

The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous



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.

Get a free copy of our pamphlet **Recovery from Codependence: A Brief Introduction** [here](#).

Third Step Prayer

In this moment, I can choose my own Higher Power. I can set aside all the old beliefs about who I am not and be who I am—a child of God. I can remind myself that a faith in a Higher Power becomes a faith in me, and that my recovery lies in being true to myself and to my Higher Power

Join Us:

SPEAKERS MEETING

2 March 2025 at 5:30 PM

Kensington Community Church
4773 Marlborough St. San Diego

Zoom Dial in: (669) 900-6833
Meeting ID: 861 1638 7309
Code: 932 653

Interested in sharing your recovery journey? Contact us at:
sdcodaspeakers@gmail.com
(619) 995-6496 (Jenna)

March San Diego CoDA 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)

Deepen Your Recovery: Join our CoDA Service Team!

Service is a powerful tool for deepening your recovery and giving back to our fellowship. We have several open positions in the San Diego CoDA Community, and we'd love for you to be a part of it!

Current Open Positions:

- Alternate Regional Representative
- Recording Secretary
- Public Info-Mail Chair
- Public Info-Internet Chair (Webmaster)
- Outreach Chair

Ready to step into service? Please reach out to **Tina** at centralomagirl@gmail.com if any of these roles speak to you or if you want to learn more.

Upcoming Events



Super Seminar Saturday Save the Date Flyer

*Come for a powerful day of recovery.
Full of inspiring workshops and recovery stories.*

Date: Saturday, April 26, 2025

Time: 9am - 2pm

Location: TBD

Suggested 7th Tradition: \$10

Lunch Entree, drinks, and paper products provided by the community.

Attendees Please Bring a Side or Dessert to Share

Any questions? You can email Kathy C.: culltrain@yahoo.com

Steps, Traditions, Concepts & Promises

- **Step 3:** Made a decision to turn our will and lives over to the care of God as we understood God.
- **Tradition 3:** The only requirement for membership in CoDA is a desire for healthy and loving relationships.
- **Service Concept 3:** Decisions about service work in the Fellowship and all CoDA affairs are made through the group conscience decision making process. For this spiritual democratic process to work, every member of the group is encouraged to participate, consider all the facts and options concerning the issue, listen respectfully to all opinions expressed, then reflect and meditate to find a loving Higher Power's will. Finally, we deliberate honestly and respectfully to determine the proper course of action. Unanimity in the group is the desired outcome; a majority vote is a group conscience.
- **Promise 3:** I know a new freedom.

7th Tradition donations to San Diego CoDA intergroup can now be made using Zelle and Venmo.

Email for Zelle: treasurer@sdccoda.org

Venmo: SanDiegoCoDA-Community



New Meetings

Sunday Night Serenity Pacific – Online meeting

Sundays 7:00 pm For more info contact 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 Chris (949) 413-3834 cgsylence@outlook.com

Peaceful Pause – Online Meditation Meeting

Wed 12-12:30 pm: <https://tinyurl.com/peacepause>
Ollie (858) 461-9805 sitbreathe@gmail.com

These meetings would like extra support:

Sisters Set Free – Online Meeting Mondays 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 at Pioneer Ocean View Church
2550 Fairfield St. San Diego

Community Meeting

- Monthly CoDA Community Meeting
- Every third Saturday on Zoom
- Time: 10 am to 12 pm PST
- Next meeting: **March 15th**
- Open to all CoDA members
- Opportunity for community input on activities
- Group Service Representatives (GSRs) encouraged to attend
- Zoom dial-in: (720) 707-2699
- Meeting ID: 883 4535 8086
Password: SDCoda

CoDA Moments



Not Settling For Crumbs

By OJR

I've been in CoDA for about 1.5 years. As I've grown in CoDA, I've noticed that setting boundaries has really improved my self-esteem. Anything from not interpreting Spanish at work when there are interpreters available (as it is not in my job description) to walking away from unequal relationships.

I've been single for five years and really interested in sharing my life with someone; however, I'm not willing to settle. I met a girl who was seven years sober in the same program as I was. She was funny, she was attractive, and she complimented me.

However, as we began to communicate, I noticed she would take hours to reply to my texts and sometimes not reply at all. Honestly, the truth is I wasn't willing to accept that behavior. So, I told her that I was looking for somebody with more time with whom to share my life, and I walked away.

It was difficult to do, as I've been wanting to be in a relationship for years now, and she had some great qualities; but CoDA has taught me not to settle for crumbs. If I allow my time to be consumed by someone who is unavailable, I might miss the opportunity to connect with someone who is.

CoDA Moments invites you to share your recovery journey!



Please use only CoDA Conference-approved literature in your submissions. We suggest 400-500 words, but please feel free to make it shorter or longer if needed.

Email your story to newsletter@sdccoda.org to be included in future newsletters. Your submissions remain yours and cannot be reproduced without consent.

Contact San Diego County CoDA



www.sdccoda.org



Info Line: (619-643-4043)



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