



The CoDA Voice

A monthly newsletter of
San Diego County Co-Dependents Anonymous

April, 2024

San Diego County CoDA

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Info Line: 1 (619-643-4043)

Website, CoDA Voice &
Meeting Schedule can be
found on **www.sdccoda.org**

Please Visit

www.sdccoda.org for San Diego CoDA community business, meeting info, past Business Meeting minutes, bylaws, and local community contacts.

Step Four Prayer

In this moment, I am willing to see myself as I truly am: a growing, unfolding spiritual being resting in the hands of a loving God. I can separate who I am from what I've done knowing that the real me is emerging—loving, joyful, and whole. (copied from CoDA.org 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 **April 7th** 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. Sharing your experience, strength, and hope is a great way to further your recovery and that of others.

Service is the express lane to recovery!

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/>

LET'S GO FLY A KITE!



Who is invited: CoDA family and friends

Where: Tecolote Shores, Mission Bay - South of the Hilton Hotel (between 2 playgrounds)

Look for blue and yellow balloons

When: Sunday, April 7 at 2:00 p.m.

What to bring: Kite, Chairs, lunch

For information: Call Nancy M. 619-990-2139

Steps, Traditions, Concepts & Promises

Step 4: Made a searching and fearless moral inventory of ourselves.

Tradition 4: Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.

Service Concept 4: All those who volunteer to do service work for CoDA by serving on committees, boards, or corporations are trusted servants, not authority figures. Ideally, trusted servants volunteer out of a desire to follow their Higher Power's will, out of gratitude for the gifts they have received from CoDA, out of a desire to grow in their ability to create and keep healthy relationships, and to contribute what they can of themselves to CoDA. The Fellowship recognizes the need to select the most qualified people willing to serve as trusted servants. At times, trusted servants may hire individuals outside of the Fellowship for commercial services.

Promise 4: I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.

Sisters Set Free

Come join an online women's meeting held on Mondays at 6:30 pm. Members are asking for support from the CoDA Community. Please give it a try. This meeting might be **just** the meeting that you've been looking for!!!

Meeting ID 826 9143 7592# passcode 305066

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 pm. The next meeting will be held on **April 20th**. All CoDA members are invited to attend this business meeting and give their input regarding activities and other business affecting the San Diego Community. **Group Service Reps (GSRs)** are especially encouraged to attend so that they can vote on CoDA issues and 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: SDCoda

There are still positions open: Alternate Community Rep, H&I (Hospitals & Institutions), Outreach, and Public Info Mail. Descriptions of these positions can be found on the SDCCoDA website in the by-laws section.

Time to start working the steps???

Email or text Healy and she can help you find a step study, or help your group get started using the 12 Steps and 12 Traditions Workbook. And, if you are starting or already participating in a step study group that is accepting new member, please let her know.

Healy: 619-339-3048 healyv@cox.net

Step up for service and be a part of the Southern California Annual Conference Committee

The conference is scheduled to be held **June 29 and 30th**. Check the website for more details as the committee develops them.

Sponsored by the San Diego CoDA Community

Volunteers are needed – both California and remote CoDA members. Join in on the planning committee or offer your help with opportunities that arise as conference plans develop.

If you are interested in helping plan and work the conference, please send your name to: codasocalconference@gmail.com

Upcoming San Diego CoDA Zoom Series Step Workshops

Working the Steps Zoom Series

| Workshop Title* | Steps | Dates Are Specified if Confirmed** |
|----------------------|--------------------|---|
| Peace with God | Steps 1, 2 and 3. | Thursday, April 11, 2024 7pm to 8:30pm |
| Peace with Ourselves | Steps 4,5,6 and 7. | Thursday, May 9, 2024 7pm to 8:30pm |
| Peace with Others | Steps 8, 9, 10. | Thursday, July 11, 2024 7pm to 8:30pm |
| Keeping the Peace | Steps 11, 12 | Thursday, August 8, 2024 7pm to 8:30pm |

*Titles taken from the "10 Goals of the Twelve Steps" document.
**There is no June panel to avoid any conflict with the SoCal conference.

Check the website for zoom information.

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, 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, subject line New Daily Reader



CoDAteen
is here for you!

JOIN OUR GROUP MEETING, New Life
Every Friday from 6:00-7:30PM (PST-CA)
VIA ZOOM

Come, Connect, Share and Discover a New Way of Life.
Open to teenagers ages 14 to 23 years old

Meeting ID: 576 257 5364
Passcode: NewLife4me

Sponsored by CoDA Grupo VIDA (California)
For information contact Rosa S. at +1 626 221 3328
(text or WhatsApp)

WRITERS WANTED! Issues with the God word???

The CoDA Literature Committee is creating a new CoDA booklet especially for those who have bristled at, been distressed by, or have rejected the God word in CoDA literature. We need your help!

The booklet will be written by CoDA members with non traditional beliefs.

The target audience is the CoDA newcomer, CoDA members struggling with spirituality while working the program and sponsors helping sponsees who have experienced spiritual trauma or religious abuse.

If you have limited or no experience with a spiritual connection or if your experience has been non-traditional, we invite you to share your experience, strength, and hope working CoDA's Twelve Steps

For more information and to submit your 100-500 word story please email: literature@coda.org (with "Non-Traditional" in the Subject line)



Year of Unity
Strong.
Precious & Free
Ottawa, Ontario Canada

Coda Service Conference (CSC)
Annual Business Meeting
July 21-25

International CoDA Convention (ICC)
Speakers & Workshops
July 26-28

SEE CODA.ORG FOR ALL REGISTRATION AND HOTEL INFORMATION!

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 for inclusion in a future newsletter. All submissions are the property of the person who submitted it and cannot be copied or reproduced without the consent of the person submitting it.

An Opportunity to Heal

I hear an opening share at my local CoDA meeting about gratitude and my self-pity bristles with antagonism like my dog bristles himself right out of the tub at bath time. The good news is I realize that gratitude is the antidote for my self-pity, and I don't have to stay here, stuck.

Sometimes I am brimming over with joy and freedom, and I can identify that my HP will guide me to look thoughtfully forward, towards my journey because it's going to be better than I can imagine. Some days I am flat on my back and restless "like hot water on a frying pan". However, some days all I can do is confess to my HP that I missed the mark today.

The great news is it won't last half as long or be half as intense as it used to be. Now I have experiential learning that when I fall short, or have a bad day, or things don't go my way (living life on life's terms) – I am encountering an opportunity to heal in CoDA. I am also gaining an insight, to connect the dots so that I can move forward in my HP's plan.

In the event of a restless day, I have tools to seek gratitude. Through the tougher times and lessons that life can dish out, I lean into the idea that I don't have to do this perfectly. (Thank you, HP for Step 10, "when we are wrong..."), and I surrender to the idea that I get to reset and try again.

The slow removal of fear, minute by minute.

Taran S. 01/07/2024

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

