



# Voice

A Newsletter of Co-Dependents Anonymous of San Diego County

P.O. Box 720064, San Diego, CA 92 172-0064 ♦ (619) 222-1244 – [HTTP://WWW.SDCCODA.ORG](http://www.sdccoda.org)

December 2007

## Community Directory

Info Line: (619) 222-1244

- Community Representative OPEN "08** Gary J.  
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- Alt. Community Rep** ..... **POSITION OPEN**  
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[webmstr@sdccoda.org](mailto:webmstr@sdccoda.org)
- Workshops/Panels/Seminars** **POSITION OPEN**  
[wsp@sdccoda.org](mailto:wsp@sdccoda.org)

## JANUARY IS ELECTIONS MONTH

**THIS COMMUNITY NEEDS VOLUNTEERS**

**These open positions will need to be filled.**

**Members find performing service work to be personally rewarding and necessary to the continued functioning of our CoDA meetings.**

**There are Nine opportunities at the Community level to help Carry the Message.**

**NO SERVICE, NO CODA**

### Community Business Meeting Dec. 15th

3<sup>rd</sup> Saturday of each month: 10AM -12PM

**Everyone is Welcome to Attend!**

Mira Mesa Presbyterian Church

8081 Mira Mesa Blvd.

San Diego, CA 92126

From I-15 make a left on Reagan and right on Berwyn.

From I-805 make a Right on Reagan and another right on Berwyn.

## Hospitals & Institutions

If you are interested in doing 12<sup>th</sup> Step Service work with Hospitals and Institutions, there are requirements. Please contact Lynne for information: (619) 574-6684

### Monday

Las Colinas Women's Jail  
8:30 am – 10:00 am

### Tuesday

Las Colinas Women's Jail  
6:45 pm – 8:00 pm

### Wednesday

Men's Downtown Jail  
7:00 pm – 8:30 pm

### HOW TO REACH US & WHERE TO SEND 7<sup>th</sup> TRADITION:

San Diego County CoDA (60%)  
P.O. Box 720064  
San Diego, CA 92172-0064  
Info. Line: (619) 222-1244  
Online: [www.sdccoda.org](http://www.sdccoda.org)

Southern California Regional CoDA (10%)  
P.O. Box 175  
Orange, CA 92856-0175  
Info. Line: (323) 340-3762  
Online: [www.socalcoda.org](http://www.socalcoda.org)

CoDA Inc. (30%)  
P.O. Box 33577  
Phoenix, AZ 85067-3577  
Info. Line: (602) 277-7991  
Online: [www.codependents.org](http://www.codependents.org)

A group's 7th Tradition suggested contributions, after establishing "meeting expenses" and "prudent reserves,"

## San Diego CoDA

The Community supports the individual CoDA meetings in San Diego County.

**Any member of a CoDA Group may hold elective office** on the Committee, provided such member has: (i) at least one year of being active in the CoDA program; (ii) a working familiarity with, and a commitment to, practicing the Twelve Steps and Twelve Traditions; (iii) attended at least four of the last six Committee meetings prior to the election.

**For info contact Gary J** [c-rep@sdccoda.org](mailto:c-rep@sdccoda.org)

### Southern California Regional Committee of Co-Dependents Anonymous

Our 2008 Conference is hosted by  
San Diego and will be held at the  
Town and Country Resort and  
Convention Center, on  
May 30, 31st & June 1st.

Meeting at API in La Mesa on November, 29th  
Thursday at 6:30 pm.

**All members interested in being of service please  
contact:**

France

2008 SoCAL Retreat Chair

PH 619-583-7762

france-coda@cox.net

### **Sunday Speakers Meeting**

First Sunday of each month.

6:30pm - 8:15pm

**Kensington Community Church**

**4773 Marlborough**

**San Diego, Ca 92116**

Now meeting in Main Building.

*Next Meeting Sunday Dec. 2nd*

Meeting info email list: [sdcodaspeakers@yahoo.com](mailto:sdcodaspeakers@yahoo.com)

**NEW**  
**SATURDAY,**  
6:30 pm (S)

**Ramona Beginners- CA-1200**  
North Rural Recovery Center  
323 Hunter Street , Ramona, 92065  
at corner of Main and Hunter  
ph 760-788-2513

## Sponsorship and my Recovery

Lesa G

I'd been in CoDA for 6 months when I approached the woman who became my first sponsor. I had listened to her share in meetings, and in her sharing, I heard my story. I saw in her the recovery I wanted. The first time we met, after a meeting, she shared with me what brought her to CoDA, the tools she had learned, and how she did things differently.

I'll always remember the stories about her God Box. She told me how it was possible to put problems, challenges, and most anything into an imaginary box, and then turn it over to a Higher Power. The time we spent time together created a powerful bond. That bond created the trust to be able to her call when I was in crisis mode. I attended my first CoDA Conference with her. Our ride to Fullerton and our sharing a room strengthened our connection. I had a Spiritual Awakening that weekend. I realized I was worthy of Love.

In my second year, I was approached about sponsoring. I didn't feel like I had "ENOUGH" recovery to sponsor her. I laugh now, knowing I'll never have "ENOUGH" recovery. At the time I was willing to try co-sponsoring. That decision changed the course of my life. I was learning to have a healthy relationship with a girlfriend. I had been married most of my life, and never really had girlfriends. So, our co-sponsorship worked, allowing me to work the steps with my friend, my sister, my co-sponsor. I learned to handle my ups and downs in new healthier ways. As our relationship grew, so did my trust in myself, allowing me to value the relationships I have with my sisters in recovery today.

Over a year ago, I joined a step study. I was again asked to sponsor. This time I agreed, we worked the steps and tradition in the group and again as sponsor and sponsoree. I've learned to Let go and Let God. I have grown to understand why I have acted out in my life. The what, where and when are just the circumstances of my past. Today, I can make space within myself and detach from much of my past, and the circumstances of others. I've watched in amazement as my sponsoree discovered that her life is of value. As she is becoming open to the moment, I see her trusting in herself and her Higher Power.

Sponsorship is a journey of self discovery for me. It constantly challenges me and my integrity. I sponsor for my recovery. I sponsor because I wouldn't have the healthy relationships I have today without sponsorship in CoDA. I have an obligation to give back what was given me.  
This is my recovery, my mission in life.

