



# The CoDA Voice

A monthly newsletter of  
San Diego County Co-Dependents Anonymous

## November, 2023

**San Diego County CoDA**

PO Box 720064  
San Diego, CA 92172-0064

**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 Eleven Prayer

In this moment, I quiet my thoughts and open my mind and heart to God's guidance for me.

In this moment, I feel the gentle peace that conscious contact with God allows.

If I am troubled and in doubt or joyful and serene, I turn to God. I know my path will be revealed and the way to my highest good will be made known.

(copied from [CoDA Step Prayers](#))

### 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 Nov. 5<sup>th</sup> at 5:30 pm and will be a **hybrid** meeting held at:

**Kensington Community Church**  
4773 Marlborough St. San Diego  
Zoom: Dial in: (669) 900-6833  
Meeting ID: 861 1638 7309  
Code 932 653

Call **Robert (760- 672-2101)** to sign up to speak at a future meeting. He is always looking for speakers, and sharing your story is a great way to do service!

**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 works if you work it so work it cause you're worth it!!

**Conference Recordings** from the past 11 Coda Conferences can be found at: [www.socalcoda.org/recordings](http://www.socalcoda.org/recordings).

**CoDA Fellowship Forum** Join on zoom where a CoDA member shares their recovery allowing time for questions and fellowship. The last Saturday of the month, 12 pm (PST)  
<https://zoom.us/j/99712210733> Meeting ID: 997 1221 073

**Desert CoDA:** Weekly CoDA Speaker Event 5-6:30 pm (PST)  
Zoom 851-782-2381 Password 2021

**CoDA Arizona** Sunday Zoom Speakers Series 12:30-2:30 pm (Arizona time)  
<https://us02web.zoom.us/j85067247533> Password:010247  
Audio by phone: (669) 900-9128



A safe place for teens who want healthy and loving relationships

<https://coda.org/codateen/>

## Steps, Traditions, Concepts & Promises

**Step 11:** Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.

**Tradition 11:** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.

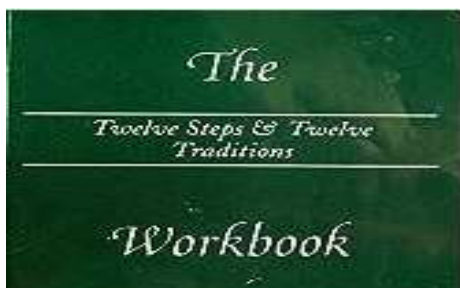
**Service Concept 11:** The powers of the CoDA Service Conference derive from the pre-eminent authority of the group conscience decision-making process. Arizona State law gives the Board of Trustees legal rights and responsibilities to act for the Fellowship in certain situations. CoDA, Inc.'s Articles of Incorporation and Bylaws are legal documents enumerating these Board rights and responsibilities.

**Promise 11:** I trust a guidance I receive from my higher power and come to believe in my own capabilities.

### Are you looking for a step study???

Email or text Healy and she can help you find a step study or 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)



### Don't Forget the CoDA Community Meeting

The **Community Meeting** is held on zoom on the third Saturday of the month from 10:00 am until 12:00 pm. The next meeting will be **Nov. 18th**. This is a business meeting where **all** CoDA members are invited to attend and give their input regarding activities and other business affecting the San Diego Community.

**Group Service Reps** are encouraged to attend so that they can participate in voting on CoDA issues and to report back to their meeting about decisions that affect the San Diego community.

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

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

**Drop in to give your input and see how a healthy business meeting functions!!**

### Experience, strength, and hope!

**CoDA members are asked to consider sharing theirs in one of these ways:**

**Story Gatherers** - Coda members can share their recovery stories of experience, strength, and hope in a new book. The literature committee is looking for stories 900 to 4,000 words long. For more info: Email [literature@Coda.org](mailto:literature@Coda.org), subject line Story Gatherers

**Lighting Our Path Daily Meditation Book** - CoDA members can share their insight, learning, gratitude, happiness in 100-200 words. For more info: Email [literature@coda.org](mailto:literature@coda.org), subject line New Daily Reader

**"Our sharing is our way of identification and helps us to free the emotional bonds of the past and the compulsive control of our present."**

7<sup>th</sup> tradition donations to San Diego County Intergroup can now be made through:



Email: [treasurer@sdccoda.org](mailto:treasurer@sdccoda.org)

Username: SanDiegoCoDA-Community

Email: [treasurer@sdccoda.org](mailto:treasurer@sdccoda.org) Link: <https://www.venmo.com/u/SanDiegoCoDA-Community>

If you have questions, please try using Google first. If you can't find your answer, please email Michelle at [treasurer@sdccoda.org](mailto:treasurer@sdccoda.org).

Seventh Tradition donations will continue to be accepted by check and are used for meeting expenses and the general support of the CoDA community

**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 **anytime** to [newsletter@sdccoda.org](mailto:newsletter@sdccoda.org) for inclusion in a future newsletter.

## IT WAS A CUP OF COFFEE

I started to attend CoDA meetings about 17 months ago. My mother was an adult child of an alcoholic and I identify with many of the patterns of behavior. My relationship with CoDA has evolved. Like any meeting, there are times when I get a lot out of the meetings and other times when I don't. There are times when I have wanted to stop going. My therapist has encouraged me to look at the meetings as a laboratory of what may be happening in other parts of my life and my feelings about it. That is sound advice, and it has kept me going back.

Recently I learned something very important that had to do with a cup of coffee of all things. Early on in my CoDA experience, I decided to let people know that I was open to going out for a cup of coffee. I was finding it difficult to get to know people in the meeting since the meetings last one hour and are fairly structured. I had several people express an interest in having a cup of coffee which made me feel good. Over time, as I continued to reach out to people, I found that some people were interested, some seemed interested but not really, and then others seemed to misinterpret the gesture which hurt my feelings.

That experience reminded me that I am attending CoDA meetings for myself. I can't look to others to validate me in the meetings. I have to validate and take care of myself. My focus was off. I was focused on how other people were responding to me instead of focusing on how I was responding to myself. I had to ask myself a tough question, "Who was I attending the meetings for?" I am learning that if I am working harder than someone else to go out for a cup of coffee, I am working too hard. I have learned that there are times when I need to step back and let the process work. When I step back, it also gives someone else space to move forward if they want to or not. I can't take things personally. CoDA keeps reminding me that I am not a mind reader. I have no idea what someone else may or may not be thinking or feeling unless they let me know.

As I continue to validate myself, I hope to be better able to reach out to others without worrying about if, when, and how someone else may or may not respond. It is not about the response; it is about my willingness to put myself out there while I lovingly take care of myself in the process.

Thanks, CoDA, for one more lesson in self-care! Who wants to go out for a cup of coffee?

**Mike H. 8/25/2023**

**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**, gratitude works.

A few years ago, I read a book that said the best prayer is a gratitude prayer. Since that day, my prayers always start with, "Thank you, God". It works! When I lost my job, I started a daily prayer thanking God for the new job I knew would come. Despite my being unemployed, I had serenity because I was confident in my Higher Power's will for me. Today I have the best job I ever had. Thank you, God. (from CoDA's [In This Moment](#) book)