

The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous
DECEMBER, 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 Twelve Prayer

In this moment, I quiet my
thoughts and open
my mind and heart to God's
guidance for me.

In this moment, I feel the
gentle peace
that conscious contact with
God allows.

If I am troubled and in
doubt or joyful and serene,
I turn to God. I know my
path will be revealed and
the way to my highest good
will be made known.

(copied 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 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/>

CALLING ALL GSR'S AND OTHER INTERESTED CODA MEMBERS

Come and give your input to the San Diego intergroup at the monthly Community meeting. The intergroup supports the San Diego community by providing the local website, meeting list, newsletters, activities, etc. At this meeting, **GSRs have a voice** and can share any concerns or successes that their meeting is experiencing, as well as discussing/voting on any business items affecting the community. GSRs carry information back to their home group so that the group is aware of upcoming activities. If your meeting does not have a GSR, please consider volunteering for this valued position.

**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

SERVICE IS RECOVERY; RECOVERY IS SERVICE!

Sunday Speakers Meeting

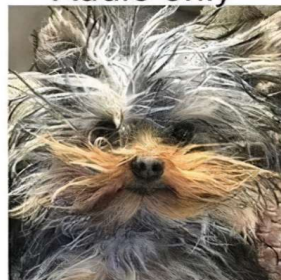
The first Sunday of
the month at 5:30
p.m.

The next meeting on
Dec. 5th 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

Zoom Meeting

Audio only

With video



Steps, Traditions, Concepts & Promises

Step 12: Having had a spiritual awakening as the result of these steps, we tried to carry this message to other co-dependents, and to practice these principles in all our affairs.

Tradition 12: Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

Service Concept 12: The Fellowship strives to practice and encourage spiritual principles in all its material, financial, and business affairs, including fairness, equality, and respect for individual rights. Every member within CoDA has a voice and is encouraged to use it. Every member has the right to know what is happening within our organization. To honor this right, and in the spirit of CoDA unity, our CoDA, Inc. organization publishes and distributes group conscience decisions, such as minutes of our service boards and motions from our CoDA Service Conferences, in the most inclusive and timely manner possible.

Promise 12: I gradually experience serenity, strength, and spiritual growth in my daily life.

Desert CoDA

FRIDAY VIRTUAL SPEAKER SERIES

5:00-6:30PM (Mountain standard time)

Meeting ID: 851 782 2381

Passcode: 2021

ALSO

Saturday Speaker Series

Presented by CoDA Arizona Events Committee

Join via Zoom

Every Saturday from 1:00-4:00 pm (Mountain time)

<https://us02web.zoom.us/j/85067247533>

Password: 010247

Audio by Phone: (669)900-9128

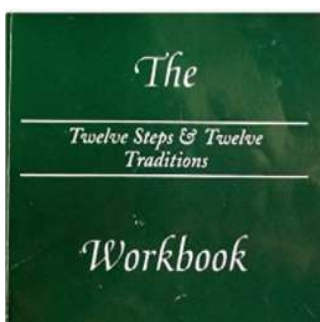
*****Check out the new San Diego CoDA meeting on Sunday from 1:45 to 2:45 in Hillcrest. More info on the website schedule.*****



READY TO WORK THE STEPS?

If you are interested in working the steps through a step study, using the CoDA 12 Steps and 12 Traditions workbook, please email or text me and I can help your group get started!

Healy: 619-339-3048 healyv@cox.net



If you're up late or need a recovery reminder while doing dishes, event recordings can be like podcasts of support.

Check out [CoDA.org](https://www.coda.org) (Member Resources)

Voices in Recovery – CoDA Members Share Fellowship Forum Recordings

Voices in Service

Also, look for the new **Public Service Announcement** which you can download and share on public and social platforms.

Another great source of past event recordings can be found on **LACoDA.org**. (Events)

“CoDA works when you work it, so work it because you’re worth it!!

Please consider submitting to CoDA Moments – a place 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

HOLIDAYS

There was a time when the holidays were about lights, and candy, and wonder, and anticipation. We were “commanded” to be giddy over the religious overtones of the season. And to keep the codependent peace, we outwardly acquiesced. But in our hearts, it was really the toys and the big fat man – the true lord of childhood – that actually counted.

Time elapsed, and like so many others, I was dismayed and disillusioned to find that our toy lord was just another fairytale sold to us by Corporate America. A mere concoction endorsed by our parents to keep us in line. As the jaded wisdom of youth set in, the holiday season – like so many other occasions – became just another excuse to indulge in debauchery. Dreams and wonder were replaced by drinking and whoring. Just a midweek weekend, snow and good tidings be damned.

These newfound holiday distractions did nothing to “cure” my codependence, but so beguilingly did they cover it up, with quick-release happiness and longer lasting headaches, that I didn’t have to worry about it during the festivities. And then parenthood soberly came along. But with offspring came a reminder of what the holidays truly could be—should one keep wonder in their heart—even if the dust of adulthood tarnished its shine. Sadly, these new creatures entrusted to me only served to further distract from healing from my codependency. The saddest distraction mind you, as my three deserved a healthy parent, versus one merely “surviving life instead of living it.

But as we’re reminded in Steps 1 and 3, it is not until we recognize that our life is out of control that we can begin to have our Higher Power “take the wheel,” so to speak. And part of this is also acknowledging that the better we are at distracting ourselves from our condition, the harder They must work towards showing us this truth. In my case, my Higher Power had to work double-digits overtime in order to provide this blessing.

I found myself stripped bare, fully ostracized by a life that I had worked so hard to construct and control. But I now know this had to occur in order to show me that what I was building was a codependent house of cards, while all along my God had planned for me a mansion. In short, it took the loss of everything – of life itself – to show me that I’d never been living it to the potential it deserved. I’d spent 40-some years re-gifting my life to damned near anyone else who would take it from me, regardless of their care for it afterwards.

Through CoDA, I am now on the road to recovery. Just typing those words causes my soul to gasp, as it’s something I never thought I would do for myself. Something I never believed I deserved. It’s a present long overdue, and one that requires meticulous and self-care-filled unwrapping in order to discover its true worth.

“Seasonal depression” is far too generous a term to describe what those of us who suffer from it actually labor through. And I still struggle with the holiday season: with the knowledge that it will never again be one that sees me gushing over my children’s joy. One that will never again find me living its bliss through others or through distractions. But through my recovery process, I am finally able to once again feel the wonder and the anticipation of the season. Anticipation of a continuing relationship with both my Higher Power and my authentic self. One where I can finally embrace the coming of a new, light-filled life ahead. One that has been planned for me to celebrate in all along.

Troy S

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