



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

October, 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 Ten Prayer

In this moment, I live my life in a new way.

As I continue to open my heart and mind, little by little, one day at a time, I reveal my true self, mend my relationships, and touch God.

(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 Oct. 1st 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 is our way of identification and helps us to free the emotional bonds of the past and the compulsive control of the present” (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/>

Join your CoDA friends for fun, food and conversation

Where: Harry Griffen Regional Park
9550 Midden St. La Mesa, CA 91942

When: Saturday, Oct. 14th at 1:00 pm to sunset

Who: CoDA members, friends, kids, and dogs (on a leash)

What to bring: Chair, blanket and something to share
Look for Laura and the red balloons at the back of the park.
Call or text Laura **(619)405-4142** if you have further questions.

In This Moment, I experience joy!

(from CoDA's In This Moment Meditation Book)



Steps, Traditions, Concepts & Promises

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition 10: CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.

Service Concept 10: When the CoDA Service Conference is in session, the CoDA Board of Trustees is directly responsible to the Conference. When not in session, the Conference assigns its decision-making authority on material matters to the Trustees. The Board of Trustees is authorized to monitor the work of Conference-appointed service committees and may provide assistance or guidelines when necessary. The Trustees serve as the board of directors of CoDA, Inc., the non-profit corporation, are assigned custodial control of all money and property held in trust for the Fellowship, and are responsible for prudent management of its finances.

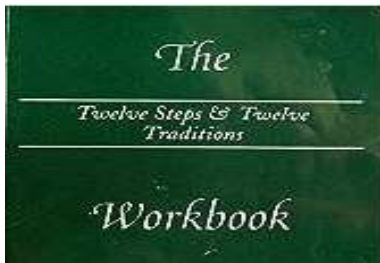
Promise 10: I no longer need to rely solely on others to provide my sense of worth.

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!!

Calling all CoDA Members!

We Want Your Stories!!

Story Gatherers - Coda members can share their recovery stories of experience, strength, and hope in a new book. The literature committee is looking for stories 900 to 4,000 words long. For more info:

Email literature@Coda.org, subject line Story Gatherers

Lighting Our Path Daily Meditation Book - CoDA members can share their insight, learning, gratitude, happiness in 100-200 words. For more info:

Email literature@coda.org, subject line New Daily Reader

Coming Soon - Be on the Lookout!

Growing Up in CoDA was endorsed at the CoDA Conference in July. This new book describes the process of doing Inner Child work, and maturing emotionally and spiritually while working CoDA's 12 Steps.

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

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.

Anger to Acceptance

After 14 years in Alanon and 3 years in CoDA, one day I hit a point where things felt like they were falling down around me. I was getting the cold shoulder from people at work, and it felt devastating. My people pleasing – a lifelong habit – had really dealt me a blow this time. I had tried so hard and so consistently to make others like me, and it had all backfired. Being shunned by my colleagues at work felt like my whole world was falling apart and all kinds of hurt feelings were triggered. Nothing was explicitly said, but because I am a people pleaser I filled in the silences with, “I’m worthless, no one likes me, I ruin everything I touch.” My fragile ego felt like it was freefalling without a parachute. My stomach sank, and depressive feelings, which go back a long way, started to return. I was in pain.

I imagined being fired, embarrassed, ostracized, or all three. The moments over the following weekend when these thoughts ran around my head were agonizing. My daughter, wife and I filled our weekend with gymnastics classes, shopping, and dinner out. I shared my feelings with my wife, and I am grateful for her sympathy, but it didn’t directly affect my problem.

On Monday I simply could not continue with these tortuous feelings of worthlessness. I’m not one to quit, but instead grin and bear things with a haggard, empty appearance. This habit I wouldn’t have gotten through childhood without. So, I didn’t call in sick, but instead I was forced to let go of my need for acceptance and affirmation from coworkers. I didn’t want to let go of this character defect – my pain forced me to.

I see now that people pleasing is absolutely toxic. One Alanonic commented that it doesn’t please anyone – neither others nor us. Another said in an insightful talk that it is a kind of manipulation. We act in certain ways so that others will like or accept us, or at least not reject or humiliate us. This is manipulation. It makes sense that others resent it – I would – and most people can sense fake and pretend pretty well.

So, it made sense that my colleagues were avoiding me and looking askance at me, and I couldn’t blame them. And yet I was angry. I’m still processing this anger. I feel like I’ve worked hard to protect myself, to get through my days as a father, husband, and teacher, to do what is asked of me. I’m angry that I’m rejected for this. And yet, in asking my Higher Power if this pain is actually his will for me, I got the answer: yes, it is; and the pain I am feeling is a message from my Higher Power, even a gift. It’s only pain, and nothing more. It’s not life-long suffering or eternal damnation. And the point is that I’ve been seeking peace and acceptance in all the wrong ways for most of my life, and maybe it’s time to stop. There is in fact an emptiness to my life, a stale air in my office at work, a stillness and quiet in conversations with others that I don’t like and wish were filled. There is a certain bleakness in the hills I see on my walks. But instead of trying to fill this empty feeling with affirmations from others, or from my other vices – sugary baked things, large meals, sex – I am trying to accept things as they are and let my Higher Power’s love in. This quiet struggle is the fruit that my recovery has born, and I am grateful for it. **John A. October, 2022**

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