



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

October, 2021

San Diego County CoDA

PO Box 720064 San Diego,
CA 92172-0064

Info Line: **1 (760) 215-9060**

Website, CoDA Voice &

Meeting Schedule:

www.sdccoda.org

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.

2021 Virtual International CODA CONVENTION

Saturday, October 9th 8:00 am-2:00 pm (PDT)

Workshops and Speakers will run approximately
1.5 hours each with a break for lunch.

Registration via Eventbrite at

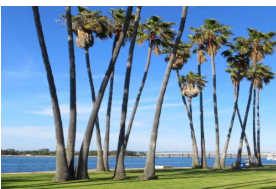
2021codaconvention@eventbrite.com

WEEKLY CoDA INFORMAL GATHERING

Each Sunday from 1–
3 pm, there is an
informal CoDA
Fellowship Gathering
at east Mission Bay -
just south of the
Mission Bay Beach
Club (at the Bay end
of Clairemont Drive).

The location is
pinned at:

[https://goo.gl/maps/
d89x4HKHbwXqngbk7](https://goo.gl/maps/d89x4HKHbwXqngbk7)



**Come join in for
fellowship and
recovery!**

Are You Ready for Some CoDA Fellowship? Then Come Join Us For Hybrid Walks In Balboa Park!



Are you ready to meet in person? If “yes”, then meet us at **Balboa Park** on
Saturday, October 9th 10:00-11:00 am at the southeast corner of 6th and Laurel.
Or if you prefer to walk with us virtually from your favorite spot, then join us on
zoom **Meeting # 838 5790 5034**, password-**fellowship**.

Can't meet us on Oct. 9th, then join us on **Monday October 18th 10:00-11:00 am.**
by the fountain in front of the San Diego Art Museum.

Or, if you prefer to walk with us virtually from your favorite spot, then join us on
zoom-**Meeting# 829 8500 9957**, password **fellowship**.

Those who meet in person have the option of a museum visit or picnic in the park.

If you have any questions, please contact Tina (619-957-3071).

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.

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.

The meeting is held on the 3rd Saturday of the month from 10:00 am-12:00 pm.

At this time, meetings are being held virtually.

The Zoom information is:

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

CoDA Sunday Speakers Meeting (2 speakers)

The first Sunday of the month at 5:30 pm

The next meeting on **Nov. 7th** will be a **hybrid** meeting at **Kensington Community Church**

4773 Marlborough St. San Diego

Zoom info: 669 900 6833 Meeting ID 861 1638 7309

Passcode 932 653

Do you want to give your recovery a boost?

Check out these: resources on [CoDA.org](https://www.coda.org):

Voices in Recovery – CoDA Members Share

Voices in Service Podcasts!

Fellowship Forum Recordings

Connections Recovery Stories

Downloadable Pamphlets



CELEBRATING 35 YEARS ANNIVERSARY

WISDOM
TO KNOW THE DIFFERENCE

Virtual Convention

OCTOBER 22-24, 2021

Presented by the CoDA Arizona Events Committee

Join us for a full weekend of workshops, meetings, fellowship, and FUN!

Suggested donation: \$25.00

TO REGISTER:
<https://azcodaconvention.eventbrite.com>



READY TO WORK THE STEPS?

If you are 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



CoDA Moments

The 4-H's, Well Maybe 5

Some of us think that the 4-H's refer to the agricultural club for youth. However, my friend has come up with another club using this designation. He and I are both recovering from codependent issues in our lives. He recently spoke on his 4-H's and his explanation had a profound impact upon me, and possibly others can benefit as well.

The **first H** is for **"HELP"**. He stated that the realization for help was necessary as a beginning step. When we go through these difficult times it is important for us to recognize that we do need help. Help comes in many forms such as support groups, therapy, church, friends, safe people, etc. You can put your own additions in as you have them.

The **second H** is for **"HEALING"**. When we have lived with serious problems in our lives and we come to deal with them, we need to heal from them. It doesn't matter what the problems may be whether codependency, alcoholism, drug addiction, failed marriages, or just plain old dysfunctional behaviors. The healing process is just that, a process. We must take time and allow ourselves what we need to heal. There is no timetable and each of us is different so we heal at different rates. The key here is that we do need to heal as a part of the process of recovery as we move on through our journey in life.

Thirdly, **the next H** is for **"HEALTHY"**. As he points out, our bodies suffer as we go through these crises and emotional traumas. We need to pay attention to our health. Things such as eating properly, exercise, mental health, and just our physical health in general are all important aspects on the road to recovery. We should not neglect the health concerns as we are recovering, to do so will prolong our recovery.

His **fourth H** stands for **"HAPPY"**. As we do begin to recover, we can begin to see the good things in life again. We can be happy as we move on. Happiness takes on many forms and can be different for each one of us. The recovery process is a journey and if we seek it, we can and will find the happiness that we deserve.

Lastly, I would like to add a **fifth H** to the list and this would be **"HOPE"**. For my journey in recovery, I have found hope in great abundance. I have experienced the benevolence of strangers in my time of need. The caring, love, and understanding for me from my support groups. There are so many people in this world that are hurting but seem to not have a focus on how to successfully cope with that hurt. I am thankful that I am working my program on my recovery journey. It does give me real hope for the future.

I would like to thank him for sharing his insights about his 4-H's he has used in his recovery process. They have helped me and I hope they can be useful to others as well.

Don V. (2007) The opinions expressed in CoDA Moments are those of the person who wrote them. Take what you like and leave the rest.