



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

June, 2024

San Diego County CoDA

PO Box 720064
San Diego, CA 92172-0064

Info Line: 1 (619-643-4043)

Website, Newsletter, &
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 Six Prayer

In this moment, I am entirely ready to be freed of all my shortcomings. In this moment, I am ready to surrender these defects of character to God, knowing that the power of willingness to heal is great. Each new Step I take in my recovery, no matter how small it may appear, is an affirmation of my wholeness.

(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 **June 2nd 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 that have been in CoDA for at least 6 months and who would like to further their recovery by sharing their story.

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/>

Coming soon to San Diego! Don't Miss it!!

Celebrate Belonging

2024 CoDA SoCal Conference

JUNE 28 – 30

Immerse yourself in the warmth of belonging and unity as we come together to share experiences, strength, and hope. Whether you're new to CoDA or a long-time member, this year's conference offers a unique opportunity to connect with others on a similar journey of healing and self-discovery. Don't miss this chance to be a part of our community. Check out codasocalconference.org for more information and to volunteer to do service.

June 28th – Online Kickoff Event; **June 29th– In-Person and Online** Zoom workshops at Marina Village Conference Center in San Diego

June 30th – Online Workshops; **In-Person Speaker + Fellowship Potluck** at the Kensington Community Church in San Diego

3 keynote speakers; 15 workshops; Spanish/English

Don't miss this opportunity to give your recovery a boost!!!

Register Now on Eventbrite

Steps, Traditions, Concepts & Promises

Step 6: Were entirely ready to have God remove all these defects of character.

Tradition 6: A CoDA group ought never endorse, finance, or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim.

Service Concept 6: The Fellowship guarantees trusted servants the right and authority to freely make decisions commensurate with their responsibilities and the right to participate in group conscience decisions affecting their responsibilities. Each CoDA member is also guaranteed the right to respectfully dissent during the group conscience decision making process. A member may freely and safely express any personal grievances as long as no particular person or group is unexpectedly singled out as the subject of the grievance. Members are encouraged to honor their own integrity as well as the integrity of others.

Promise 6: I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.

CoDAteen

is here for you!

JOIN OUR GROUP MEETING, *New Life*
Every Friday from 6:00-7:30PM (PST-CA)
VIA ZOOM

Come, Connect, Share and Discover a New Way of Life.

Open to teenagers ages 14 to 23 years old

Meeting ID: 576 257 5364

Passcode: NewLife4me

Sponsored by CoDA Grupo VIDA (California)

For information contact Rosa S. at +1 626 221 3328

(text or WhatsApp)

SDCCoDA Camping Trip

Who's invited: CoDA members, guests, dogs on leashes

Activities: Hiking; picnicking; CoDA fellowship;
Saturday 5 pm potluck, 7 pm CoDA meeting

When: June 21, 22, 23 (check in after 2PM Friday, and check out by Sun/Monday by 11 AM)

Where: Laguna Campground Pinyon Loop #49

For further information, check out the flyer on the San Diego CoDA website!

Please, it is mandatory to RSVP with Janina B. or Nancy M. by Monday, June 12th, 4 PM

Janina B., 619-838-7457

Email: janinakerrb@gmail.com

Nancy M., Activities Chair: 619-990-2139

Email: fandn@san.rr.com



Save the date:

CoDA Barbecue July 19th

More details to follow in the July newsletter and on the CoDA website.

Come join in the fun, fellowship and food!

Don't Miss These!

Monthly San Diego CoDA Workshops:

"Achieving the Goals When Working the Steps"!!

June – no workshop due to the CoDA conference

July 11, 7 pm PST: Peace with Others

Steps 8,9, and 10

August 8, 7 pm PST: Keeping the peace

Steps, 11 and 12

Zoom info:

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

Meeting ID: 857 0631 9717 Passcode: 162765

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

New In Person Meeting

The Thursday Recovery Meeting

Pioneer Ocean View Church

2550 Fairfield St. San Diego, CA 92110

Members are asking for support from the CoDA community. Come give it a try. This meeting might be **just** the meeting that you've been looking for!!!

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 June 15th. **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:

AlternateCommunity 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**. Contact Tina (619-957-3071) for more information.

The CoDA Community needs your help!

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.

Now Programming Self-love

One of the Promises that has been fulfilled through this program is “The feeling of emptiness and loneliness will disappear”. In my codependency, I often felt depleted and alone, despite being in a room full of others. However, through the support and guidance of CoDA, I have learned to address the root causes of my codependency and work towards healing and loving myself. A huge part of that was **being of service** in the program that saved my life. As a result, I no longer feel that deep sense of emptiness and loneliness that used to consume me. I have found a new sense of purpose and fulfillment within myself.

Additionally, CoDA has also helped me live and breathe another Promise – “I know a new sense of belonging”. As a codependent, I often felt like I didn’t belong anywhere and struggled to form healthy relationships. Through CoDA, I have found a community of individuals who understand and relate to my struggles. This sense of belonging has given me confidence and comfort in my own skin. I no longer feel the need to seek outside validation or approval from others, as I have found a sense of belonging within myself and my CoDA community.

As a result, CoDA recovery has truly given me a life of my own by helping me overcome feelings of emptiness and loneliness and providing me with a new sense of belonging. Raining the **importance of service**, when I’m feeling less than, self-love when I feel unlovable and strength to stand up for myself in loving safe ways, I am forever grateful for the loving support and tools that this program has freely provided, allowing me to live a healthier and more fulfilling life. I now take my experience Strength and hope to share with the next codependent who still suffers. My story is still being written but I closed the chapter on “Not feeling loved or welcomed”. I am a unique and precious creation. I deserve the love I give others. Thank you, CoDA for providing me the safe space to find the real me.

In the spirit of love and truth,

Denire’ 01/26/24

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

The **San Diego CoDA community** has multiple opportunities for doing service: **Speakers** are needed for the Speakers Meeting, (contact Robert 760-672-2101); many **volunteers** are needed for the upcoming conference (see codasocalconference.org to signup); and, the **Community Meeting** has open positions which **need** to be filled. These service positions are: Alternate Community Rep, Alternate Regional Rep, Outreach, Hospital and Institutions, and Public Information Mail. (Contact Tina 619-957-3071 for information about these positions).

Service is the Express Lane to recovery!