



# *The CoDA Voice*

A monthly newsletter of  
**San Diego County Co-Dependents Anonymous**

*June, 2021*

**San Diego County CoDA**  
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Website, CoDA Voice &  
Meeting Schedule:  
[www.sdccoda.org](http://www.sdccoda.org)

## **Step Six Prayer**

In this moment, I am entirely ready to be freed of all my shortcomings. In this moment, I am ready to surrender these defects of character to God, knowing that the power of willingness to heal is great. Each new Step I take in my recovery, no matter how small it may appear, is an affirmation of my wholeness.

## **CoDA Service Conference**

This annual business meeting of worldwide CoDA delegates will be held virtually on July 27th – 30<sup>th</sup>. Free registration can be found on CoDA.org where any CoDA member can register as **Observer**.

In mid-July the San Diego delegates will be posting a survey on the San Diego CoDA website asking members for their input regarding the motions that the delegates will be voting on at CSC.

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/>.

## **Upcoming CoDA Fellowship Activity**

**Hike San Elijo Lagoon**  
**Saturday, July 10<sup>th</sup>**  
**9:00 to 11:00 a.m.**

Look for the flyer on the San Diego CoDA website for further information.

“7 miles of easy-to-moderate trails...”

“This is a great hiking spot that allows you to spot unique creatures you don't see every day.”



## **Hats off to the SoCal Conference Committee!!!**

If you missed the SoCal conference held June 5-7<sup>th</sup>, keep checking the SoCal and the San Diego CoDA websites for a link to the 2021 workshop recordings. It will take some time to transfer the recordings to the site. However, when they're posted, you'll find amazing workshop speakers sharing their experience, strength, and hope.

## **READY TO WORK THE STEPS?**

If you're interested in working the steps through a step study, please email or text me, and I can help your group get started!

Healy: 619-339-3048

[healyv@cox.net](mailto:healyv@cox.net)

## 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 is:

**720-707-2699 Meeting ID 773 573 132# Passcode 066788**

### ***Steps, Traditions, Concepts & Promises***

**Step 6:** Were entirely ready to have God remove all these defects of character.

**Tradition 6:** A CoDA group ought never endorse, finance, or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim.

**Service Concept 6:** The Fellowship guarantees trusted servants the right and authority to freely make decisions commensurate with their responsibilities and the right to participate in group conscience decisions affecting their responsibilities. Each CoDA member is also guaranteed the right to respectfully dissent during the group conscience decision making process. A member may freely and safely express any personal grievances as long as no particular person or group is unexpectedly singled out as the subject of the grievance. Members are encouraged to honor their own integrity as well as the integrity of others.

**Promise 6:** I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.



Please visit the website:

[connections.coda.org](http://connections.coda.org)

for the following recovery aids:

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



### **Speaker's Meeting**

The Speaker's Meeting is held on the first Sunday of each month at 5:30. It is a time when usually two CoDA members share their experience, strength, and hope for approximately 20-30 minutes each. Plan to "come" to the next Speaker's meeting on July 4th at 5:30. The zoom information is:

[669.900.6833](https://669.900.6833) Meeting ID 861 1638 7309#

passcode 932 653.

### **Greetings, CoDA Voice Readers**

**Please consider submitting a CoDA Moment – where you may 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 your submission to [newsletter@sdccoda.org](mailto:newsletter@sdccoda.org)

The deadline for submitting your CoDA Moment is the first Saturday of the month. Thanks!

## ***CODA MOMENTS\****

### **The Four Magic Words of Recovery**

Magic for me are the words, “**ouch**”, “**oops**”, “**help**” and “**no**”. I don’t know where they came from. Like so much CoDA wisdom, that will probably always remain anonymous. Wherever they came from, they serve me well.

“**Ouch**” is the first one because I have to start by paying attention to myself. Ignoring hurts is not ok, not only physically but also emotionally. It is not ok for me to be berated or talked over or dominated or even ignored. I have a right to be a respected part of any group I am in. And so I have a right and an obligation to speak up against such affronts. This is a key part of me being me.

“**Oops**” is because none of us is perfect and life is messy. It is a small, humble word, easy to slip in so matters don’t escalate. Impossible expectations no longer burden me. I can be tolerant of me, and all things, as we are.

“**Help**” follows on that realization of faultedness and points me to becoming a “we” who can do so much more than I can ever do alone. Indeed, I struggled alone so long before I found the fellowship of CoDA where my recovery and growth took off. That internal miracle suggests what some assemblage of “we” can do in the world as well.

“**No**” is the shortest of all, and the most powerful of all. Two year olds know this and say so loudly. But so many of us had that beaten down or ignored. We learned to suppress in order to survive. Or, what I am suspecting was my case, I was protected from the consequences of not saying no to my own harmful impulses and was thus infected with a sense of entitlement. Either way, I have to be ready with this two letter word to others and, even more so, to myself.

These small words, each a complete sentence, achieve so much, so simply. All I need is the wisdom to know when they are needed and the courage to say them.

JB – 3/20/19 (reprinted from CoDA Connections)

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