



The CoDA Voice

A monthly newsletter of

San Diego County Co-Dependents Anonymous

September, 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

Please Visit

www.sdccoda.org for San Diego CoDA community business, meeting info, past Business Meeting minutes, bylaws, and local community contacts.

Step Nine Prayer

In this moment, I trust my Higher Power to guide me in making sincere and honest amends. In this moment, I experience my gratitude for Co-Dependents Anonymous and the Twelve Steps of recovery, knowing that as I am willing to live this program, share the fellowship, and walk with God, I am free.

(copied from [CoDA.org Step Prayers](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 Sept. 3rd 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

Call **Robert (760- 672-2101)** to sign up to speak at a future meeting. He is always looking for speakers, and sharing your story is a great way to do service! "Our sharing... helps us to free the emotional bonds of the past..." (CoDA Welcome)

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: September 16,; 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 9: Made direct amends to such people wherever possible, except when to do so would injure them or others.

Tradition 9: CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

Service Concept 9: By tradition, the CoDA Service Conference gives responsibilities to working committees composed of Conference Delegates and other CoDA volunteers or to separate service boards or corporations. All are directly responsible to the Conference. The scope of the work a committee does is determined by the Conference group conscience. The chairperson of each committee assumes the responsibility to ensure the work assigned to the committee is completed in a timely manner.

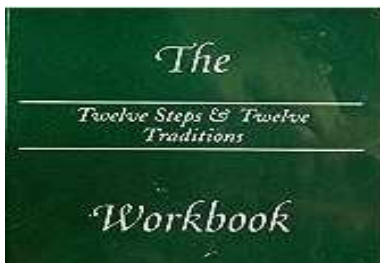
Promise 9: I acknowledge that I am a unique and precious creation.

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



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 **Sept 15th**.

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!!

Exciting News

7th tradition donations to San Diego County Intergroup can now be made through both Zelle and Venmo.



Email: treasurer@sdccoda.org



Username: SanDiegoCoDA-Community

Email: treasurer@sdccoda.org Link:

<https://www.venmo.com/u/SanDiegoCoDA-Community>

There is a lot of information online about how to use each application, so if you have questions, please try using Google first. If you can't find your answer, please email Michelle at treasurer@sdccoda.org.

Seventh Tradition donations will continue to be accepted by check and are used for meeting expenses and the general support of the CoDA community.

A NEW CODA MEDITATION BOOK IS LOOKING FOR YOUR EXPERIENCE, STRENGTH, AND HOPE!

LIGHTING OUR PATH DAILY
MEDITATION BOOK IN CoDA

SUBMIT YOUR MEDITATION!

1. A quote: Step, Tradition, Promise, or any CoDA Conference endorsed literature.
2. Share your insight, learning, gratitude, happiness in 100 – 200 words.

For more information and to submit your meditation, email: literature@codas.org, Subject New Daily Reader.

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 for inclusion in a future newsletter.

SELF LOVE

I had no idea what love was, period, let alone self-love. My sponsor used to tell me repeatedly “if I talk to my friends the way I talk to myself, I wouldn’t have any friends.” But harsh and critical of myself and others was what love and care looked like in my family of origin.

I had really terrible self-esteem when I came into CoDA. I can still have rough days with low self-esteem but today I can recognize that just because I feel low doesn’t mean I am. Who does my program say I am? Am I sure these thoughts are true, the thoughts that got me swirling around thinking about ending my own life, and that got me into the mess I was in pre-recovery?

Come to find out, I didn’t feel worthy of “self-love” so that’s why I was making all those poor calls to sabotage myself and stay in situations that harmed me. More was revealed through working the Twelve Steps, especially Steps Four through Seven, with a competent sponsor. The muddy water became clear, I was making all those poor calls to sabotage myself and stay in situations that harmed me because I didn’t “feel” worthy of self-love. But I was worthy then and I am worthy now. I was told this program is a progression through higher power-love (Steps One through Three), then into self-love (Steps Four through Seven) and then out to others (Steps Eight and Nine). I guess self-love was kind of a gateway. Now it’s so clear, I couldn’t love anyone truly until I loved myself.

Anonymous 5/23/2023

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 love myself.

Even if I do not feel loving, I act as if I love myself. I get enough rest and exercise,. I provide healthy, nutritious food for my body. I listen to my inner self. I nurture it and give it what it needs to heal. I stimulate my mind to learn and try new things. I listen to my sprit for the wisdom in its quiet voice and subtle guidance. I allow my genuine self to shine through and my masks to fall away. I am whole. I am me. I am.

[In This Moment Meditation Book](#) (CoDA Literature)