



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

December, 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 Twelve Prayer

In this moment, I thank God for my spiritual awakening. In this moment, I choose to live all the principles of this simple program. I know the wisdom working through me will touch all I meet with God's love and understanding. I am at peace.

(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 Dec. 3rd at 5:30 pm and will be a **hybrid** meeting held 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 further your recovery.

Join us at the December potluck after the meeting. All are 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/>



CoDA Holiday Potluck

Join your CoDA friends for food and conversation to celebrate the holidays **after** the December Speakers Meeting

When : Sunday, December 3

Time: 7 PM

Where: 4773 Marlborough Dr. San Diego 92116

What: Bring a dish to share

Everyone is welcome, kids and friends etc. Please bring a dish to share with everyone.

Please text me or call to volunteer to set up or clean up.

Laura (619) 405 -4142 gelaura@yahoo.com

Steps, Traditions, Concepts & Promises

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to other co-dependents, and to practice these principles in all our affairs.

Tradition 12: Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

Service Concept 12: The Fellowship strives to practice and encourage spiritual principles in all its material, financial, and business affairs, including fairness, equality, and respect for individual rights. Every member within CoDA has a voice and is encouraged to use it. Every member has the right to know what is happening within our organization. To honor this right, and in the spirit of CoDA unity, our CoDA, Inc. organization publishes and distributes group conscience decisions, such as minutes of our service boards and motions from our CoDA Service Conferences, in the most inclusive and timely manner possible.

Promise 12: I gradually experience serenity, strength, and spiritual growth in my daily life.

Are you looking for a step study using the 12 Steps and 12 Traditions Workbook???

Email or text Healy and she can help you find a step study or 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

7th tradition donations to San Diego County Intergroup can now be made through:



Email: treasurer@sdccoda.org

Username: SanDiegoCoDA-Community

Email: treasurer@sdccoda.org Link:

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

Don't Forget the 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 Dec. 16th. 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

Experience, strength, and hope!

CoDA members are asked to consider sharing theirs in one of these ways:

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@codas.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@codas.org, subject line New Daily

Reader

NEED HOLIDAY SUPPORT?

CoDAthon 2023

Holiday Marathon 24 Hour Meetings

[Christmas Eve December 24th](#)

[Christmas Day December 25th](#)

[New Year's Eve December 31st](#)

[New Year's Day January 1st](#)

[Spanish Language Meetings](#)

Keep checking codathon@codas.org to find the times for meetings being held around the world - around the clock!!! Please check back often, as more meetings will be added!

To sponsor a meeting, please email codathon@codas.org

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.

THE LOTUS FLOWER STILL BLOSSOMING AND BREATHING

I have always wanted to submit a story to the CoDA community. I went to my first CoDA meeting in late July of 2016, just a few months after entering my AA program. To this day, the beautiful women I met at my very first meeting, are still just as near and dear to me. They are “my tribe” and my “soul sisters” in recovery. Without their and so many others’ humility, courage, and strength, I don’t know if I would still be here today. Without my strength and willingness to continue to be open, learn, grow, share (especially when I don’t want to share), and be completely honest where I am at, then I would not be here today.

I had a really hard time in my first year or so “getting” or understanding the CoDA program and how I could turn the decades of emotional abandonment, old tapes, real emotional trauma from the time I was a freshman in high school due to severe bullying, and all the fear and shame over to my higher power. So, I was honest, took notes in my CoDA books, reached out to women I trusted, journaled, and kept talking. I started to find myself and trust myself more and more. Sometimes I had to fake it until I made it. All those feelings and experiences was growth. Learning how to trust myself was and still is growth.

When I find myself “off the beam” as my dear friend would say, I can identify that feeling and check-in with myself sooner and ask myself what I need or reach out for help. Or sometimes, I just sit with that feeling, but not pack a bag and stay there too long. Acceptance. That is the power of working the program and showing up and learning and growing for me. I go back to Steps 1, 2, and 3 as many times as I need to get my bearings. I share and keep coming back without shame if I am still stuck. I believe I am where I am supposed to be and keep learning as I go. I may have some, dare I say the word “defects” of character, but when I am checking in with myself, I can say “hello, thank you for helping me right-size that a little better.” The dis-ease (disease) – getting it out so it does not take me out. I deserve to breathe and love myself! Learning this from other’s experience and shares helps me stay on a brighter path on a sometimes-muddy road. I more often find myself dancing on that muddy road than hiding. Thanks to CoDA and my sisters and recovery peers.

Looking back on where I was and where I am now, I can say I have learned to love myself, trust myself and find beauty even in the dark. This is my journey – a miraculous, beautiful journey that has changed me and blossomed me just like a lotus flower. When I don’t know what to do, I just breathe and pray, because I know I am not alone and it will be ok. Keep coming back. You are loved and WE are worth it.

H.O.P.E. – Hold On Pain Ends. This is one of my favorite lines. It is true! We are all miracles every time we show up. It is a true miracle to watch others transform and grow in their program. It is special to be able to pass my experience, strength and hope to another. That’s all I have to do. It helps me and others. The 12 Promises are real. They’ve happened for me. And I am working them because I’m worth it!

Becky F. 9/21/2022

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