



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

February, 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 Two Prayer

In this moment, I can believe that I am never alone; I can experience the sense of freedom that having a Higher Power offers me. I can remind myself that believing is also an action, and if I am willing to practice it, one moment at a time, I will develop faith.
(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 February 4th 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. 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/>



CHOOSE YOUR OWN ADVENTURE!!

Camping, potluck, CoDA meeting, hanging with CoDA friends -
your choice!

Steps, Traditions, Concepts & Promises

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one ultimate authority – a loving higher power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.

Service Concept 2: The Fellowship of CoDA has the responsibility of determining, through its group conscience, the service work to be performed, and the best manner to perform such work. This authority is expressed through our group conscience. Authority carries responsibility, thus, CoDA groups conscientiously provide adequate funding and support for the service work they authorize.

Promise 2: I am no longer controlled by my fears. I overcome my fears and act with courage, integrity, and dignity.

Sisters Set Free

Come join an online women's meeting held on Mondays at 6:30 pm. Members are 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

CoDA Community Meeting Information

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.

Zoom dial in (720) 707-2699

Meeting ID: 883 4535 8086 Password 557229

Elections were held last month, and the following positions were filled:

Alt. Community Rep–Tina; **Regional Rep**–Tony;
Activities–Nancy M.; **Secretary**–Sonya; **Public Info Phone**–Mika; **WSP (workshops, seminars & panels)**–Nancy Y.

Thank you to all who stepped up to do service.

There are still opportunities for service work at the Community level. **These positions are open:**

Community Rep, Alt. Regional Rep, Treasurer, Public Info Mail, H&I (Hospitals and Institutions). You can find descriptions of the positions on the SDCCoDA website in the by law section.

Please consider taking on one of these positions!

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 member, please let her know.

Healy: 619-339-3048 healyv@cox.net

Want more CoDA recovery??

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

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

azcoda.org has a weekly Sunday zoom series.

CoDA.org has a wealth of audio/visual resources, downloadable meeting materials, along with information about CoDA meetings and seminars mentioned in this newsletter.



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@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

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

CoDAteen

is here for you in 2024

**Connect, Share and Find a New Way of Life
Open to teenagers ages 14 to 23 years old..**

Every Friday 6:00- 7:30 pm PT (California) on Zoom

Meeting ID: 576-257-5364

Passcode: NewLife4Me

For more info check on CoDA.org or contact Rosa at +1 626 221 3328

FOUNDER'S SHARING IN IRAN-CoDA

TO THINE OWN SELF BE TRUE



Mary and Ken's Shares in
IRAN-CoDA
March.02.2024 at 1:30 PM PST

This event will be conducted
in English with live Persian
interpretation.

This will be an online meeting
held on the Free-Conference-
Call application

This workshop will provide information and encouragement for sponsors and sponsees.

Saturday, Feb. 10, 2024: 11:00 am to 2:30 pm

ET Registration link:

<https://www.eventbrite.com/e/2024-joy-in-the-journey-encouraging-sponsors-and-sponsees-workshop-tickets-773464572357>



Anyone for a Road Trip??!

Encino's not THAT far!!!

Came to believe that a power greater than ourselves could restore us to sanity.

**What:
STEP TWO WORKSHOP**

**When:
SUNDAY, MAY 20, 2018
3:00 PM to 5:00 PM**

**Where:
Encino Hospital
"Encino Classroom"
16237 Ventura Blvd
Encino, CA**

**Information
818-379-3300
risk2change@gmail.com**

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.

“True Love In Balance”

In recovery from codependency I discovered the patterns I learned long ago that prevent me from being authentic and allowing the unmet emotional needs of my heart to be met. First, I would anticipate what others wanted or needed and then I would accommodate those needs. If my needs were in conflict, I would acquiesce to the other person’s wants and needs and abandon myself. As time passed the relationships became less authentic and I allowed others to dominate my life. I felt useful but neglected.

In Coda recovery I have learned how to practice using the same generous behaviors to care for own needs and allow myself to receive real love from others. Now, I anticipate what I may need and prepare for the situations that may be overlooked by others or myself. I accommodate my own needs at the same time as I share with others. I no longer acquiesce or abandon myself. True Love requires a balance. Both parties ideally meet each other’s needs. Without balance we lose our way in recovery. Steps 6 and 7 have helped me let go of old behaviors and ways of thinking. Step 8 has enabled me to make amends and be kind to myself and others while being authentic. Steps 10 and 11 help me maintain my emotional health and experience God’s grace as I change, recover and let go.

Patricia B. (2012)

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

