



The CoDA Voice

A monthly newsletter of

San Diego County Co-Dependents Anonymous

April, 2022

San Diego County CoDA

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Info Line: 1 (760) 215-9060

Website, CoDA Voice &
Meeting Schedule:

www.sdccoda.org

Step 4 Prayer

In this moment, I am willing to see myself as I truly am: a growing, unfolding spiritual being resting in the hands of a loving God. I can separate who I am from what I've done knowing that the real me is emerging—loving, joyful, and whole.

(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/>

Sunday Speakers Meeting

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 April 3rd will be a **hybrid** meeting at **Kensington Community Church**
4773 Marlborough St.
San Diego

Zoom info:

Dial in: 669 900 6833

Meeting ID 861 1638
7309

Passcode 932 653

Want to give your recovery a shot in the arm??



Think about being a Group Service Rep (GSR)!

Each CoDA meeting is encouraged to vote for a member to represent their meeting at the monthly Community meeting. The GSRs have a voice and report on the successes and challenges that their home groups are experiencing, and they discuss and vote on any business items affecting the greater San Diego community. Plus, the GSRs keep their home group informed about what is happening in the San Diego Community and any upcoming activities. The only commitment is one meeting (third Saturday of the month) from 10:00-Noon **on Zoom**. The zoom information is:

Dial In: (720) 707-2699; Code: 773 573 132; Password 066788

Also, there are still **open positions** (see below) on the Community Board, so please consider volunteering for these. See the flyer on the website.

Meeting List: Updates the Community Business Meeting Phone List and San Diego County Meeting Schedule.

Workshops, Seminars and Panels: Creates and coordinates, with the help of volunteers, events which offer support to the fellowship. Past events have been Super Seminar Saturday and periodic one hour workshops.

Activities: Conducts and coordinates fun activities for the fellowship. Past activities have included beach bonfires, vision board activities, and hikes.

“Service work is both a gift and responsibility.....If each of us offers a small contribution of our time and talent to service in CoDA, the needs of CoDA will surely be met and CoDA will continue to grow.” CoDA Big Book

Steps, Traditions, Concepts & Promises

Step 4: Made a searching and fearless inventory of ourselves.

Tradition 4: Each group should remain autonomous, except in matters affecting other groups or CoDA as a whole.

Service Concept 4: All those who volunteer to do service work for CoDA by serving on committees, boards, or corporations are trusted servants, not authority figures. Ideally, trusted servants volunteer out of a desire to follow their Higher Power's will, out of gratitude for the gifts they have received from CoDA, out of a desire to grow in their ability to create and keep healthy relationships, and to contribute what they can of themselves to CoDA. The Fellowship recognizes the need to select the most qualified people willing to serve as trusted servants. At times, trusted servants may hire individuals outside of the Fellowship for commercial services.

Promise 4: I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.

SAVE THE DATE

In Unity We Recover. The Joy is in the Journey!

The SoCal conference will be held on Friday evening **June 2nd** and Saturday, **June 3rd** on Zoom. More information will be coming soon. Look forward to workshops, speakers and a chance to be of service!

HELP!! There is an in-person meeting on Fridays from 7-8 pm at Seaside Spiritual Center in Encinitas. Look for the CoDA sign on the door. See the website meeting list for information. Attendance has been low-they can use support!

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

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

News from CoDA.org

New CoDA Literature: "Joy in the Journey, Recover With Color"

A recovery-themed coloring book for codependents. This 83 page coloring book was developed as a creative outlet for codependents on their path to recovery. There are 36 original illustrations on high-quality paper inspired by the CoDA 12 Steps, 12 Traditions, and the 12 Promises. In addition to the wonderful illustrations, there are beautifully designed spaces for you to capture your recovery thoughts and ideas. Language: English. The price is \$15.00 US and can be purchased here: <https://www.corepublications.org/product/joy-in-the-journey-recover-with-color>.

CoDA Teen Project At the 2021 CoDA Service Conference, the CoDA Board and the Spanish Outreach Committee began a task force to enable CoDA to carry the message to teens suffering from codependency. All interested members of the CoDA community are invited to contribute to the goal of creating a structure that can support CoDA youth and work with them on their recovery in CoDA groups adapted to the patterns and characteristic of teenage life. Members from around the globe will participate. Spanish interpretation will be provided to enable inclusive participation on the task force. If you are interested in this project, please email codateen@codaa.org

2022 CoDA Service Conference and International Convention: DO BIG THINGS IN RECOVERY

When: August 21-25 Business Conference; August 26-28 Workshops and Speakers

Where: Rapid City, South Dakota All are welcome to participate. For more info and to register: 2022codaconvention.eventbrite.com

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

STILL ROOM FOR GROWTH

As I think about the service positions that I have taken on during my CoDA journey, I see where they have been a measure of my growth. When I first came to CoDA I went to two meetings before settling on one where I felt comfortable. This became my home group. After a couple of meetings there, they asked for someone to be the group literature person. No hands went up. I knew that **Someone** needed to take the job, so I bravely raised my hand and became the group literature person. That was a familiar codependent pattern for me – step up to a position and then wonder how and why I got there! As it turned out, I remember that putting out the literature, and selling it after the meeting was very beneficial – to me, as well as the group. I had a place to stand (by the literature table), something to talk to people about (the literature), and I had access to reading all of it myself for free! Other than helping arrange the chairs in the room, that was my first step into doing service work. As my time in CoDA went on, I took on the meeting secretary position and the Group Service Representative positions. I took both because I knew they would help me to overcome my fear of speaking up in my CoDA group. And, finally, I became group treasurer even though I thought I was not good at handling money. But, it turned out that I did a fine job!

A few years later, someone at my meeting said that a literature person was needed at the Community level. By this time, I was feeling that I had gotten a lot of growth from CoDA and it was time that I give back to this important group in my life. So, after attending a business meeting, I stepped forward. This was a great place for me. I ordered the literature for the San Diego CoDA community and sold it during the monthly meeting. I had a chance to listen to the business meeting, meet lots of people who came to pick up the literature, be aware of all new literature as it was produced, and most importantly to practice a new behavior – taking responsibility for an error that I would have tried to “sweep under the carpet” in my earlier days. I had never transferred over the ATM account that I used when purchasing literature into **my** name and six months later, it was evident that I needed to do that. So, I had to report to the Community meeting that I had neglected a part of my job. The people at the meeting didn’t chastise me or look angry or act like I was stupid. That was a part of my past life– not my present CoDA life. I learned a great lesson – take responsibility for an incident, make amends, and then go on with life having a clear conscience.

At the next elections, a friend at the community meeting told me that she had almost nominated me to do the secretary position. I told her “oh no, I could never do that! No, no, no.” Well, some years later when I was GSR for my group, the secretary position was not filled and they needed someone to take minutes at that meeting. I did- and took them at the next meeting and the next, and eventually took on that open secretary position and was secretary for the next 3+ years. I found out that not only could I do the secretary job, but that I did it well and enjoyed it. Go, Csilla!!!

While I was secretary, I kept eyeing the open newsletter position hoping that it would be available when elections were held and I was no longer eligible to remain secretary. Lo and behold – it was! And, I took on this service job. I never would have chosen to do this job several years ago because I would have thought I was not qualified for it – my computer skills are minimal and I've never done anything like this before.

The way my service work has progressed has been slow and methodical – as I gain confidence in one position, I am then ready to move on to another, always learning lessons as I go along. I have watched others in the program jump into a service position knowing that they will be supported by their Higher Power and other members of the CoDA community. I am in awe of those people who have that kind of trust. I guess I still have more growing to do and lots more to learn about myself and my Higher Power!

Csilla 4/2022

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

"I started doing service to give back. Turns out, the more I give, the more I receive." - In This Moment

