



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## December, 2024

San Diego County CoDA

PO Box 720064  
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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 Twelve Prayer

In this moment, I thank God for my spiritual awakening. In this moment, I choose to live all the principles of this simple program. I know the wisdom working through me will touch all I meet with God's love and understanding.

I am at peace. (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 **December 1<sup>st</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 sharing your recovery journey with the CoDA 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://codaa.org/index.cfm/newcomers/recovery-patterns-for-codependence/>

***BREAKING NEWS!!***

***NEW LOCATION NEW TIME!!***

San Diego County CoDA Fellowship

*Holiday Party*



On Saturday, December 14, 2024, 4 pm – 8 pm  
New Location! St. Dunstan's Episcopal Church  
[6556 Park Ridge Blvd, San Diego, 92120](http://6556ParkRidgeBlvd.com)

Please bring a side dish to share

Main entrees of turkey and vegetarian lasagna provided  
Coffee, hot chocolate and tea will also be provided

We need volunteers to help us. Set up starts at 4 pm  
Dinner is at 5 pm

Contact Nancy M. @ 619-990-2139

### Steps, Traditions, Concepts & Promises

**Step 12:** Having had a spiritual awakening as the result of these steps, we tried to carry this message to other co-dependents, and to practice these principles in all our affairs.

**Tradition 12:** Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

**Service Concept 12:** The Fellowship strives to practice and encourage spiritual principles in all its material, financial, and business affairs, including fairness, equality, and respect for individual rights. Every member within CoDA has a voice and is encouraged to use it. Every member has the right to know what is happening within our organization. To honor this right, and in the spirit of CoDA unity, our CoDA, Inc. organization publishes and distributes group conscience decisions, such as minutes of our service boards and motions from our CoDA Service Conferences, in the most inclusive and timely manner possible.

**Promise 12:** I gradually experience serenity, strength, and spiritual growth in my daily life.



“CoDAthon” is a series of non-stop 24 and 48-hour meetings during the holidays, especially geared towards the codependent who still suffers.

It’s especially helpful for those without family or those who would benefit from additional support during the holiday season.

We are hoping to add many more meetings before the days of the event! **Keep checking the schedule on CoDA.org for updated opportunities.**

[Christmas Eve December 24th](#)  
[Christmas Day December 25th](#)  
[New Year's Eve December 31st](#)  
[New Year's Day January 1st](#)

#### New Meetings:

**Sunday Night Serenity Pacific -Online meeting**  
**Sundays 7:00 pm** For more info call  
Ashley (515) 468-5606 Chris (770) 231-3166

**Am I Codependent In Person meeting**  
**Friday 5:00 pm** 1906 Oceanside Blvd., Ste. D,  
Oceanside, CA 92056 Chris (949) 413-3834  
cgsylence@outlook.com

**These meetings would like extra support:**

**Sisters Set Free – Online Meeting Monday 6:30 pm**  
ID 826 9143 7592# passcode 305066  
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

### COMING IN JANUARY

#### New Years Potluck and Rock Art Affirmations/Resolutions

**When:** January 5<sup>th</sup>

**What time:** 5:30 Speakers Meeting;  
Potluck, Fellowship and Art to follow meeting

**Where:** Kensington Community Church  
4773 Marlborough St. San Diego



#### 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 **Dec. 21st**. 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 two positions open: Alternate Community Rep and Outreach.** 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).

**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.

## NEVER ALONE


I have just realized that I am not in my childhood anymore. The people who hurt me then are long gone and my environment now is safe. So why am I clenching my jaw, cowering my head, rehearsing what I might say, swearing inside? There's no need to do those things anymore.

CoDA has taught me that there is a me that exists free of the coping strategies and mechanisms of survival mode. I am that me, and my Higher Power fuels that me – always has her back, knows her path and guides her, will never leave her alone.

I may think I am alone, but my Second Step Prayer is in my memory and in this moment I can believe that I am never alone. Through meetings, literature, prayers and readings, I release myself from survival mode. I build a bridge to my Higher Power – I change. I am precious and free.

Paula 07/30/2024

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



**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

Meeting ID: 824 8300 2053  
(no passcode needed)

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

Are you looking for a place to connect, share and find a new way of life with other teenagers? Join the CoDAteen meetings **every Friday from 6:00pm-7:30pm (PST-California)** via Zoom. Open to teenagers 14-23 years old... For information, contact Rosa at (626) 221 3328 (text or WhatsApp)



**CoDAteen**  
*is here for you in 2024*

**Remember: New Time and Location for the CoDA Holiday Party:**

**Saturday, Dec. 14<sup>th</sup>; 4-8 pm St. Dunstan's Episcopal Church 6556 Park Ridge Blvd.**

**San Diego 92120**