



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

August, 2024

San Diego County CoDA

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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 Eight Prayer

In this moment, I see the impossible become not only possible, but real. As I forgive myself for my shortcomings, I am able to forgive others, opening the way for a true and lasting change in my behavior. Thank you, God.
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 August 4th at 5:30 pm and will be a hybrid meeting:

Kensington Community Church
4773 Marlborough St. San Diego

Zoom: Dial in: (669) 900-6833

Meeting ID: 861 1638 7309

Code 932 653

Any member who has been in CoDA for at least 6 months is welcome to speak. Call **Robert (760- 672-2101)** to sign up for a future meeting.

Sharing is our way of identification and helps us to free the emotional bonds of the past and the compulsive control of our present.-

(From the CoDA Welcome)

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/>

Come Join the Fun - Fellowship and a Movie!!

San Diego County CoDA Fellowship



When: Tuesday, August 6th

6:00 pm Fellowship and food

8:00 pm Movie – **Princess Bride (an oldie, but a goodie!)**

Where: Pacific Beach library (4275 Cass St., Pacific Beach)

Who: CoDA members and friends

What to bring: Your dinner or sandwich for yourself, snacks (chips, popcorn, etc.) to pass around during the movie, blankets and/or chairs

Contact Nancy M (619-990-2139) for more information.

Steps, Traditions, Concepts & Promises

Step 8: Made a list of all persons we had harmed and became willing to make amends to them all.

Tradition 8: CoDependents Anonymous should remain forever non-professional, but our service centers may employ special workers.

Service Concept 8: The CoDA Service Conference (Conference), through its group conscience decision making process, guides the Fellowship in making policy decisions and in following the Twelve Steps and Twelve Traditions. The Conference, though providing guidelines, holds no authority over the decision-making process of individual groups. The group conscience process is our decision-making process. Failure to honor this process may violate Traditions One and Four and a sanction may be imposed. The harshest sanction Conference can impose on an individual or group is to no longer recognize it as belonging to CoDA; this sanction may only be imposed on those who consistently violate the Twelve Steps and Twelve Traditions, as determined by guidelines accepted by Conference.

Promise 8: I acknowledge that I am a unique and precious creation.

RESCHEDULED

San Diego CoDA Zoom Workshops:

“Achieving the Goals When Working the Steps!!”

September 9th, 7 pm PST: Keeping the peace
Steps, 11 and 12

Zoom info:

<https://us06web.zoom.us/j/85706319717?pwd=0rHedbbZKwTXIBhdQh8uJ5btaV4jqf.1>

Meeting ID: 857 0631 9717 Passcode: 162765

NUTS – Not Using The Steps!

“Throughout the recovery process, we work the Steps many times. They’re not meant to be a one-time fix.”
-from the CoDA Blue Book

These meetings are looking for support from the CoDA Community:

Sisters Set Free – Online Meeting

ID 826 9143 7592# passcode 305066

Mondays, 6:30 pm

Contact Abby (310) 614-7609 for information

The Thursday Recovery Meeting – In Person

Thursdays, 6:00 pm

Pioneer Ocean View Church 2550 Fairfield St.
San Diego, CA 92110

“... it struck me for the hundredth time – how indispensable meetings are in my recovery. I need to be in meetings regularly to keep my disease at bay. I need to hear people talking about taking care of themselves, and I need to share my recovery with others.... that my Higher Power is within me - not in people, places, and things.” - from CoDA’s In This Moment Book



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)



CoDA Arizona Events Committee
Sunday ZOOM SERIES
12:30 - 2:30 PM
(Phoenix, AZ, US Time)
<https://www.calculator.net/time-zone-calculator.html>
Please keep in mind AZ doesn't change with daylight savings time
<https://us02web.zoom.us/j/85067247533> Password: 010247
Audio by Phone: (669) 900-9128

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>

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

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 Aug. 17th. **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.

“Service is the express lane to recovery!”

SAVE THE DATE!

Upcoming Super Seminar Saturday

A day of speakers and recovery

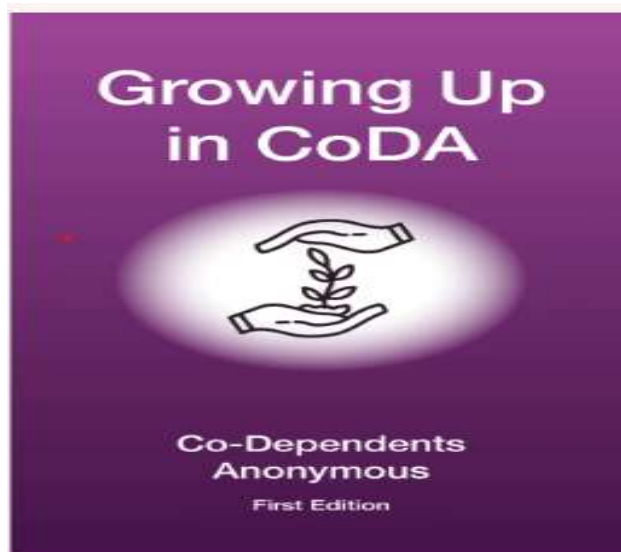
When: October 19th

Where: St. John’s Episcopal Church
760 1st Ave., Chula Vista.

Watch for further information on the website and in the September newsletter.

“Service work is both a gift and a responsibility:” –
CoDA Blue Book

NEW LITERATURE FROM CODA A NEW TOOL FOR YOUR TOOLBOX!



Growing Up in CoDA offers a way of understanding our codependency by exploring, accepting, and healing our childhood injuries and losses.

By applying the tools of our program, with a new emphasis on inner child work and reparenting, we can grow up emotionally and spiritually, become who we were intended to be, have honest and fulfilling relationships, and live more joyful lives. Includes exercises in each chapter and emotional growth stories from our Fellowship.

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.

Codependency

I'll mold myself into whatever you need me to be'
I told myself, drunk with CODEPENDENCY,
I'll twist myself to meet your need,
I'll remake myself to appease your greed,
"Whatever you need Me to be,"
I say, as I people please,
Yet the cruel reality is that you
Cannot see the real me,
Codependency has hijacked my reality,
It's a pity, you see,
Because who I am without thee,
Is quite honest and quite free,
If I just got rid of this damn codependency!"

When I healed my codependency,
I remembered this story is about ME,
Not about fixing, rescuing, or saving,
Everyone I see in CoDA
A story about Self Love,
A story I am proud of,
As I evolve,
As I blossom,
As I BE,
Healed from codependency.

Mia 5/24

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