



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

MAY, 2022

San Diego County CoDA
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Website, CoDA Voice &
Meeting Schedule:
www.sdccoda.org

Step 5 Prayer

In this moment, I will acknowledge myself for doing what was most difficult for me. I will rest in the accepting presence of my Higher Power. I know I have deepened my commitment to the journey of recovery by opening myself and my heart to a fellow human being.
(copied from [CoDA.org Step Prayers](http://CoDA.org/StepPrayers))

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 is on May 1st and 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

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/>

EXCITING NEWS!! SAVE THE DATE!

Mark your calendars for **Friday, June 3rd - Saturday, June 4th** for the **2022 SoCal CoDA Conference** and join us for a virtual weekend of companionship from the comfort of your home. For more info go to <https://drive.google.com/file/d/1vf4XSlCxgtwki5fngJXxJ9EjgbidvLpO/view>

We are looking for all sorts of **volunteers** who will make this event an event to remember. Please consider doing service. Go to <https://tinyurl.com/SoCalVolunteer> to sign up to lend a hand.

Contribute to the SoCal CoDA Video Montage

Since we can't meet in person at the SoCal CoDA Conference, we'd like to bring SoCal CoDA to you. Please **help us create a video montage** by submitting photos, art, or short videos of ways that your intergroup or meetings have contributed to the strength of SoCal CoDA recovery in the last year. This video will only be shown at the SoCal CoDA Conference. For more information: <https://drive.google.com/file/d/1J3r2Eoz0HKDXnwFzJKGIEAfODd2-17Lw/view>



Steps, Traditions, Concepts & Promises

Step 5: Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

Tradition 5: Each group has but one primary purpose -- to carry its message to other codependents who still suffer.

Service Concept 5: Trusted servants are directly responsible to those they serve and are bound to honor the group conscience decision making process and uphold those decisions concerning their service work. The Fellowship also recognizes the need and right for members to honor their own experience, strength, and hope and their Higher Power's will as expressed to them. When the group conscience violates an individual's own truth and makes participation impossible, the individual may relinquish the service position.

Promise 5: I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.

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 to Healy- 619-339-3048



STILL LOOKING!

The Community Board has 3 open positions: Activities chair; Workshops, Seminars, and Panels Chair; and Meeting Schedule Chair. See the flyer on the San Diego CoDA website for more information.

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!

Graphic designers needed!

SoCal Coda has directed the SoCal Coda webmaster to redesign its website. The text and links are nearing completion, but the webmaster does not have a lot of graphics skills.

So, the SoCal Coda Webmaster is convening a temporary graphics committee to finish the redesign of the socalcoda.org website. The commitment is for an hour of service per week, either on your own or during a focused group-work-party meeting format, until the job is done. The more the merrier!

If you have graphic design, color theory, or other graphics editing skills (or any one of these skills) and you are willing to be of service, please contact webmaster@socalcoda.org.

"In recovery, I can ask for help, first from my Higher Power, and then from other people." – In This Moment Meditation Book

DO BIG THINGS IN RECOVERY

2022 CoDA Service Conference and International Convention

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

"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 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>

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

Working the Steps Today

They have just transported my daughter on a gurney to the operating room and I have at least 2 hours to wait, to pray and to choose between working the steps and agonizing. I am powerless over the outcome, as I was powerless over what brought us to the hospital today.

She had arthroscopy surgery in June because she severed her ACL ligament playing softball. After months of therapy the doctor released her to her Activities of Daily Living with the exception of having to wear a brace during competitive sports. Her knee went out again in October when she was wearing her brace, playing softball. "Why?" she asked, "why has this happened to me again?" I could only tell her it was because she didn't "get it" the first time: that she may have to build new dreams that don't include competitive sports or breaking marathon records or triathlon records.

The unmanageability of my life addressed in Step One reminds me that I cannot will her to stop competitive sports or control her thoughts about her life choices nor can I confine her to a prison of safety because I imagine it would make me comfortable. She is my baby after all.

So now I can come to believe that my Higher Power will restore me to sanity. I can learn to accept that she has every right to her choices, decisions and dreams. I can work on relinquishing control of this individual, expecting her to do what I think is right for her to do. I can stop manipulating because "mother knows best". And then I can make the decision to turn my life (and hers) and my will over to the care of my Higher Power, comfortable in the knowledge that the outcome of this surgery, including my fears about anesthesia, is in God's hands.

I started this day in Step 11 seeking with prayer and meditation to improve my conscious contact with God as I understand God. As the hour hand on the clock moves on to I over and over again, I know that I too will gratefully repeat the steps again and again. I am thankful for the guidelines to living that the steps offer me. I am thankful for having been led to a 12 Step Program.

Joan N. (2000)

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