



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## November, 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 Eleven Prayer

In this moment, I quiet my thoughts and open my mind and heart to God's guidance for me.

In this moment, I feel the gentle peace that conscious contact with God allows. If I am troubled and in doubt or joyful and serene, I turn to God. I know my path will be revealed and the way to my highest good will be made known.

(copied from [CoDA.org Step Prayers](http://CoDA.org/StepPrayers))

### 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 Nov. 3rd 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/>



## 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)



### FELLOWSHIP OPPORTUNITY

**Don't forget to join San Diego CoDA in a DELICIOUS Zoom activity on Saturday, Nov. 16<sup>th</sup> at 2:00 p.m. See the announcement on the next page of this newsletter for further details. Hope to see you on Zoom!!!**

## Steps, Traditions, Concepts & Promises

**Step 11:** Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

**Tradition 11:** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

**Service Concept 11:** The powers of the CoDA Service Conference derive from the pre-eminent authority of the group conscience decision-making process. Arizona State law gives the Board of Trustees legal rights and responsibilities to act for the Fellowship in certain situations. CoDA, Inc.'s Articles of Incorporation and Bylaws are legal documents enumerating these Board rights and responsibilities.

**Promise 11:** I trust a guidance I receive from my higher power and come to believe in my own capabilities.

### 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 Nov. 16th. **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.**

**Descriptions of these positions can be found on the SDCoDA 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 the Holiday Party!**

We need people:

- To set up the room
- To decorate
- To provide music for a lively party
- 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 the 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!**

Contact: 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

For more information or to volunteer

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



## 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@codaa.org](mailto:literature@codaa.org)

Subject line: Lighting Our Path

## 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)

## Growing Up in CoDA



Co-Dependents  
Anonymous  
First Edition

### NEW LITERATURE!

*"Growing Up in CoDA offers members a whole new world of resources for exploring and healing our childhood injuries from the standpoint of our inner child and reparenting concepts."*

**You may want to check it out!**

### DID YOU KNOW

**There's an official CoDA YouTube channel titled "Co-Dependents Anonymous (CoDA) and CoDAteen"** where you will find many videos that are available from CoDA conferences, CoDA Fellowship Forum, and talks from various other CoDA events. Many of the videos can be viewed with subtitles in over 100 languages! See [CoDA.org](http://CoDA.org) for information about how to access these subtitles.

**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.

## Sarah

My name is Sarah. I am an alcoholic. I am also a chocoholic, a controlaholic, an obsessaholic, a shopaholic, and lots of other little "holics" too! My "isms" remain with me even after 11 years in AA. I had a nodding acquaintance with "this codependency stuff" but dismissed it as yet another issue I wanted to avoid. After all, I was told to KEEP IT SIMPLE!

As the years rolled on, I realized that my codependent behavior was in practically everything I stood for. My mind bargained and muddled with every situation from buying a pint of milk to organizing a family Christmas. I realized that I was incapable of seeing things for just what they were, a necessary pint of milk or a family gathering. I'd ask the kids how much milk they thought they would drink over the weekend, did they prefer skim or whole, and then I'd go off and buy almond milk, which no one but me likes. I needed to attach chains and ropes to everything in my life to stop me from sliding off the edge; I was evading taking responsibility by seeking completely inappropriate permission before doing anything. Needless to say, I drove my family insane and ended up separated.

In the past five years of separation, I have had to make decisions all by myself. Very scary for someone who couldn't buy milk without my kids' validation! I have had to organize my Christmas with the kids, alone, and make it work without letting self-pity and remorse ruin the season and without beating the goodness out of the day with indecision over what to cook. I have learned that a decision is a decision and that there are no "right" ones. The decision I choose to make IS the right one, and life will run its course accordingly. God is in charge, so long as I listen to reason and let my inner voice guide me, all will be well. I have learned to trust myself. To stop looking for other people to validate everything I do. CO-dependent. Co means join, and I choose to be no longer joined to people, places and things when I have to make a decision. I am IN-dependent! It's very scary at first and I do lapse into old codependent thinking, but I am getting better at recognizing it and not acting on it.

And you know what? I have a job now, I have a contented life, my children CHOOSE to be with me, and I feel empowered. I can be lonely but I don't have to run to someone, or to chocolate or shopping to make me feel better—I know now that all these behaviors come with a price: A MASSIVE EMOTIONAL HANGOVER!! (Not to mention weight gain and financial loss!)

Recognizing my codependency on my ex-husband and how corrosive my codependent behavior was, has been the key to freedom in so many ways. Today, if I need to know something, I can ask someone. But I check first to see if it's just attention seeking or controlling. And then I smile.....

**Sarah L. 5/30/17**

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