

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 Five Prayer

In this moment, I will acknowledge myself for doing what was most difficult for me.

I will rest in the accepting presence of my Higher Power. I know I have deepened my commitment to the journey of recovery by opening myself and my heart to a fellow human being.

Join Us:

SPEAKERS MEETING

Sunday May 3rd 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)

May San Diego CoDA Events

Mountain Camping Trip

May 16th - 18th

CoDA members and Guests are Welcome

Burnt Rancheria in Pinyon Loop Site #40, 1 hour from San Diego

For more details and to RSVP:

Janina B.

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Nancy M.

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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-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.

Looking for a Step Study group?

Have you heard of the Power of 5 (Po5)?

- The easiest way to start working CoDA's 12 Steps in a small, supportive group.
- A dedicated WhatsApp chat helps coordinate Po5 groups—where five members team up to go through Steps 1–3 using the 30 Questions format.
- Ready to begin? Please make sure you've attended at least 6 CoDA meetings, and join the chat here:
<https://chat.whatsapp.com/KK5J0IC4cDgHqkqCZFqDOV>



Steps, Traditions, Concepts & Promises

- **Step 5:** Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
- **Tradition 5:** Each group has but one primary purpose -- to carry its message to other codependents who still suffer.
- **Service Concept 5:** Trusted servants are directly responsible to those they serve and are bound to honor the group conscience decision making process and uphold those decisions concerning their service work. The Fellowship also recognizes the need and right for members to honor their own experience, strength, and hope and their Higher Power's will as expressed to them. When the group conscience violates an individual's own truth and makes participation impossible, the individual may relinquish the service position.
- **Promise 5:** I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.

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

IN-PERSON – San Diego CoDA Women

Wednesdays 7:00pm

BoxDrop Furniture 1205 West Morena Ave Suite C

Gigi (703) 338-6627 gigiross1967@gmail.com

ONLINE – Sunday Night Serenity Pacific

Sundays 7:00 pm. For more details, please contact:

Ashley (515) 468-5606 or Chris (770) 231-3166.

IN-PERSON – Am I Codependent?

Fridays 5:00 pm 1906 Oceanside Blvd., Ste. D, Oceanside

Chris (949) 413-3834 cgsylence@outlook.com

ONLINE MEDITATION – Peaceful Pause

Wed 12-12:30 pm: <https://tinyurl.com/peacepause>

Ollie (858) 461-9805 sitbreathe@gmail.com

IN-PERSON – The Thursday Recovery Meeting

Thursdays, 6:00 pm at Pioneer Ocean View Church
2550 Fairfield St. San Diego

Monthly CoDA Community Meeting

- Every third Saturday on Zoom
- Time: 10 am to 12 pm PST
- Next meeting: **May 17th**
- 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



In This Moment, I feel compassion

For a long time, my heart was small and blocked. I didn't feel compassion for others or myself. Then my Higher Power awakened in me the capacity to feel compassion.

Now I feel no need to judge or fix others. I have no reason to feel pity or rush them through their pain. Compassion allows me to sit with a friend and listen. In such moments, I feel compassion for myself as well as my friend.

When I listen with my heart, I hear beyond mere words and into the heart of another human being. Compassion is an awe-inspiring gift from God.

– In This Moment Daily Meditation Book

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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