



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

January, 2024

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 One Prayer

In this moment, I do not have to control anyone, including me. And if I feel uncomfortable with what another person is doing or not doing, I can remind myself that I am powerless over this person and I am powerless over my compulsion to act in inappropriate ways.

(Copied from [CoDA.org Step](http://CoDA.org/Step))

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 January 7th 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 experience, strength, and hope is a great way to further your recovery as well as that of other members.

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/>

Come Join the San Diego CoDA Community Committee

The **Community Meeting** is held on zoom on the third Saturday of the month from 10:00 am until 12:00 pm. 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 (GSRs)** are especially 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.

Elections for officers and chairpersons will be held at the January 20th meeting. The following positions are open:

Community Representative, Regional Representative, Recording Secretary, Treasurer, Literature Chair, Activities Chair, Workshops, Panels, and Seminars Chair, Hospital and Institutions Chair, Public information Mail, Public Information Phones.

Article 5 of the bylaws, located on the website, will have the qualifications and a description of all of the above positions.

These positions are a great way to provide service to the community, receive support from other members and to grow in your recovery.

Zoom dial in (720) 707-2699

Meeting ID: 883 4535 8086 Password 557229

Hope to see you in the "Squares" on the 20th!!

Steps, Traditions, Concepts & Promises

Step 1: We admitted we were powerless over others – that our lives had become unmanageable.

Tradition 1: Our common welfare should come first. personal recovery depends upon CoDA unity.

Service Concept 1: The members of the Fellowship of Co-Dependents Anonymous, in carrying out the will of a loving Higher Power, advance their individual recoveries, work to ensure the continuance of their groups and their program, and carry the message to codependents who still suffer. They may also collectively authorize and establish service boards or committees and empower trusted servants to perform service work.

Promise 1: I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.

A NEW YEAR – A GREAT TIME TO START WORKING THE STEPS!!!

Email or text Healy and she can help you find a step study or help your group get started using the 12 Steps and 12 Traditions Workbook. 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

Sisters Set Free, an online women's meeting held on Mondays at 6:30 pm is asking for support from the CoDA Community. Please give it a try. This meeting might be **just** the meeting that you've been looking for!!!

Meeting ID 826 9143 7592# passcode 305066

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@codaa.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@codaa.org, subject line New Daily Reader

In this Moment I ask God how I might be of service today. (CoDA In This Moment meditation book)



Want to listen to CoDA recovery??

Check these out:

www.socalcodaa.org presents recordings from the previous **eleven** CoDA conferences.

www.desertcodaa.org has a weekly Friday night speaker event on Zoom.

azcodaa.org has a weekly Sunday zoom series.

Mark your calendars for March 2, 2024 when CoDA founders, Ken and Mary, will be online sharing in IRAN-CoDA. More info can be found at www.codaa.org in the calendar section.

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

zelle

venmo

Email: treasurer@sdccoda.org

Username: SanDiegoCoDA-Community

Email: treasurer@sdccoda.org Link:

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

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. All submissions are the property of the person who submitted it and cannot be copied or reproduced without the consent of the person submitting it.

MY FIRST CODA MEETING

I remember my first CoDA meeting as if it were yesterday. Of course, I had no idea of what to expect but I had certain expectations. Sounds ironic, doesn't it?

It was January 20, 2020. My fiancé and I went to the meeting thinking it would solidify our relationship even more. What we experienced was a small group of people who were warm, friendly, and welcoming.

The meeting agenda was structured and organized. What I remember most was that no one was pressured to speak at any time. Of course, there was CoDA-approved literature available but there was no "hard sale" so to speak.

What I remember the most, however, is how safe people felt and how comfortable people felt about sharing their feelings. There was no criticism – only acceptance of what and how each individual felt at that particular time. I knew then my perception of what I thought the meeting would be like was incorrect. I also knew I would return. This was something new for me and I liked it! Thank You CoDA!

Little did I know that a seed had been planted in me that would blossom into a wonderful garden. I have always hated gardening because I believed I had a black thumb. I now appreciate the beauty that can come from a person's effort and labor.

Before I knew it, I had a sponsor, realized I had writing skills, studied the Steps and Traditions, slogans, but most of all I learned that I could live life instead of just surviving life by sharing my hopes, strengths, and experiences. I shared my fears, my failures, and my successes. My home group became my family. They are always there when I am down or depressed and lift me up and encourage me. They are understanding and patient. I want to thank them for helping me learn and believe in myself.

Today, the seed that was planted in my first CoDA meeting has sprouted and grown into a beautiful garden. Of course, as with any good gardener or farmer, in order to yield the fruits of their labor they must remove all the nasty weeds.... something I work on daily.

My weeds are all my character defects such as isolationism, low self-esteem, judgmentalism, denial, fear of failure, perfectionism, and martyrdom. My CoDA garden has become my "Labor of Love" so to speak. I am slowly replacing my weeds with acceptance, kindness, generosity, patience, self-confidence, and humor.

I have planted several seeds since that first meeting. It never occurred to me before CoDA that I even deserved to have a beautiful garden. What a wonderful place to find oneself as I learn to live life. I know I couldn't have done it without the encouragement of my sponsor and my home CoDA group.

I am so glad I have found CoDA because now I know I don't have to live in fear. And I know I can become a master gardener. Thank you, CoDA for being there for me!

Linda C. 7/8/22

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