



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

October 2018

San Diego County CoDA

PO Box 720064

San Diego, CA 92172-0064

Info Line: (619) 222-1244

Website, CoDA Voice &

Meeting Schedule:

www.sdccoda.org

Please visit

www.sdcCoDA.org

“Our Community”
for San Diego CoDA
community business
meeting information,
past meeting minutes,
our bylaws, and local
community contacts.

CoDA Sunday Speakers Meeting (2 speakers)

The first Sunday of the
month, 5:30 - 7:15 PM
Kensington Comm. Church
[4773 Marlborough Dr,
San Diego, CA 92116](http://4773 Marlborough Dr, San Diego, CA 92116)

[Click this link for Free Pamphlets to Download](#)

- Am I Co-Dependent
- Attend Meetings
- Establishing Boundaries in Recovery
- Welcome to Co-Dependents Anonymous
- Communication and Recovery
- Recovery From Codependence: A Brief Introduction
- Sponsorship in CoDA
- What is CoDA
- Info for Professionals
- Your First Meeting
- Working the Steps as a Group
- Dealing With Disagreements
- CoDA Guidelines for Following the Twelve Traditions in Service Work

Monthly Community Business Meeting

This is a meeting of Committee Members, meeting GSRs, and all interested CoDA members.
3rd Saturday of each month, 10:AM - 12:PM, Mira Mesa Presbyterian Church, 8081 Mira Mesa Blvd, SD 92126

Literature is available at this meeting; groups please order online in advance.

Service positions that are open:

- Literature Chair
- Public Info - Mail
- Outreach Coordinator
- Hospitals and Institutions

Service is part of recovery.

There is fellowship and a sense of fulfillment that comes from making an appreciable contribution to something outside of oneself.

Please consider sharing your experience, strength, and hope through CoDA Community service. Information on these positions is available in **Our Bylaws** on www.sdccoda.org.

Thank You! Thank You! Thank You!
to all who volunteered their time
and did service work during the
Conference & Convention

CoDA Fellowship & Family

Fall Apple Picking

November 3rd 2-5pm

Volcan Valley Apple Farm

1284 Julian Orchards Dr, Julian, CA 92036

More Information: Victoria 619-609-4166

\$2 entrance fee & \$12 per bag of apples

Mark Your Calendars

Holiday Party Dec 15th, 4:30-9:30

Kensington Comm. Church

[4773 Marlborough Dr,
San Diego, CA 92116](http://4773 Marlborough Dr, San Diego, CA 92116)

La Intergrupala Hispana de California

Conferencia Anual, Nov 16-18, 2018

Holy Trinity Episcopal Church

100 N 3rd Ave, Covina, CA 91723

[La información se puede encontrar en este enlace.](#)

Steps, Traditions, Concepts & Promises

Step 10: Continued to take personal inventory and when we were wrong, promptly admitted it.

Tradition 10: CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.

Service Concept 10: When the CoDA Service Conference is in session, the CoDA Board of Trustees is directly responsible to the Conference. When not in session, the Conference assigns its decision-making authority on material matters to the Trustees. The Board of Trustees is authorized to monitor the work of Conference-appointed service committees and may provide assistance or guidelines when necessary. The Trustees serve as the board of directors of CoDA, Inc., the non-profit corporation, are assigned custodial control of all money and property held in trust for the Fellowship, and are responsible for prudent management of its finances.

Promise 10: I no longer need to rely solely on others to provide my sense of worth.

Step Ten Prayer

In this moment, I live my life in a new way.
As I continue to open my heart and mind,
little by little,
one day at a time,
I reveal my true self,
mend my relationships,
and touch God.

(copied from CoDA.org Step Prayers)

Using the Traditions in Healthy and Loving Relationships

The following was copied from our website www.sdccoda.org, listed under “CoDA Readings / Twelve Tradition Writings.” The **CoDA Voice** will include one per month, each month this year.

If the Traditions can keep together a whole group of dysfunctional people who would otherwise “usually not mix,” keep them from killing one another and self-destructing; why can’t the Traditions keep a couple or a family group together and show them how can they best function? It makes sense that the Traditions can answer the question: “*How can our relationships with others best stay whole and so survive?*”

The following is what was revealed to us through prayer and meditation and the study of CoDA literature in preparation for presenting a panel discussion on “The Traditions in Healthy and Loving Relationships” for Super Seminar Saturday. As with all things in our program, *please take what you like and leave the rest.*

Yours in recovery,

Marti, Marilyn & Debbe

TRADITION TEN: CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy..

“TRADITION TEN” SUGGESTED FOR RELATIONSHIPS: .

.

Personal Example:

.

CHECKLIST FOR TRADITION TEN:

- ?

Sorry, but due to technical difficulties, I was unable to download the 10th Tradition writing this month. I will try to include 10 & 11 next month.

Yours in Service,
Dave M.
CoDA Voice Editor

Forgiving Others

I must forgive injuries, not just in words, or as a matter of form, but in my heart. I do this not for the other persons' sake, but for my own sake. Resentment, anger, or a desire to see someone punished, are things that rot my soul. Such things fasten my troubles to me with chains. They tie me to other problems that have nothing to do with my original problem.

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous.

Powerless, not helpless.

Inmates Want & Need CoDA Sponsors

We have an **Inmate Sponsorship Program** that started in 2014. It involves corresponding with an inmate using US Mail. If you think you might want to be of service in this way, please email: InmateSponsorship@CoDA.org or addie@usa.com. Thank you for your interest in serving.

Some qualifications of CoDA Sponsors for inmates:

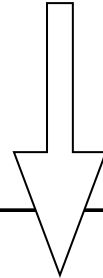
1. Have two years of active participation in CoDA.
2. Be actively participating with a sponsor or co-sponsor.
3. Have worked the 12 Steps and a working knowledge of the 12 Traditions of CoDA.
4. Desire to share the clear message of recovery in CoDA.
5. Have the willingness and availability to reply to any letter within two weeks from the date the letter is received using the US mail, providing your own stamps, stationary, and using the CoDA PO box as his/her return address.

Please visit website: connections.coda.org for:

- Meetings in Print
- Sharing Strength and Hope
- Lessons Learned
- Working the 12 Steps
- Affirmations
- Words of Wisdom
- Recovery Tips and Techniques



This Space Available
(please see below, thanks)



Greetings CoDA Voice Readers:

Please Submit Something to the **CoDA Voice**

We encourage our readers to send us:

- ◆ Personal sharing on your recovery
- ◆ Poems about recovery from codependency
- ◆ Jokes or Cartoons about recovery in CoDA
- ◆ Announcements, Events, Fun Stuff, etc.

Email submissions to newsletter@sdccoda.org

Submissions may be edited for space/content.

Deadline is 1st Saturday of the month. Thanks.

Links to Other Co-Dependents Anonymous Sites

www.coda.org – CoDA International

www.socalcoda.org – Southern California

www.occcoda.org – Orange County

www.lacoda.org – Los Angeles County

www.desertcoda.org – Desert Area

<http://spanish.coda.org/> Grupos en Español:

www.codaespanol.org & www.codaenespanol.org

Información: espanol@coda.org, (888) 444-2379.

Where to send Seventh Tradition.

A group's Seventh Tradition suggested contributions, after establishing "meeting expenses" and "prudent reserves" (please include meeting ID #):

60%: San Diego County CoDA, P.O. Box 720064, San Diego, CA 92172-0064

10%: Southern California CoDA, P.O. Box 4639, Culver City, CA 90231-4639

30%: CoDA Inc., P.O. Box 33577, Phoenix, AZ 85067-3577

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 [Twelve 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. Download a copy of our pamphlet **Recovery from Codependence: A Brief Introduction**, from <http://coda.org/index.cfm/newcomers/recovery-patterns-for-codependence/>.