



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

January, 2025

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 One Prayer

In this moment, I do not have to control anyone, including me. And if I feel uncomfortable with what another person is doing or not doing, I can remind myself that I am powerless over this person and I am powerless over my compulsion to act in inappropriate ways.

(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 **January 5th 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/>

TWO January San Diego CoDA Activities



New Year's Potluck and Rock Art Painting

Jan 5th after the 5:30 pm Speaker's meeting at **Kensington Community Church 4773 Marlborough St. San Diego**. Bring something for the potluck and your affirmations and/or resolutions for the rock art! **For questions**, call Robert (760-672-2101)

Cool Creations Pottery and Art Studio

Paint clay while you hang out with your CoDA friends.

Sat. Jan. 18, 2025; 3:00 pm – 4:30 pm.

1749 Garnet St. San Diego (858-273-2837)

Questions call Nancy M. @ 619-990-2139 or Tina H. @ 619-957-3071 **Bring your Inner Artist and enjoy being with recovering friends!**

NOTE: This is not a free event. Price depends on what you paint (\$20 - \$35)



Steps, Traditions, Concepts & Promises

Step 1: We admitted we were powerless over others – that our lives had become unmanageable.

Tradition 1: Our common welfare should come first. personal recovery depends upon CoDA unity.

Service Concept 1: The members of the Fellowship of Co-Dependents Anonymous, in carrying out the will of a loving Higher Power, advance their individual recoveries, work to ensure the continuance of their groups and their program, and carry the message to codependents who still suffer. They may also collectively authorize and establish service boards or committees and empower trusted servants to perform service work.

Promise 1: I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.

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. The next meeting is **Jan. 18th**. 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 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

At the January meeting, several positions will need to be filled: **Alternate Community Rep, Alt. Regional Rep, Secretary, Newsletter, Outreach, Parliamentarian, Public info mail and Public info internet**. Descriptions of these positions can be found on the SDCCoDA website in the by-laws section or contact Tina for info (619-957-3071).

Service work is just part of the program. It strengthens the recovery process. Please consider volunteering for a position.

Join the **CoDAteen** meetings **every Friday from 6:00pm-7:30 (PST-California) via Zoom**.

Open to teenagers 14-23 years old. For information, contact Rosa at 626-221-3328 (text or WhatsApp)

For lots more information about CoDAteen and other meetings, check out the outreach page on CoDA.org.

The logo for CoDAteen features the word "CoDAteen" in a bold, yellow, sans-serif font. The text is set against a dark blue background with a subtle pattern of white stars, suggesting a night sky or a galaxy.

San Diego February Fellowship Event

Valentine Making Party

Make a Valentine for yourself, your Inner Child, or anyone else

When: February 8th; 2-4 pm

Where: Lestats at 3343 Adams Ave. San Diego
Some supplies will be provided.

For information: Call Nancy (619-990-2139) or Healy ((619-339-3048)

Purchasing food or drinks from Lestats will waive charges for room use.



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

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.

A NEW CANVAS

I first learned about CoDA during college after I tried to take my life. Needless to say, I did not stay in CoDA. During college, Dad had died, I was hundreds of miles away from home and my entire life I felt alone, full of fear, and hopeless. I dropped out of college after the attempt, needing only 6 credit hours to complete my bachelor's degree. At that point I realized I needed help from all the past trauma I had experienced growing up in a dysfunctional family of alcoholic parents. I covered my trauma with drinking on and off, dysfunctional relationships, having fun traveling the world, playing underwater hockey, learning djembe drum and watercolor painting, to name a few. Nothing that I did made me feel safe in the world until I actually started working the CoDA program in 2022.

It took me at least 35 years to come to terms with my trauma and how that related to the CoDA program. I came from poverty so my focus most of my life had always been about having stuff so I could look good.

Even though my life seemed full, and I thought I had everything I wanted, I realized that I still had an emptiness inside I couldn't explain. In 2022, after COVID I found myself feeling hopeless and again wanting to end it all. It was suggested that I do a 30-day treatment program. There was a lot of fear in making that decision. I would need to notify my job, my family and friends that I had come undone and needed to go away for a short time. First, I asked the Universe to grant me humility, willingness to stay out of my own way and the ability to hear what I needed in order to heal from feeling lack, alone and scared. During the first 30 days of treatment, I cried and talked about past trauma to the group and my therapist in a way that I had never done before. After the 30 days I felt I had been stripped down of everything that I had known and became amenable, and I was able to attend CoDA meetings again.

Looking back, that feeling of hopelessness and overwhelming fear and then surrendering to honesty, openness and willingness was actually the best thing that had happened to me. I realized by taking time out of my life to heal, that learning about how I relate to myself and how I relate to others is the most important aspect of my success!!

When I surrender, there's a gap, some space that is created for healing and a new understanding. I can do all things through my Creator. I understand that what created me is part of who I am and that I'm not better or not less than anyone. I have a new canvas to write my life from! I see life and the world around me differently. The CoDA Promises continue to manifest in my life! I am fortunate that I attend 2 meetings a week, I read CoDA endorsed material, got a sponsor and started doing the steps. My life is full, my cup is running over with abundance, joy and love as a result of being an active participant in CoDA services.

Love Intensely,

Abby M 07/25/2024

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