like this;

- Refraining from commenting about or while another person is sharing unless they specifically ask for my opinion.
- Be aware that even though I may not think so, we're all doing the best we can.
- I want to honor other people's feelings as I do my own.
- Be mindful that each of us is growing at our own pace.
- Remember that other's character defects have nothing to do with me.
- Realize that we're all on this path of recovery and what a Gift that is.
- Giving others my full attention when they are speaking.
- Listen with my Heart not my Ego.
- Practice the principle of Allow -allowing everything to unfold without trying to fix it.

There's more to it than this of course but it enabled me to look at others through an improved lens-a lens of Love and Respect.

**Nadine 07/23**

**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 am responsible for my actions.**

No matter how others act towards me, I am responsible for my actions. I do not have to take on their fear or their stuff. No one can make me believe anything that I don't choose to believe. Someone's criticism or bad behavior is a gift I can decline or accept. I may respond in ways that respect myself and the other person or simply walk away. I take time to examine constructive criticism and determine if there's a nugget of truth to it. If there is, I take action to make positive changes in my life. If there is no truth to it, I let go.

(From CoDA's [In This Moment Meditation Book](#))