



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## March, 2024

San Diego County CoDA

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Info Line: 1 (619-643-4043)

Website, CoDA Voice &  
Meeting Schedule can be  
found on [www.sdccoda.org](http://www.sdccoda.org)

### Please Visit

[www.sdccoda.org](http://www.sdccoda.org) for San Diego CoDA community business, meeting info, past Business Meeting minutes, bylaws, and local community contacts.

### Step Three Prayer

In this moment, I can choose my own Higher Power. I can set aside all the old beliefs about who I am not and be who I am—a child of God. I can remind myself that a faith in a Higher Power becomes a faith in me, and that my recovery lies in being true to myself and to my Higher Power.

(copied from [CoDA.org Step Prayers](http://CoDA.org/StepPrayers))

### 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 March 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. Sharing your experience, strength, and hope is a great way to further your recovery and that of others.

**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 3:** Made a decision to turn our will and lives over to the care of God as we understood God.

**Tradition 3:** The only requirement for membership in CoDA is a desire for healthy and loving relationships.

**Service Concept 3:** Decisions about service work in the Fellowship and all CoDA affairs are made through the group conscience decision making process. For this spiritual democratic process to work, every member of the group is encouraged to participate, consider all the facts and options concerning the issue, listen respectfully to all opinions expressed, then reflect and meditate to find a loving Higher Power's will. Finally, we deliberate honestly and respectfully to determine the proper course of action. Unanimity in the group is the desired outcome; a majority vote is a group conscience.

**Promise 3:** I know a new freedom.

### 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**

### 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](mailto:healyv@cox.net)

### 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. The next meeting will be held on **March 16<sup>th</sup>**. All CoDA members are invited to attend this business meeting 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 vote on CoDA issues and 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 in January, and the following positions were filled:**

**Alternate Community Rep** – Tina

**Regional Rep** – Tony    **Secretary** - Sonya

**Activities** – Nancy M.    **Public Info Phone** – Mika

**WSP (Workshops, Panels, & Seminars)** – Nancy Y.

**There are still positions open:** Community Rep, Treasurer, H&I (Hospitals & Institutions), Outreach, and Public Info Mail. Descriptions of these positions can be found on the SDCCoDA website in the by-laws section.

**Please consider furthering your recovery and aiding the San Diego community by taking a position.**

### Have you looked at these???

**30 Questions (Steps 1,2,3)**

And **40 Questions (Steps 4 and 5)???**

You can find them on the **CoDA.org** website in 2 ways:

- 1) Click on the top Banner that says **DOWNLOADABLE PAMPHLETS OR**
- 2) Click on the **Literature** tab, then the **Meeting Materials** tab, then scroll down to **Service Materials and Free Pamphlets.**

**Yet another way to work steps 1-5!!**



**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 information call or text Rosa at: 1 626 221 3328**

## 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](mailto: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](mailto:literature@codaa.org), subject line New Daily Reader

## Want more CoDA recovery??

[www.socalcodaa.org](http://www.socalcodaa.org) has recordings from the previous **eleven** CoDA conferences.

[www.desertcodaa.org](http://www.desertcodaa.org) has a weekly Friday night speaker event on Zoom.

[azcodaa.org](http://azcodaa.org) has a weekly Sunday zoom series.

**CoDA.org** has a wealth of audio/visual resources, downloadable meeting materials, CoDA pamphlets, and more information about CoDA meetings and seminars mentioned in this newsletter. Check out the "Meetings in Print" section for more recovery stories.

## WRITERS WANTED!

### Issues with the God word???

The **CoDA Literature Committee** is creating a new CoDA booklet especially for those who have bristled at, been distressed by, or have rejected the God word in CoDA literature, AND we need your help!

The **booklet** will be written by CoDA members with non traditional beliefs.

The **target audience** is the CoDA newcomer, CoDA members struggling with spirituality while working the program and sponsors helping sponsees who have experienced spiritual trauma or religious abuse.

If you have **limited** or no experience with a spiritual connection or if your experience has been non-traditional, we invite you to share your experience, strength, and hope working CoDA's Twelve Steps

For more information and to submit your 100-500 word story please email: [literature@codaa.org](mailto:literature@codaa.org) (with "Non-Traditional" in the Subject line)

Year of Unity  
**Strong.**  
**Precious & Free**  
Ottawa, Ontario Canada

*Coda Service Conference (CSC)*  
Annual Business Meeting  
July 21-25

*International CoDA Convention (ICC)*  
Speakers & Workshops  
July 26-28

SEE CODA.ORG FOR ALL REGISTRATION AND HOTEL INFORMATION!

**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](mailto: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 CoDA Moment

In 2002 I came to CoDA for the first time. I had taken a leave of absence from my job after having an emotional and mental breakdown. I was really lost and I realized after going to an AA meeting for the father of my best friend that I needed a community like that. So, my therapist recommended CoDA and my journey started in CoDA recovery. My first run in CoDA lasted ten years. I started working the CoDA program in earnest when I came – I went to several meetings a week and I started to work the steps in a step study. After a year I met my wife. I was usually single, and my relationships didn't tend to last long. This one turned out to be different. We ended up getting married after five years. My work life seemed to be getting back on track too after I found a job at a new place that actually had benefits and I was able to make enough to support myself after several years of working part time. After 10 years I left CoDA. There was a scheduling conflict with my home group and really the conditions that brought me here seemed to be resolved – I was working, seemed to be doing okay, I was in a real relationship, and I felt happy.

Seven years ago I came back to CoDA. My marriage was not going well and nothing I tried was working. I had the thought, CoDA helped me before so maybe it's time to try it again. I started my sobriety date over and began anew. I decided to work the steps with a sponsor this time. I picked a home group that felt right, and I have been there for seven years now. In my step work this time I dove deeply into my relationship with my siblings and ended up making amends with all three of them. Work was an issue again, and I ended up making a move for a new position at my work which has turned out well. Finally, my wife and I have had to take a hard look at our marriage and move on.

I would not have been able to do any of this without my CoDA recovery program. I have had to develop a relationship with myself based on honesty, respect, and compassion. I have had to build a bridge to a Higher Power of my own understanding, and learn to rely on and trust my HP. The courage and support of my CoDA fellows has been critical to this. Today, I have hope and faith. I am grateful for my recovery.

Aaron L. (February, 2024)

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

