



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## October, 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](http://www.sdccoda.org) for San Diego CoDA community business, meeting info, past Business Meeting minutes, bylaws, and local community contacts.

### Step Ten Prayer

In this moment, I live my life in a new way. As I continue to open my heart and mind, little by little, one day at a time, I reveal my true self, mend my relationships, and touch God.

(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 Oct. 6<sup>th</sup> 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.

**In This Moment** I am enough. I am the sum of all my yesterdays. I am this moment's thoughts, actions, and feelings.

**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/>



### 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, CA 91910

**Suggested 7th Tradition: \$10**

*Lunch Entree, drinks, and paper products provided by the community.  
Attendees Please Bring a Side or Dessert to Share*

#### Schedule

9:30am	Registration
10:00am	Opening
10:15am	Cultivating Compassion: Tools for Emotional Resilience
11:15am	HOW TO...Find Balance When I Get Triggered
12:15pm	Lunch Fellowship
1:00pm	Alyssa's Story (Keynote Speaker)
2:00pm	Three Letter Writing Tool
2:50pm	Closing
3:00pm	Clean Up

*I stand in my truth and maintain my integrity, whether others approve or not, even if it means making difficult changes in my life. (Taken from "Recovery Patterns of Codependence")*

## Steps, Traditions, Concepts & Promises

**Step 10:** Continued to take personal inventory and when we were wrong, promptly admitted it.

**Tradition 10:** CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.

**Service Concept 10:** When the CoDA Service Conference is in session, the CoDA Board of Trustees is directly responsible to the Conference. When not in session, the Conference assigns its decision-making authority on material matters to the Trustees. The Board of Trustees is authorized to monitor the work of Conference-appointed service committees and may provide assistance or guidelines when necessary. The Trustees serve as the board of directors of CoDA, Inc., the non-profit corporation, are assigned custodial control of all money and property held in trust for the Fellowship, and are responsible for prudent management of its finances.

**Promise 10:** I no longer need to rely solely on others to provide my sense of worth.

### 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 Oct. 19th. **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 three positions open: Alternate Community Rep, Outreach, and Public Info Mail.**  
**Thank you to Robert for taking the H&I position!**  
**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)**

### Looking for another 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

**Please note this name change:**

#### CoDA to Serenity and Beyond

(formerly called Coda for Beginners & Beyond) –

#### In Person Thursday 7:00 pm

8081 Mira Mesa Blvd, San Diego, CA 92126  
David (858)997-9810 or Brenda B. (619) 381-9322

## San Diego County CoDA Fellowship

Zoom In

Saturday, November 16, 2024

2:00 pm PST

Zoom meeting ID 883-4535-8086 passcode SDCoDA



Are you a people pleaser?  
Do you need validation?  
Is your self-esteem sagging?

Well then, Zoom in to find a delicious cure! Learn how to make an easy batch of nut-brittle just in time for the holidays. Assemble a wooden spoon, a pot, a cookie sheet, and the following ingredients to cook along with Wendy M. Impress and delight friends, family, and neighbors with this nutty confection. See how it's made as we enjoy CoDA fellowship together!

Can it be that easy to find validation and self-love? We think so, but find out for yourself as CoDA recovery cooks it up!

Recipe ingredients:

A wooden spoon, a pot, and a cookie sheet  
2 sticks butter (1 cup)  
1 cup sugar  
2 tablespoons Karo Syrup  
1 cup nuts (any combination of pecans, sliced almonds, cashews, peanuts, sesame seeds)

Hosted by Wendy M., Oceanside Contact: Nancy M. (619-990-2139)

## Calling all Codependents!!

Do you need to learn how to help in a way which is safe for you and and respectful of others?

### San Diego CoDA needs you!

We need lots of help with this Holiday Party!

We need people:

To set up the room, to decorate, to provide music to make it a lively event, to purchase and cook the food (you will be reimbursed), to clean up afterward (although codependents are great at helping with this!), and **most importantly**

**Someone to coordinate all these volunteers** to make this a wonderful, successful holiday event full of recovery.

**If you are looking for a new sense of belonging, and a way to work with others in a healthy and loving way,** then volunteering for one of these jobs is for you!

Please contact me via my email or phone.

Nancy M. [fandn@san.rr.com](mailto:fandn@san.rr.com) or 619-990-2139

San Diego County CoDA Fellowship

## Save the Date

## Holiday Party

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

Kensington Community Church

4773 Marlborough St. San Diego

2:00 Set up – 8:00 Clean up



# VIRTUAL

## CoDA Convention (VCC)

NOVEMBER 2, 2024

Online Event 9am-6pm (PDT)



Join the CoDA Fellowship for an online event designed to be a day full of self-discovery, growth, and connection:

- Combination of Whole Group and Choice Sessions
- Gain experience, strength, and hope from others
- Participate in recovery from the comfort of your home

**REGISTER NOW!**

via Eventbrite: [bit.ly/24VCC](https://bit.ly/24VCC)



# WHAT?

Using only CoDA Service Conference endorsed literature at CoDA meetings?

Please email [literature@codas.org](mailto:literature@codas.org) with your questions for the workshop

**JOIN THE WORLD WIDE FELLOWSHIP FOR A Q & A WORKSHOP**

October 26th 2024

12-2pm EST

9-11am PST

5-7pm GMT

Zoom Meeting

ID: 83306622867

Passcode:

796939

PLEASE EMAIL [LITERATURE@CODA.ORG](mailto:LITERATURE@CODA.ORG) TO HELP WITH TRANSLATION DURING THE WORKSHOP

## LIGHTING OUR PATH: DAILY MEDITATIONS FOR RECOVERING CODEPENDENTS

### SUBMIT YOUR MEDITATION

- We are looking for your personal insight, understanding, and growth gained from reading your favorite CoDA literature.
- Format for submissions to the new daily reader.
- Choose a quote from any piece of CoDA literature.
  - Provide the publication name, edition number, and page number of your quote. You can write about a Step, Tradition, Promise, or Service Concept. You might include a "Ah ha" moment from a meeting or a conversation with a sponsor, sponsee, or a CoDA friend. Follow your quote with your personal writing. Include a title, or we can choose a title, if you prefer 100 – 250 words

Submit to: [literature@codas.org](mailto:literature@codas.org)  
Subject line: Lighting Our Path

## 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)

**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](mailto: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.

## Minding My Own Business

I started attending 12 Step meetings when I met a man who was in AA. I attended Al-Anon and ACA, and then Nar-Anon. All were helpful, but somehow something was missing. Then, I found CoDA!

I grew up in a family where sibling rivalry was so bad it was actually violent. Our parents only showed favor to one of us and ignored the rest. Five of us fought to be that favored child in the sun for a brief time before being cast into the darkness while another one of us got to be on the top of the heap.

This behavior has gone on for many years. Backstabbing, undermining, poison pen letters, mocking...all against each other. No loyalty or kindness. No topic was off limits if it could torment each other.

Now the parents are gone. We fought like dogs over who could control our parents as they weakened. There is no money involved. Control was our goal and to brag about who was the favorite. Now we are estranged yet still enmeshed. We all still have the same mean backbiting behavior but use texting instead of writing.

CoDA is helping me at last to stop and mind my own business. I don't waste time wondering what any of my siblings are doing even though they still attempt to draw me back into that old behavior. CoDA is like a life raft I stay on to avoid that cold swamp I used to live in. Thank you so much!

**Evelyn R.** 01/24

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

