



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

May, 2024

San Diego County CoDA

PO Box 720064
San Diego, CA 92172-0064

Info Line: 1 (619-643-4043)

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 Five Prayer

In this moment, I will acknowledge myself for doing what was most difficult for me. I will rest in the accepting presence of my Higher Power. I know I have deepened my commitment to the journey of recovery by opening myself and my heart to a fellow human being.

(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 May 5th 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.

Service is the fast lane to recovery!

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 Bonfire Meeting 6:30 PM Saturday May 11th, 2024
-potluck 5 PM-
-optional camping with prior reservations-
Contact: Medy 619-607-6228

We will gather for potluck and meeting outside Cabin #1

Saturday morning hike and boating fun after.
Please contact Medy for info.

Lake Morena County Park

2550 Lake Morena Drive, Campo, CA 91906

Park: (619) 579-4101

Reservations Center: (858) 565-3600, (877) 565-3600

Fishing Report: (619) 687-1496

Camping Hours: 24 hours a day, 7 days per week

Day-use Hours: Sunrise - 1/2-hour before **sunset**

Fishing/Boating Hours: Oct. - March: 6 a.m. - 1/2 hour before **sunset**, daily |

April - Sept.: 5:30 a.m. - 1/2 hour before **sunset**, daily

Parking is \$3. View the [park brochure](#). See our latest [fishing report](#).

Lake Morena County Park is a camping and [fishing](#) park located in East County San Diego. Because of its location - southwest of the Laguna Mountains - the park shows characteristics of desert, coastal, and mountain habitats. Lake Morena sits at an elevation of 3,000 feet. It is the most remote reservoir in all of San Diego County. The park features 8 miles of non-motorized multi-use trails, TRACK trails for kids, pavilion, corporate meeting space and a playground.



Steps, Traditions, Concepts & Promises

Step 5: Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

Tradition 5: Each group has but one primary purpose -- to carry its message to other codependents who still suffer.

Service Concept 5: Trusted servants are directly responsible to those they serve and are bound to honor the group conscience decision making process and uphold those decisions concerning their service work. The Fellowship also recognizes the need and right for members to honor their own experience, strength, and hope and their Higher Power's will as expressed to them. When the group conscience violates an individual's own truth and makes participation impossible, the individual may relinquish the service position.

Promise 5: I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.

Give your recovery a major boost!

Attend the CoDA Socal 2024 Conference

Celebrate Belonging

June 28-30

At least **15 workshops**; **3 Keynote Speakers**

2 languages; **Hybrid**- in person at Marina Village on Mission Bay and online

Closing ceremonies on June 30th will be a potluck at Kensington Community Church.

Keep checking the website for further information and a link to registration as details are firmed up.

codasocalconference@gmail.com

The next planning meeting is **May 11th 10am PST**

Zoom ID 880 6569 8051 Password 709 032

All are welcome!

Workshop leaders, speakers, and many volunteers are needed. Please sign up on the above conference website.

Hope to see you!!

Monthly San Diego CoDA Workshops:

"Achieving the Goals When Working the Steps"!!

Peace With Ourselves – Steps 4, 5, 6, and 7

Thursday, May 9th 7:00-8:30 pm PST

Zoom info:

<https://us06web.zoom.us/j/85706319717?pwd=0rHedbBZKwTXlBhdQh8uJ5btaV4jqf.1>

Meeting ID: 857 0631 9717 Passcode: 162765

NUTS – Not Using The Steps!

(taken from CoDA's Tools For Recovery)

San Diego County CoDA Fellowship

Join us at

Queen Califia's Sculpture Garden



Kit Carson Park, Escondido

Saturday, May 25 at 10:00 am

Park then Walk to Eagle Scout Lake

Look for Our Blue and Yellow Balloons



Contact: Nancy M. 619-990-2139

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

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

7th Tradition donations to SDCCoDA intergroup can now be made using

Zelle - Email: treasurer@sdccoda.org

Venmo - Email: treasurer@sdccoda.org Link:

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

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 **May 18th** 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: SDCoda

There are still positions open: Alternate Community Rep, Alternate Regional Rep, 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 by taking a position.**

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

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** 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.

Breaking Free of Denial

This is a poem I wrote when I decided I was ready to start working the STEPS.

What if today I started a new chapter? A new beginning.

What if I found myself with no one to fix?

What if I decided to take control over my life and not yours.

What if I realized my loneliness was because I didn't feel needed anymore?

What if my heart, mind and soul finally admitted that I was truly codependent.

What if my heart was pounding now, really pounding.

What if I had allowed myself to accept the things I cannot change and realized that I will need the wisdom from my God to know the difference.

What if I didn't have to be perfect?

What if I learned that I was in the right place at the right time. A place with people who have an understanding like I do.

What if I decided to work the steps, for me and no one else.

I am like a brand new colt. My legs are weak and wobbly.

My desire to stand is strong and hopeful. I think I'm going to try it.

Yes, it's time to invest in me this time, I am ready to stand.

Jan R 6/16/21

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

