



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## September, 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 Nine Prayer

In this moment, I trust my Higher Power to guide me in making sincere and honest amends. In this moment, I experience my gratitude for Co-Dependents Anonymous and the Twelve Steps of recovery, knowing that as I am willing to live this program, share the fellowship, and walk with God, I am free.

(copied from [CoDA.org Step Prayers](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 **September 1st 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.

Consider signing up to share your recovery journey with the CoDA community. It will benefit both you and the whole community.

**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

#### Last Night of Summer

### Bonfire Sharing Meeting and Fellowship



**Saturday, September 21st**

**CoDA meeting 5:30 – 7:00 pm**

**Fellowship 7:00 - ???**

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

**BYO EVERYTHING**



Contact: Nancy M. 619-990-2139  
Look for Our Blue and Gold Balloons

## Steps, Traditions, Concepts & Promises

**Step 9:** Made direct amends to such people wherever possible, except when to do so would injure them or others.

**Tradition 9:** CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

**Service Concept 9:** By tradition, the CoDA Service Conference gives responsibilities to working committees composed of Conference Delegates and other CoDA volunteers or to separate service boards or corporations. All are directly responsible to the Conference. The scope of the work a committee does is determined by the Conference group conscience. The chairperson of each committee assumes the responsibility to ensure the work assigned to the committee is completed in a timely manner.

**Promise 9:** I acknowledge that I am a unique and precious creation.

### ***Save the Date***

**San Diego County CoDA Fellowship**

***HOLIDAY PARTY***

**Saturday December 14<sup>th</sup>**

**Kensington Community Church**

**2:00 p.m. Set up to 8:00 p.m. Clean up**



**There will be many opportunities to practice healthy volunteering for this party so that it is a successful holiday event full of recovery and fellowship!**

**Watch for more details in the October newsletter!**

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

### **Don't Miss This!**

#### **San Diego ZOOM Workshop:**

**“Achieving the Goals When Working the Steps!!”**

**Sept. 9<sup>th</sup> 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!**

#### **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 Sept. 20th. **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 for more information. (619-957-3071)**

**“Service work is both a gift and a responsibility”- CoDA Blue Book**

**Looking for a different meeting??? These meetings would like extra support:**

**Sisters Set Free – Online Meeting**

**ID 826 9143 7592# passcode 305066**

**Mondays, 6:30 pm** For info, contact Abby (310) 614-7609

**The Thursday Recovery Meeting – In Person**

**Thursdays, 6:00 pm** Pioneer Ocean View Church 2550 Fairfield St. San Diego, CA 92110

# Super Seminar Saturday Taming Our Triggers

Recovery Tools to Support Acknowledging, Honoring and  
Healing our Emotional Triggers

**Date:** Saturday, October 19, 2024  
**Time:** 10am - 3pm  
**Location:** Saint John's Episcopal Church  
760 1st Ave.  
Chula Vista, R CA 91910

Lunch Entree, drinks, and paper products  
provided by the community.

*Attendees Please Bring a Side or Dessert*

## Tentative Schedule

|                  |                  |
|------------------|------------------|
| 9:30am           | registration     |
| 10:00 am - 10:45 | Workshop 1       |
| 11:00 am - 11:45 | Workshop 2       |
| 12:00-1:00pm     | Lunch Fellowship |
| 1:00 -1:45pm     | Keynote Speaker  |
| 2:00 - 2:45 pm   | Workshop 3       |
| 2:45 - 3:00 pm   | Closing          |
| 3:00 - 4:00 pm   | Clean Up         |

**CoDAteen** *is here for you!*

JOIN OUR GROUP MEETING via ZOOM  
Every Thursday from 5:45 - 7:00PM (PST-NV)

1st meeting  
is  
July 18th

**Journey of Hope**

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

Open to teenagers ages 13 to 18 years old

Sponsored by Southern Nevada Intergroup  
For information contact Maryann (702) 497-0190

Meeting ID: 824 8300 2053  
(no passcode needed)

## Autumn Sponsorship Workshop

Saturday, Sept. 14<sup>th</sup>  
11:00 a.m. – 3 p.m. Eastern time  
8 a.m. – 12 p.m. Pacific time

FREE Registration: h

<https://www.eventbrite.com/e/969610299507?aff=oddtcreator>

See flyer [here](#).



**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.

## Amends

We were friends the last few decades, lovers way back when.

1973 had been a horrible year. My father died, my house was broken into and emptied of everything of value, and I was incapable of coping. I withdrew, got into drugs, seeking oblivion, wanting to block out reality.

Autumn in Charleston, South Carolina. Days of warm perfection, nights with a chill that pinked up the cheeks. I was unmoved, dead inside. I met him at a party I did not wish to attend. He was in a room by himself, a sailor playing his trumpet to the music drifting back from the gathering. THIS was the first interesting thing in months. I was awed by the sound. His name was Mike. My brain came alive.

When he was transferred to Washington state, he asked me to come with him. I abandoned my former life and moved west. I was nineteen. But love does not conquer all, and some people aren't meant to be more than friends. One year of living with a trumpet-playing sailor was quite sufficient, and I moved on.

Decades later, here comes the Internet, that informational highway. We got back in touch. Both of us were domesticated by then; we sent pictures, music, memes, jokes. Life goes on. In 2014 I was vacationing in St Petersburg Florida and decided to go see Mike in Jacksonville. I hadn't yet heard of CoDA, but I was determined to make amends. We had a great day, lunched on fantastic Mexican food, and talked for hours. He asked why I'd wanted to meet in person, a five-hour train trip from Tampa-St Pete. I told him "We treated each other like crap, and I wanted to apologize for MY end of it." When he drove me back to my hotel and it was time to go, I called him back to me and kissed him. "Bye" I whispered. He smiled.

Three nights ago, I saw a post on social media. "From the family of..." and I knew. I knew the official Navy portrait, the photos in "A Life Remembered." Mike was gone.

And I was so grateful I had listened to myself and taken that side trip to Jacksonville. So happy we'd had that day of eating too much and talking too much. So glad I'd kissed him goodbye. So very glad I'd made amends. It's hard enough to say goodbye without also having regrets.

Now, nine years later and with over six years in CoDA, I feel blessed I'd had the presence of mind to take that train trip. Or, was it a nudge from my Higher Power?

One year after Mike's death, I continue to cherish the memory of that day in February of 2014. Knowing I had apologized for the cruel words and actions of my youth, I now view making amends as a freedom. A way to correct past mistakes, to right some of the wrongs.

CoDA's Twelve Promises tell me "I know a new freedom" (#3), and "I learn that it is possible for me to mend" (#8). However, my favorite remains #12: "I gradually experience serenity, strength, and spiritual growth in my daily life."

Dena F. 4/23/2023

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