



The CoDA Voice

A monthly newsletter of

San Diego County CoDependents Anonymous

February, 2022

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 2 Prayer

In this moment, I can believe that I am never alone; I can experience the sense of freedom that having a Higher Power offers me. I can remind myself that believing is also an action, and if I am willing to practice it, one moment at a time, I will develop faith.

The **Sunday Speakers Meeting** is

held on the first Sunday of the month at 5:30 p.m. Two CoDA members share their experience, strength, and hope for approximately 30 minutes each.

The next meeting on

Feb. 6th will be a

hybrid meeting at

Kensington

Community Church

4773 Marlborough St.

San Diego

Zoom info:

669 900 6833 Meeting

ID 861 1638 7309

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/>

SDCCoDA.org

Join Us for Our second CoDA Vision Board Activity

Vision 2022

Come create a VIBRANT VISION for yourself. The more you think about the way you want your life to be, the stronger opportunity you will have in developing a plan that is going to bring you joy, gratitude, and a life of abundance.

Areas you might focus on? Spirituality, Personal and Professional Life Goals, Health, Fitness, Finances, Family, Friends, Relationships, Education, Community, and Self Care...

Areas can you think about? Think about what motivates and inspires you. Think about meaningful phrases and quotes that are uplifting and that offer clarity.

Materials: Poster Board, Magazines, Google Images, Glue Stick, Scissors, Glitter, Stickers, Fake Jewels, Feathers, Fake Money like Monopoly Money, and/or anything you can think of that might be useful in starting to create pictorially the life you want to live. Create a collage of your new life.

When: Wednesday February 9th

Time: 6:45 pm - 8:15 p m...

Zoom ID 896 3693 3648

Zoom Passcode vision

If you have questions or **if you need help with supplies**, please feel free to call Tina at 1-619-957-3071

Steps, Traditions, Concepts & Promises

Step 2: Came to believe that a power greater than ourselves could restore us to sanity.

Tradition 2: For our group purpose there is but one ultimate authority – a loving higher power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.

Service Concept 2: The Fellowship of CoDA has the responsibility of determining, through its group conscience, the service work to be performed, and the best manner to perform such work. This authority is expressed through our group conscience. Authority carries responsibility, thus, CoDA groups conscientiously provide adequate funding and support for the service work they authorize.

Promise 2: I am no longer controlled by my fears. I overcome my fears and act with courage, integrity, and dignity.

Check out CoDA.org "Store" to be directed to CoRE Publishing where you can purchase CoDA literature as well as CoDA audio CDs.



CD-Hope for a New Day, I
Thought I'd Be OK As an
Adult

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

Super news from the January Business Meeting!

Here is the new slate of officer and chair positions for 2022:

Community Rep: Sharleene

Alternate Community Rep: Sonja;

Regional Rep: Aaron

Alternate Reg. Rep: Diane P.

Secretary: Laurine

Treasurer: Erin (still pending)

Workshops, Seminars, Panels – Open

Public Information Phones: Gary

Public Information Mail: Sonja

Literature: Gary

Outreach/Hospitals and Institutions: Mika

Activities: Tina

Webmaster: Joe

Group Service Reps are an important part of the business meetings. They report on the successes and challenges that their home groups are experiencing, and they discuss and vote on any business items affecting the San Diego community. Plus, the GSRs keep their home group informed about what is happening in the San Diego Community. **Please consider volunteering for this valued position or the OPEN Workshops, Seminars, Panels chair position.**

The business 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

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

It works when you work it.

I came into the rooms of CoDA 5 1/2 years ago. My life was truly unmanageable and crazy due to the relationship with my mother. It had become so extreme I had to medicate myself just to go visit her and offer the help that she needed.

The first time I heard the Patterns and Characteristics I knew I was home. I was finally in a room with people willing to talk about their painful experiences and offer hope.

I jumped in with both feet. I faithfully attended three meetings every week. Eventually I found a sponsor and began working the Steps. With help from my Higher Power and doing the work, I came to a place of forgiveness for my abusive mother. I saw that I had a part in this dysfunctional relationship.

My past is in the past. I cannot change it. Instead, I learned to accept it — accept myself just as I am. Recognize how I became the person I am due to the culmination of all those experiences — the good, the bad, and the ugly.

Two days ago I received “the” call. Mother had passed away. I immediately went to see her. Speaking up for myself I asked the nurse for a few minutes alone. My parting words to my mom: “We’ve had a rough go of it over the years, but we’ve also had some laughs and a few good times. I choose to remember the good times.” I kissed her goodbye and quietly left.

I feel peace and serenity in this wake of emotions. I was the best daughter I knew how to be. Showing up for her. Taking care of her needs. Treating her with kindness while maintaining boundaries. Living my recovery.

Waves of sadness come over me. Periods of crying – healing tears. I’ve barely begun the grieving process. A long road lies ahead of me as this chapter closes. But I move forward with hope and strength; no regrets, no guilt. I am forever grateful for my CoDA recovery. I keep coming back because it works when I work it.

Alison J ~ November 19, 2021

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