



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## June, 2023

San Diego County CoDA

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Info Line: 1 (760) 215-9060

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 Six Prayer

In this moment, I am entirely ready to be freed 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.

### The Speakers Meeting

is held on the first Sunday of the month. Two CoDA members share their experience, strength, and hope for 30 minutes each. The next meeting is June 4th at 5:30 pm 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**

**Robert** (760- 672-2101) is looking for members to come and share their recovery story at future meetings. This is a great way to grow in recovery by looking back at how your journey has unfolded.

**Check out the special potluck information on the next page of this newsletter.**

**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://coda.org/index.cfm/newcomers/recovery-patterns-for-codependence/>

### It's here again! CoDA Camping

**When:** Friday, July 21<sup>st</sup> to Sunday, July 23<sup>rd</sup>

**Where:** Burnt Rancheria Campground,  
Mount Laguna off of Sunrise Highway

#### What's Happening:

Picnic Potluck Saturday 5 pm CoDA Meeting Saturday 7 pm

Sites 31 and 43 Reserved

Fellowship, Hiking, Fun!

Come hang out with your CoDA friends!

**Let us know you are going.**

[HTTPS://TINYURL.COM/YC285RSR](https://tinyurl.com/YC285RSR)

Call Aaron L. 619-807-0869 for questions



### 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.

### Speaker's Meeting Potluck

**Sunday, June 4<sup>th</sup>**

Meeting from 5:30-7:00

Potluck from 7:00 to 8:00

Please bring a dish to share. Kitchen available

**4773 Marlborough Dr. San Diego, CA**

Questions? Call Laura 619-405-4142

### CoDA Community Meeting Information

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 business.

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

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

### DON'T MISS IT!!

#### San Diego 2023 CoDA Conference

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

**June 2<sup>nd</sup> and 4<sup>th</sup>** will be online, **while June 3<sup>rd</sup>** will be hybrid with the in-person meetings being held in the Captain's Room at **Marina Village Conference Center (1936 Quivira Way San Diego)**.

**Friday, June 2<sup>nd</sup>** will have **in person fellowship** at 7:00 pm after the close of the 5:00 to 6:00 pm Zoom speaker.

Please bring chairs, blankets, beverages or snacks to share to the parking lot just south of the Mission Bay Beach Club (2688 Mission Bay Drive) next to the public bathrooms. **Come meet old and new CoDA friends!**



### Upcoming

#### INTERNATIONAL CODA CONVENTION

#### Saddle Up for Serenity, Strength, and Hope

July 28-30 Royal Sonesta Houston, Texas

<https://2023internationalcodaconvention.eventbrite.com>

\$50 in-person; \$15 virtual

#### Speakers, Workshops, and Recovery!

#### Spanish Speaking Conference

July 5<sup>th</sup> Further information on

[codahispana.org](http://codahispana.org)

### 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)**

**Work it, because you're worth it!**

**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.

## Gratitude

Before CoDA, my life was lived in chaos, reactively bouncing from one disaster to another in surprising speed with shocking results. I was out of control. I came by my addictive personality honestly and set out to put my inheritance to its full use. One day returning from work, my late wife suggested I might benefit from CoDA. This was a suggestion she said she received about me from an AA hot line. Being the good codependent I am, I immediately found [coda.org](http://coda.org), read the web site, located a nearby Saturday meeting and felt hope. Which is kind of surprising in hindsight since I was not aware at the time of feeling hopeless. My first face to face meeting was a positive experience, as helpful as reading the CoDA Foundation documents on [coda.org](http://coda.org) had been. I still attend that meeting. In time, I found a sponsor and began working the 12 steps. I overcame a fury against God, my parents, and myself.

In time, after many years of resistance, I decided to turn my will and life over to the care of God as I understood God. My 4<sup>th</sup> Step was dark, deep and painful. Then my defects began to be taken away. I recall the relief and Joy when anger was suddenly removed. My joy was short lived because I discovered fear and shame were hiding behind anger. I never experienced the sudden removal of a character defect again. A little over two years ago I joined a Step Study Group to work on helping the God of my understanding to take my fear. About six months in, I discovered to my surprise, my fear was gone. When it was taken, I do not know. Since its removal was not noticed, I had continued to use language of fear only to discover I was left with normal worries.

The last decade of my life has been the best decade. I feel free, serene and at peace. This is a state I do not take for granted. My recovery feels fragile and requires constant vigil, acceptance, and self-love, with the grace of my loving God. I accept the pain I caused others and myself before my long hard fall and I understand without my long hard fall I would not have today's recovery. I love the freedom and peace of recovery and will continue to work my program in gratitude.

Don. B. 11/2/16

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

