



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

May, 2021

San Diego County CoDA
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Website, CoDA Voice &
Meeting Schedule:
www.sdccoda.org

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.
(from CoDA.org Step Prayers

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/>.



EXCITING NEWS!!!

Come join us for the 2021 Southern California CoDA Conference on **June 4th - June 6th**. This year's theme is **"The Miracle of Recovery"**. **See the flyer on the website for more information and a registration link.**

Friday Night - Opening Ceremony and Keynote Speaker

Saturday All Day – Workshops, Annual Assembly and Keynote Speaker

Sunday - Keynote Speaker, and Closing Ceremony

All from the comfort of your own home!!!

Upcoming CoDA Fellowship

**Dinner and Walk at
Lake Murray**

Wednesday, May 26, 4-7 pm

BYO Everything! – Dinner, drink, walking shoes, masks, etc.

Fellowship is an important part of the CoDA experience. Come and join CoDA members – **in person** - for conversation and a bit of exercise to kick off the upcoming summer.



Speaker's Meeting

Plan to "come" to the Speaker's meeting on the First Sunday of the month at 5:30. The zoom information is:

669.900.6833 Meeting ID 861 1638 7309#
passcode 932 653 or [Zoom](https://zoom.us)



Please visit the 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

San Diego County CoDA

What is the Monthly Business Meeting?

This is a meeting of San Diego Committee Members, meeting GSR's (Group Service Reps) and all interested CoDA members. This committee serves as an inter-group coordinator and facilitator of communication between CoDA groups at all levels for the purpose of sharing the message of recovery from codependency.

When is it held?

The 3rd Saturday of every month 10:00 am to 12:00 pm

Where is it held?

Mira Mesa Presbyterian Church 8081 Mira Mesa Blvd. San Diego, CA 92126.

(At this time, meetings are being held virtually. The Zoom information can be found on the website.)

Join other CoDA members in service as a **GSR** or by volunteering for one of the following **open positions**:

- **Alternate Community Representative:** serves in the absence of the Community Representative and shall perform the duties of the COMMUNITY REPRESENTATIVE in the absence of the COMMUNITY REPRESENTATIVE
- **Recording Secretary:** responsible for taking and transcribing the minutes of the monthly Committee meetings, which shall include all announcements and all motions made, whether carried or not. The Recording Secretary shall distribute the minutes and other materials as the Committee may designate. The minutes of a monthly meeting shall be distributed to each Group Service Representative, Committee Officer, sub-committee chair, and affiliated chairs prior to the date of the following meeting.
- **Treasurer:** is responsible for the receipt and disbursement of all Committee funds and shall provide a formal written monthly accounting to the Committee. The Treasurer shall be authorized as a signatory on any bank account held by the Committee. At any given time, there shall be three authorized signatories on the Committee's operating bank account, with two signatures being required for each check. The authorized signatories shall be the Community Representative, the Alternate Community Representative and the Treasurer. It shall be the responsibility of the signatories to verify the validity of each disbursement.
- **Workshops, Panels, and Seminars:** creates and coordinates Super Seminar Saturday and other events which raise funds for the CoDA Community.

Please consider sharing your experience, strength, and hope through CoDA Community service. As one recovering codependent has said: **"Service is the express lane to recovery!"**



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.

Greetings, CoDA Voice Readers:

Please consider submitting a **CoDA Moment** – a place to share your experience, strength, and hope as it relates to recovery from codependency in CoDA.

Remember to reference only CoDA Conference-approved literature, not quoting from non-CoDA books or literature.

Submissions may be edited for space/content.

Email submissions to newsletter@sdccoda.org

The Deadline for submitting is the last Saturday of the month. Thanks!

CODA MOMENTS*

I came into the rooms of CoDA raising a white flag of surrender and desperate for help. I had lost my God, my Soul and Me. I wanted a new life and I had grown sick and tired of the old ways that no longer worked for me. I finally came to believe that change is possible if I looked for it in the rooms of CoDA and by working the 12 Steps. I saw others who discarded old, self-defeating lifestyles and were happy, joyous and free. I wanted what you had but I didn't know how to get it. You told me, "Keep Coming Back" be patient, and "Listen and Learn" so that I could learn lessons from those that have walked this path before me. You told me to "Let Go and Let God" of my attempts to control people, places and things.

I was too new to CoDA and too overwhelmed by my circumstances to recall one of the many CoDA principles that may apply to my desperate situation. I soon discovered that when I did not know what to do, a simple slogan would put the entire situation into a proper perspective. They were easy to learn and remember when coping with a variety of upsetting circumstances. I printed the slogans on paper and posted them at my CoDA meetings, my workplace and in my house. I loved the slogans and I would repeat "Let Go and Let God" and "One Day At A Time" again and again. "Think" reminded me to wait. I don't have to do anything I'm not ready to do. I learned that it is easier to avoid giving advice when practicing "Live and Let Live." I learned I can deal with my fears by living today, "One Day At A Time." I learned that I could look at what I can do "Just for Today" and let that be enough for now. I know today that CoDA is in the hands of our Higher Power, not of any one person, and that you only expect "Progress for me and Not Perfection." The slogans were my lifesavers. They were my handrail to the Steps. Today I know that the 12 Steps are the solution to all my problems and the answer to have peace, harmony and serenity in my life.

Reciting the Serenity Prayer taught me to "accept the things I cannot change." It reminds me I am not alone and to ask my Higher Power for serenity, courage and wisdom. It helped me to reconnect to my Higher Power who today is my loving, caring father that I had lost.

I am forever grateful for the CoDA Fellowship and this amazing program of recovery where I did find My God, My Soul, and Me.

Judy O. – 6/3/18 – A Grateful Recovering Codependent

Taken from Co-NNections on the CoDA.org site

***The opinions expressed in CoDA Moments are those of the person who wrote them. Take what you like and leave the rest.**