

# 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](#).

## Step Four Prayer

In this moment, I am willing to see myself as I truly am: a growing, unfolding spiritual being resting in the hands of a loving God. I can separate who I am from what I've done knowing that the real me is emerging—loving, joyful, and whole.

## Join Us:

### SPEAKERS MEETING

Sunday April 6th 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](mailto:sdcodaspeakers@gmail.com)  
(619) 995-6496 (Jenna)

## April San Diego CoDA Events

### Radical Self Care

North County CoDA

Super Seminar Saturday

Date: Saturday, April 26, 2025 8:45am - 2:00pm

Time: Saint Michael's by-the-Sea Episcopal Church

Location: 2775 Carlsbad Blvd. Carlsbad, CA

*\*A \$10 7th Tradition is appreciated. All are welcome.*

*\*\*Please bring a dish to share for a fellowship POTLUCK lunch.*

*\*\*\*Volunteers appreciated for clean up.*

*Any questions? Email Kathy C at [culltrain@yahoo.com](mailto:culltrain@yahoo.com)*



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# 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](mailto:centralomagirl@gmail.com) if any of these roles speak to you or if you want to learn more.

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## Upcoming Events

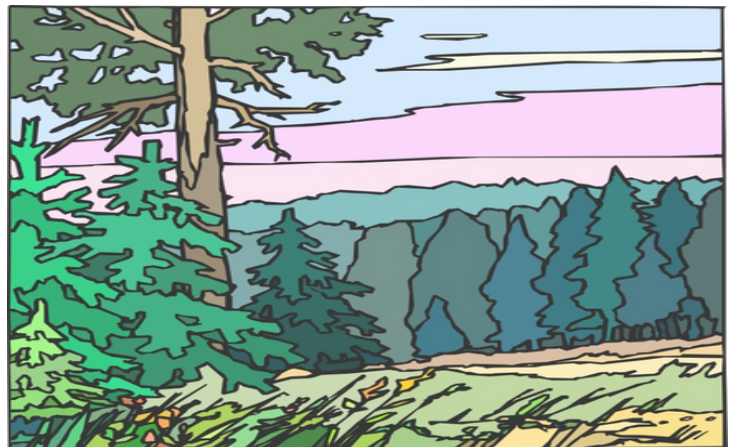


### MAY CoDA Camping Trip

May 16, May 17, Check out May 18  
CoDA members and Guests are Welcome

### Burnt Rancheria in Pinyon Loop Site #40

Off of Sunrise Hwy. In the Laguna Mountains, East of Julian, and South of Lake Cuyamaca Travel time from San Diego 70 to 90.



**Please RSVP with Janina B. OR Nancy M. by Monday, May 12th, 7 PM.  
Saturday May 17, 4 PM POTLUCK, followed by @ 7 PM CoDA meeting.**

#### Contacts:

Janina B., Site #40 619-838-7457 Email:

[janinakerrb@gmail.com](mailto:janinakerrb@gmail.com)

Nancy M., Activities Chair: 619-990-2139

Email: [FandN@san.rr.com](mailto:FandN@san.rr.com)



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# Steps, Traditions, Concepts & Promises

- **Step 4:** Made a searching and fearless moral inventory of ourselves.
  - **Tradition 4:** Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.
  - **Service Concept 4:** All those who volunteer to do service work for CoDA by serving on committees, boards, or corporations are trusted servants, not authority figures. Ideally, trusted servants volunteer out of a desire to follow their Higher Power's will, out of gratitude for the gifts they have received from CoDA, out of a desire to grow in their ability to create and keep healthy relationships, and to contribute what they can of themselves to CoDA. The Fellowship recognizes the need to select the most qualified people willing to serve as trusted servants. At times, trusted servants may hire individuals outside of the Fellowship for commercial services.
  - **Promise 4:** I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
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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



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## New Meetings

### Sunday Night Serenity Pacific – Online meeting

Sundays 7:00 pm. For more details, please 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](mailto:cgsylence@outlook.com)

### Peaceful Pause – Online Meditation Meeting

Wed 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 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: **April 19th**
- 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



## Never Alone

By Paula

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

## 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](mailto: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](http://www.sdccoda.org)



Info Line: (619-643-4043)



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