



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## February, 2025

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 Two Prayer

In this moment, I can believe that I am never alone; I can experience the sense of freedom that having a Higher Power offers me. I can remind myself that believing is also an action, and if I am willing to practice it, one moment at a time, I will develop faith.  
(From [CoDA.org Step Prayers](http://CoDA.org).)

### 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 **Sunday 2<sup>nd</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


## February San Diego CoDA Activities


### Valentine Making Party


Make a **Valentine** for yourself, your inner child, or anyone else!




 Saturday, Feb 8, 2025 | 2-4 PM

 Lestat's at 3343 Adams Ave.

 Make a Valentine to give to yourself or your inner child!

 Some supplies provided—bring any fun craft materials to share (glitter, stencils, buttons etc.)

 Hosted by **Healy V. (619-339-3048)** & **Nancy M. (619-990-2139)**

 **Free!** Please support Lestat's with a drink or snack purchase

Join us for an afternoon of creativity & connection!

## Steps, Traditions, Concepts & Promises

**Step 2:** Came to believe that a power greater than ourselves could restore us to sanity.

**Tradition 2:** For our group purpose there is but one ultimate authority – a loving higher power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.

**Service Concept 2:** The Fellowship of CoDA has the responsibility of determining, through its group conscience, the service work to be performed, and the best manner to perform such work. This authority is expressed through our group conscience. Authority carries responsibility, thus, CoDA groups conscientiously provide adequate funding and support for the service work they authorize.

**Promise 2:** I am no longer controlled by my fears. I overcome my fears and act with courage, integrity, and dignity.

### CoDA Community Meeting Information

The Community Meeting is held on zoom on the **third Saturday of the month** from 10 am until 12 pm.

The next meeting is **Feb. 15th**. 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 February meeting, several positions will need to be filled: **Alternate Community Rep, Alt. Regional Rep, Secretary, Outreach, Parliamentarian, 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 more information about CoDAteen, please visit [CoDA.org/codateen](https://www.coda.org/codateen)**



**CoDAteen**

### Upcoming Events



**CoDAchella  
Desert Camping  
FRI-SUN MARCH 28 - 30**

- ✓ Picnic Potluck Sat. 5pm
- ✓ CoDA Meeting Sat. 6:30pm
- ✓ Sites 7, 8, and 9 Reserved
- ✓ hiking, hot springs, fellowship

Vallecito County Park Campground  
Anza-Borrego Desert State Park  
Aaron L. (619) 807-0869 and  
Healy (619) 339-3048

**RSVP VIA LINK:  
[HTTPS://TINYURL.COM/4KC2KRNR](https://tinyurl.com/4KC2KRNR)**

### Save the Date

## Super Seminar Saturday is Back!

Location: Carlsbad Area

Date: April 26th

Time: 9 am to 2 pm

7th Tradition: \$10 (no one turned away)

**Stay tuned for more details in March Newsletter**

### 7th Tradition donations to

SDCCoDA intergroup can now be made using Zelle and Venmo  
Email: [treasurer@sdccoda.org](mailto:treasurer@sdccoda.org)

Scan the QR Code:



<https://www.venmo.com/u/SanDiegoCoDACommunity>

### New Meetings:

- **Sunday Night Serenity Pacific - Online meeting**  
**Sundays 7:00 pm** For more info call Ashley (515) 468-5606 or Chris (770) 231-3166.
- **Am I Codependent? In Person meeting**  
**Fridays 5:00 pm** 1906 Oceanside Blvd., Ste. D, Oceanside, CA  
Chris (949) 413-3834 [cgsylence@outlook.com](mailto:cgsylence@outlook.com)
- **Peaceful Pause – Online Meditation Meeting**  
Wednesdays 12-12:30 pm: <https://tinyurl.com/peacepause>  
Ollie (858) 461-9805 [sitbreathe@gmail.com](mailto:sitbreathe@gmail.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](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.

## Kisses From a Recovering Codependent

I started going to CoDA meetings nearly a year ago. Prompted by my therapist who suggested I'd be well-served by a 'community' who was suffering in similar ways, I went to an in-person Wednesday evening group to see if it was the medicine I'd been seeking.

Slowly then suddenly, hearing people talk about boundaries – their struggle to maintain them and yet their subsequent joy that came from learning why they struggled in the first place – gave me so much peace. It made me feel less broken.

It made me feel worthwhile... like if this group of amazing, funny, supportive human beings could be there for themselves in the process, maybe I could learn to accept myself as a work in progress, too. Every Wednesday since then, I have looked forward to meeting the community that keeps me accountable to accepting myself, flaws and all.

-Cyd K.

03/23/2024

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