



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

October, 2022

San Diego County CoDA

PO Box 720064

San Diego, CA 92172-0064

Info Line: 1 (760) 215-9060

Website, CoDA Voice & Meeting

Schedule can be found on

www.sdccoda.org

Please Visit

www.sdccoda.org

for San Diego CoDA
community business,
meeting information,
past meeting minutes,
bylaws, and local
community contacts.

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. (copied
from CoDA.org Step
Prayers)

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
approx. 30 minutes each.

The next meeting is Oct.
2nd and will be a **hybrid**
meeting at **Kensington
Community Church.**

**4773 Marlborough St.
San Diego.**

Zoom:

**Dial in: (669) 900-6833
Meeting ID 861 1638
7309 Code 932 653**

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/>

Help Wanted!!

SoCal Coda Conference San Diego 2023

EXCITING NEWS!!!

When: May/June **Where:** TBD (to be determined)

Theme: TBD

OPPORTUNITIES FOR SERVICE ABOUND!!

Conference Chair

Workshop Chair

Treasurer*

Registration Chair

Tech Chair/Zoom

Public Information Chair

Volunteer Coordinator*

Theme Designer*

*Position filled

To volunteer for any of these positions, email the San Diego Community Rep
at SDCCoDA.zoom@gmail.com.

Keep watching on the website and in the newsletter for further information
about how to volunteer.

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.

New Step Studies Forming

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. And, **if you are starting or participating in a step study group already that is accepting new members, please let me know.**

Text your name/email address to Healy - (619) 339-3048

SERVICE OPPORTUNITIES

Group Service Rep (GSR) - each meeting is encouraged to vote for and send a member from their group to represent their meeting at the monthly Community meeting where the business of the San Diego Community takes place. The meeting is held on zoom on the third Saturday of the month from 10:00 am until noon. All CoDA members are welcome to attend. The zoom information is:

Zoom dial in (720) 707-2699

Meeting ID: 883 4535 8086 Password 557229

Community Board-There are a few open positions on the community Board:

Activities Chair – plans fun CoDA activities such as walks, beach gatherings, holiday party, etc.

Workshop, Panels, and Seminars Chair –coordinates Super Seminar Saturday, panel discussions, sponsor workshops for the San Diego CoDA community.

Meeting Schedule Chair – keeps the meeting schedule on the website up to date so the codependent who still suffers can be reached.

If you are interested in these positions, please contact Sharleene at SDCCoDA.zoom@gmail.com

Speakers Meeting Speakers – Come share your experience, strength, and hope at the monthly speakers meeting. Share your CoDA journey with others on their path to recovery.

For more information, contact Aaron (619) 807-0869 sdcodaspeakers@gmail.com

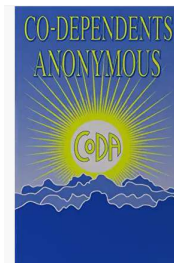
Sponsorship – always a way to do service!

??? Thirty questions ???

The Thirty Questions document is a tool for working through Steps 1,2, and 3. It was developed **by** CoDA members **for** CoDA members and is a great way to get started on working the steps.

Where can I find this tool? Go to **CoDA.org** and look for the green notice at the top of the home page and click on: **Free Downloadable CoDA Pamphlets**. Scroll through all the free pamphlets that are available to you and find Thirty Questions.

Another CoDA treasure- go on a hunt for it!



Keep coming back! It works if you work it,
so work it 'cause **you're worth it!!!**

Serenity Lifers Online— same friends, different name

The Mira Mesa Serenity Lifers meeting on Friday nights at 6:00 p.m. has gone virtual. We met for years at the Mira Mesa Presbyterian Church and switched to Zoom during the pandemic. As a result of group conscience votes in June and July 2022, we agreed to stay online indefinitely and changed our name to **Serenity Lifers Online**.

If you need a meeting on Friday nights, we'd love to e-see you! **Zoom ID 829 3652 9363# passcode 200724**. Joining by phone? Here's the number: **(408) 638-0968**. **Questions?** Text/call Bryna at (619)203-5852.

CoDA Moments – a place where you may share your experience, strength, and hope as it relates to recovery from codependency in CoDA. Please consider sharing your story!

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 by the 25th of the month.

SHARED RECOVERY

I have been in this program a long time and I still continue to learn from situations in meetings. When I feel irritated and bothered by another member of the group not following the 12 Traditions of CoDA for safety and inclusion, I quickly turn the criticism around and ask myself, “Why” does that bother me, “Why” that irritates me? Because of the Step-work I have done in this program, it becomes apparent to me that a behavior learned in my past has been triggered/activated and *that* is what is coming up for me. As I have heard it said, “It is never about what it’s about”. It isn’t about what the other person has done as much as it is a lesson in judgement and criticism for me. I am humbled by the realization that I am still unable to accept people as they are, flaws and all, (the new behavior I want in my life) and my old behavior can return and undermine my ability to connect with that particular member. *In my mind*, I thank that member for being the messenger of the gift I have received from this lesson. And I note to myself that I have work to do on that issue. I love this program.

Gary J. Sept. 2022

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

