



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## February, 2023

San Diego County CoDA

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Website, CoDA Voice &  
Meeting Schedule can be  
found on [www.sdccoda.org](http://www.sdccoda.org)

### Please Visit

[www.sdccoda.org](http://www.sdccoda.org) for San Diego CoDA community business, meeting info, past Business Meeting minutes, bylaws, and local community contacts.

### Step Two 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. (copied from [CoDA.org](http://CoDA.org) Step Prayers)

### 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 Feb. 5<sup>th</sup> 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

Think about doing service while sharing your CoDA journey with others on their path to recovery.

Contact **Robert** (760) 672-2101 to get more details or if you wish to speak at a future meeting.

**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,**  
<http://codaa.org/index.cfm/newcomers/recovery-patterns-for-codependence/>

### Join the Fun!!

#### San Diego's "SEVEN BRIDGES" WALK

**When:** Sunday, February 19<sup>th</sup> 9:00 am.

**Where:** Meet by the Old Globe Theater in Balboa Park

**Who's invited:** All CoDA members, their children and dogs are welcome.

More information about this beautiful walk can be found online by looking under **Best Trails in San Diego** (it's #4). The full walk is 5.5 miles on flat terrain, but you can also just walk parts of it.

Don't forget, hats, sunscreen, and water. And, if you need a break, there are many coffee shops and restaurants along the way.

For further information, call **Laura (619)405-4142**.



## 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.

### Step Studies Forming.

Interested in working the steps through a step study using the **CoDA 12 Steps and 12 Traditions workbook?**

Email or text Healy and she can help your group get started. And, **if you are starting or already participating in a step study group that is accepting new members**, please let her know. Healy: 619-339-3048 [healyv@cox.net](mailto:healyv@cox.net)

### Community Meeting Update

Many thanks to all those who attended the January Community meeting. There were many GSRs participating in the annual election of officers and chairpersons. All positions were filled except the Meeting List Coordinator and the WSP (Workshops, Seminars and Panels) chairs.

The Community Meeting is held on zoom on the third Saturday of the month from 10:00 am until 12:00. All CoDA members are invited to attend and give their input regarding the San Diego Community.

**Zoom dial in (720) 707-2699**

**Meeting ID:883 4535 8086 Password 557229**

### Save the Date!!

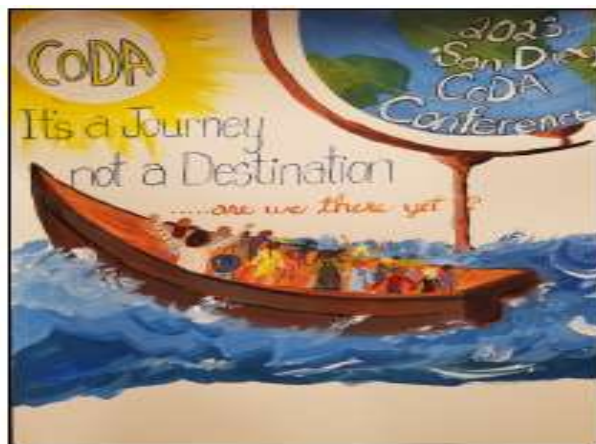
#### Joy in the Journey Online Workshop

**Sat, February 11, 2023, 8:00 AM – 11:30 AM PST**

This workshop is sponsored by the World CoDA Outreach Committee. Current CoDA sponsors and sponsees will share their experience, strength and hope regarding sponsorship. There will be time for open sharing and questions about sponsorship.

Looking for a sponsor or to be a sponsor? This workshop will be useful.

The cost is **Free**, but **reservations need to be made on CoDA.org**. Online info will then be emailed to you.



### MARK YOUR CALENDARS!!!

#### San Diego 2023 CoDA Conference Info

**June 2<sup>nd</sup> - June 4<sup>th</sup>**

This conference will be a combination of online and hybrid workshops. June 3<sup>rd</sup> will be hybrid with the in-person meetings being held at **Marina Village Conference Center** on Mission Bay in San Diego.

Check out the **Call for Service Flyer** on the San Diego CoDA website ([sdccoda.org](http://sdccoda.org)). It takes many people to host a conference so sign up for a committee of your choice! **The conference committee is also in need of technical expertise to help set up/facilitate the zoom hybrid** portions of this event.

Keep watching the website and future newsletters for further information as plans for this **AMAZING** conference develop.

“ I’ve discovered the “fun” in “dysfunctional” through service work on a CoDA committee ....I continue to learn: to honor group conscience decisions, to take constructive criticism...”  
(copied from **In This Moment**)

**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.

## Surrender

Surrender is a word I never liked! For me it conjured images of a leader in an ancient battle handing his sword to his foe or a boxing match where they throw in the towel. The word surrender felt like defeat. Yet in Step One I was asked to admit powerlessness. In Steps Two and Three I was asked to surrender to a Higher Power. I listened to the experience, strength and hope of fellow members but I couldn't shake how the word made me feel. So, I started pondering what was behind my feelings. After much reflection and journaling and talking with my sponsor, who by the way never told me what to do or feel, I realized that I didn't have trust. I didn't trust God. I didn't trust myself.

I wondered, "What would it be like to have that kind of trust relationship?" I wrote lists about unconditional love and what that would be like. One quiet day sitting in the back yard listening to the birds, it occurred to me that I had surrendered to the program. The members of the fellowship had proved they were trustworthy. They loved me no matter what I shared in a meeting. I never had this kind of love and acceptance modeled for me in my life. I realized I had suspended my cynicism and doubt when I listened to their stories. I recognized that when I was in the meeting room I had surrendered the armor of my defense behaviors so that I was open minded and open hearted. It was trust that let me Listen and Learn, which is now a slogan that I use often. It was a surprise to me that I had slowly surrendered my fears and trusted the group and the program. Years later I realized that in my early recovery the program was my Higher Power. That's where I placed my trust.

Experiencing unconditional love in meetings, I considered the possibility that my Higher Power could love me like that. In my imagination, I saw God looking at me with loving eyes, of holding me in loving arms and delighting in me exactly as I was without me needing to do or change anything about myself to receive that love. I could almost hear God asking me, "Will you let me love you?" God was working for my good through my trust in the program so I could experience unconditional love and then come to believe in a Higher Power of love. As I took time to have inner quiet, reflecting, journaling, seeing my sponsor every two weeks and attending meetings, my Higher Power took my hand and led me to the peace and serenity I desired for so long. I had a spiritual awakening. I learned Love. To this I can joyfully surrender. Unconditional Love. God loves me. I love me. Now I can trust both of us. **Sherry A. 6/6/17**

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

