



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## JULY, 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](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 Seven Prayer

In this moment, I ask my Higher Power to remove all of my shortcomings, relieving me of the burden of my past.

In this moment, I place my hand in God's, trusting that the void I experience is being filled with my Higher Power's unconditional love for me and those in my life.

(copied from [CoDA.org](http://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 July 7<sup>th</sup> 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/>

## San Diego County CoDA Fellowship

### BBQ Picnic and Bonfire Sharing Meeting

Stay for the Seaworld Fireworks viewing at 9:45



**Friday, July 19 from 5 – 10 PM**

**Lamont Street Park, Pacific Beach**

(south end of Lamont Street in Crown Point,  
Google GPS is Corona Oriente Road)

**Bring your chair, a side dish to share, and  
something to grill and something to drink**

***Look for Our Blue and Yellow Balloons***

Check out the flyer on the CoDA website for a map of the area.

**Contact: Nancy M. 619-990-2139**

## Steps, Traditions, Concepts & Promises

**Step 7:** Humbly asked God to remove our shortcomings.

**Tradition 7:** A CoDA group ought to be fully self-supporting, declining outside contributions.

**Service Concept 7:** Trusted servants do practice the Twelve Steps and Twelve Traditions in their service work and in all of their affairs. Trusted servants do not seek power, prestige, wealth, status, or acclaim; do not govern, coerce, or attempt to control others; and do not push a personal agenda, promote controversy, or advance outside issues at CoDA's expense. Since issues over authority, will, money, property, and prestige can and do arise in service work, trusted servants need to practice emotional sobriety, including anonymity, humility, tolerance, gratitude, making amends, and forgiveness.

**Promise 7:** I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy. My new and renewed relationships are all with equal partners.

### Don't Miss These! Monthly San Diego CoDA ZOOM Workshops:

**"Achieving the Goals When Working the Steps!!"**

**July 11th, 7 pm PST: Peace with Others**

Steps 8,9, and 10

**August 8th, 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

**NUTS – Not Using The Steps!**

**Upcoming** San Diego CoDA fellowship activity  
at the **Pacific Beach Library** (4275 Cass St)

Come join with CoDA members for fellowship and  
watch **Princess Bride**



**Aug. 6<sup>th</sup>** 6:00 pm Fellowship and food; Movie starts  
at 8:00 pm Bring your own food and snacks for the  
movie, as well as blankets and chairs.

Watch for more information on the website and in  
the August newsletter.

## 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)*

### 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)**

7<sup>th</sup> Tradition donations to SDCCoDA intergroup can  
now be made using

Zelle - **Email:** [treasurer@sdccoda.org](mailto:treasurer@sdccoda.org)

Venmo - **Email:** [treasurer@sdccoda.org](mailto:treasurer@sdccoda.org) **Link:**

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

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

## New In Person Meeting

**The Thursday Recovery Meeting 6:00 pm**

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!!!

## 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 July 20<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: SDCoda**

**There are still four positions open:** **Alternate Community 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** or contact Tina (619-957-3071) for more information. **Thanks to Cassydy, our new alternate regional rep!**

"our recovery is lived one moment, one decision, one day at a time:" – CoDA Blue Book

## Calling All CoDA Members! Your Feedback is Requested (and Needed)!!!

Each year CoDA conducts a World Wide business meeting known as the CoDA Service Conference (CSC). This year the **In Person** conference will be held in Ontario Canada from July 22<sup>nd</sup> to July 25, 2024. If you would like to **observe** the meetings, you can go to the CoDA.org website and **click** on the top banner item "2024 CSC and ICC" and then click Learn More. You will be directed to the Eventbrite site to register to get zoom information and the meeting schedule. There is **No Charge** to observe the meetings but you need to register.

Your delegates (Vanessa CF, Lindsay S, and Linnea M) would like to represent your preferences on the motions that will be discussed and presented at the Conference. Using the link below, please complete a survey which contains a summary of the motions to be presented during the conference.

<https://docs.google.com/forms/d/1riHpiRee1DeqKt4oyi8mNv4k0T-XFiIffZSgfYmYlfo/edit?ts=6675e037>

Also, this QR Code can be printed and scanned by other CoDA members at meetings, intergroups, fellowship etc. Please share it with your groups. The delegates would like to survey as many members as possible



If you have any questions or suggestions, please email [delegates@socalcoda.org](mailto:delegates@socalcoda.org). The delegates are grateful for your service and for allowing them to represent your votes as the Southern California Voting Entity!

**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 are generally about 400-500 words long, although just about any length can be accommodated- shorter or longer. 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.

## **LOYALTY TO SELF NEEDS ALWAYS COMES FIRST**

I was raised to be pleasing to other people. On both sides of my family, my job was simple. Make us look good. Obey. And keep your mouth shut.

I became so adept at these things that I completely lost any sense of my true identity. At the age of 19, I was suspended from college in an alcohol-related incident that had codependence and sex addiction at its roots. Exiled to a farm in California (a nice farm, but still), I was blessed to receive a book from my mother in the mail about codependency. I read that book cover to cover in one afternoon. Of course, being raised to believe I could handle my business on my own, it wasn't until many years later that life beat me down and I decided to come into the rooms of Coda.

Broken, battered, and profoundly despairing, I remember crying in the arms of the person who became, and remains these many years later, my sponsor. She suggested I begin working on the steps and focus on the portion in the green workbook that states, "Loyalty to self needs always come first." That sounded good on paper, but my journey to living this phrase would be a rocky one, especially when it came to romantic relationships. Nonetheless, I persisted.

Whatever happened, I always came to meetings. When my sponsor suggested that I write three letters when resentment built up, I agreed. The first letter was a "from the gut letter", the second was written to my Higher Power, and the third was written to my inner child. It never ceases to amaze me how resilient my inner child truly is. My first letter almost always focused on my deep regret to my inner child for not protecting him once again. The adult version of me, who was writing the letter, would apologize and promise to do a better job of protecting him the next time. My sponsor would reinforce this positive spin. "Next time", she would always say, "next time".

My inner child, meanwhile, would immediately forgive me and give me another chance. Such is the magical qualities and optimism inherent in children. As time progressed, and I used the tools of recovery, my spiritual muscles grew. I became more able to protect and even nourish my inner child.

Today, when I deviate from this, I always feel it in my body. My consciousness has risen indeed. In the process, I am of greater service to my fellows. They interest me more and more each day. Service in all areas of my life has become the priority, and I have fun doing it! I have fallen in love for the first time, both with myself and yes with a wonderful woman who is also in recovery.

God had a plan for my life all along, and I became willing to align with it. And that has made all the difference.

**Tom P. Staten Island, NY**

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