



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## June, 2022

San Diego County CoDA  
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**Info Line: 1 (760) 215-9060**  
Website, CoDA Voice &  
Meeting Schedule:  
[www.sdccoda.org](http://www.sdccoda.org)

### Step Six Prayer

In this moment, I am entirely ready to be free of all my shortcomings. In this moment, I am ready to surrender these defects of character to God, knowing that the power of willingness to heal is great. Each new Step I take in my recovery, no matter how small it may appear, is an affirmation of my wholeness.

(copied from [CoDA.org](http://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/>

### DON'T FORGET!!

**Friday, June 3rd - Saturday, June 4th** is the **2022 SoCal CoDA Conference**. Come 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>



### 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 is on June 5th 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**

### IN MEMORIUM

**For Craig A. – a long time San Diego CoDA member**

**When:** June 18<sup>th</sup> **Where:** Crown Point Park, San Diego (look for the blue balloons by the bathrooms). **Food** will be served between 5 and 6.

Hot dogs, hamburgers, and all condiments will be provided, just bring a side dish.

**A Coda meeting dedicated to Craig will be held at 7.**

Come celebrate a special man who brought his experience, strength, and hope to the San Diego CoDA Community for many years. For more info, contact Cheri at [cheriserenity.ck@gmail.com](mailto:cheriserenity.ck@gmail.com) or text her at **619-368-9722**.

## Steps, Traditions, Concepts & Promises

**Step 6:** Were entirely ready to have God remove all these defects of character.

**Tradition 6:** A CoDA group ought never endorse, finance, or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim.

**Service Concept 6:** The Fellowship guarantees trusted servants the right and authority to freely make decisions commensurate with their responsibilities and the right to participate in group conscience decisions affecting their responsibilities. Each CoDA member is also guaranteed the right to respectfully dissent during the group conscience decision making process. A member may freely and safely express any personal grievances as long as no particular person or group is unexpectedly singled out as the subject of the grievance. Members are encouraged to honor their own integrity as well as the integrity of others.

**Promise 6:** I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.

### 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!

### UPCOMING EVENT!!!

#### Relax in Recovery

#### CoDA Camping Trip - Laguna Mountains

**Where:** Burnt Rancheria Campground – Pinyon Loop

**When:** August 12<sup>th</sup> and 13<sup>th</sup>

Space is limited to 16 tent spaces or book your own space.

#### Not a camper??

Come up to Burnt Rancheria on **August 13<sup>th</sup>** and join the campers for a **Coda Potluck and Meeting**. Bring a dish to share and dinner will be at 5; a meeting will begin at 7. Bring your own chairs.

Please sign up on EventBrite for these activities by Aug. 1<sup>st</sup> so that we know how many people to plan for. Details, further information, and directions to the campsite can be found on the San Diego CoDA Website flyers.

### 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](https://2022codaconvention.eventbrite.com)

### New from CoDA World!

Now available for \$12.99.

Order at [www.corepublications.org](http://www.corepublications.org).



(2 CDs)-Personal Sharing on the Twelve Steps

The original CoDA audio tapes have been remastered and reformatted, with each of Steps One through Twelve separated out into their own individual tracks. 12 tracks, 133 minutes.

**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](mailto:newsletter@sdccoda.org) by the 25<sup>th</sup> of the month.

### **LETTING GO OF PEOPLE PLEASING**

The codependent characteristic of people pleasing may have been based on my alcoholic parent always saying “no”, sometimes before the question was completely out of my mouth. “Mom, can I...” NO.

Needing approval, needing a “yes” that never came, I sought that approval from others. I’d go out of my way to be “liked”. If I got into an elevator with a stranger I’d know their history before we reached our floor, and they would “like” me. With the help of my Higher Power, whom I call God, CoDA has brought me to a new level of authenticity. I can love myself and see myself more as my loving God sees me. Love brought an acceptance of me as I am, gifts and flaws and all. I do not need to define myself by what another person thinks of me. Letting go of my neediness was painful, working the program and recognizing character defects hard, but necessary for my healing.

This new way is better. Remember that “the only requirement for membership is a desire for healthy and loving relationships”...thank God this is becoming true for me. Love is key in my relationship with God, with myself, and with others. Thank you, CoDA.

**Debbie in Michigan 3/7/22**

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

#### **In this moment I let go of my need for approval.**

Today I work on loving and valuing myself. As my need for approval from others decreases, my level of happiness increases. I view myself as a whole, lovable person. (CoDA literature – In This Moment)

