



Desert CoDA on the web: www.desertcoda.org
Desert CoDA Infoline: (760) 779-8878
Mailing Address: PO Box 10132, Palm Desert, CA 92255

Promise Four

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

Steps and Traditions

STEP FOUR:

Made a searching and fearless moral inventory of ourselves.

The first three Steps provide the foundation for our Fourth Step work. In Step Two, we came to believe in a Power Greater than ourselves. Then in Step Three, we made a decision to turn our will and our lives over to the care of God. With this spiritual foundation, we will now focus on Step Four.

Those of us who have worked this Step know that taking an inventory is less painful than not taking one. Feeling overwhelmed by our past has kept some of us from writing an inventory. Not looking at ourselves, or staying busy, had often been a way to avoid dealing with our painful feelings. But in working Step Four, we found that we could sit still with all our feelings, even the pain. We want to live a better life and are ready to accept the gifts that this Step brings. It is exciting to experience that comes as we make our inventory and learn to accept the truth.

In working Step Four, many codependents find that we share certain character defects. One of our most common controlling behaviors is the need to be right. We

were taught that being right meant we were safe, powerful and in control. It may feel frightening to imagine letting go of the need to be right. Needing to be right is an old behavior from our childhood survival skills that we no longer need. We can learn to listen to others' opinions without having to prove that we are right and they are wrong.

A FEW QUESTIONS TO HELP YOU WORK STEP FOUR:

1. What role will my Higher Power have in working my Fourth Step?
2. What fears do I have? Are they childhood fears? Are they appropriate?
3. In what ways do my codependent behaviors limit me?

TRADITION FOUR:

Each group is autonomous, except in matters affecting other groups or CoDA as a whole.

In Step Four, we take our individual inventory. In Tradition Four, we can use the inventory process to evaluate our group's effect on other meetings or on CoDA as a whole. We can do this by considering how our group's behaviors and attitudes affect the Fellowship. We may also choose

to take time at a meeting or group level to join together to assess whether we are supporting CoDA as a whole. We use the Steps and Traditions as guides to search our hearts in this process.

As much as we value autonomy, we value unity more. In this Tradition, we acknowledge we are part of a greater whole – the Fellowship of Co-Dependents Anonymous. Any decision we make should be centered in our common welfare. Because the Steps, Traditions, Preamble and Welcome define the CoDA program and our message of recovery, they are read at every meeting as is. The structure and consistency of our Fellowship's message needs to be something on which we can depend.

A FEW QUESTIONS TO HELP YOU WORK TRADITION FOUR:

1. What is "CoDA as a whole?" How is my group related to the CoDA Fellowship?
2. How can I respect the autonomy of a CoDA group, even if it isn't what I like or want?
3. How is using non-Conference Endorsed literature at a meeting harmful to CoDA as a whole?



What is Codependence?

Many of us struggle with the questions: What is codependence? Am I codependent? We want precise definitions and diagnostic criteria before we decide. Codependents Anonymous, as stated in the Eighth Tradition, is a non-professional

Fellowship. We offer no definitions or diagnostic criteria for codependence. What we do offer from our experience are characteristic attitudes and behaviors that describe what our codependent histories have been like. We believe that recovery begins with an honest self-diagnosis. We come to accept our inability to maintain healthy and nurturing relationships with ourselves and others. We begin to recognize that the cause lies in long-standing destructive patterns of living.

These patterns and characteristics are offered as a tool to aid in self-evaluation. They may be particularly helpful to newcomers.

Denial Patterns

Codependents:

- have difficulty identifying feelings,
- minimize, alter or deny their feelings,
- perceive themselves as being completely unselfish, dedicated to the well-being of others.

Low Self-Esteem Patterns

Codependents:

- have difficulty making decisions,
- judge their thought, words and actions harshly, as never being good enough,
- are embarrassed to receive recognition, praise or gifts,
- are unable to ask others to meet their needs or wants,
- value other people's approval of their thoughts, feelings and behaviors over Self- approval.

Compliance Patterns

Codependents:

- compromise their values and integrity to avoid rejection and other people's Anger,
- are very sensitive to others' feelings and assume the same feelings,
- are extremely loyal, remaining in harmful situations too long,
- place a higher value on others' opinions and feelings, and are too afraid to express differing viewpoints or feelings,
- accept sex as a substitute for love

Control Patterns

Codependents:

- believe most others are incapable of taking care of themselves
- attempt to convince others what they should think and feel,
- become resentful when others refuse their offers of help
- freely offer advice and guidance without being asked
- lavish gifts and favors on those they care about,
- use sex to gain approval and acceptance,
- have to be needed in order to have a relationship with others



Desert CoDA Community Group Business Meeting

When: 3rd Saturday of the Month, 11:30am – 1:00pm

Where: Pattis Educational Center, Eisenhower Medical Ctr.,
39000 Bob Hope Dr. Rancho Mirage, CA 92270

Purpose: For DCCG Officers, Committee Heads, and CoDA Meeting Group Service Representatives to meet, exchange insights from their meetings, make contacts for Regional and CoDA Inc. and to make available information regarding CoDA. Everyone is welcome but **only DCCG Members have voting rights.**

**Next Business Meeting – Saturday April 18th,
2009 @ 11:30 a.m., Pattis Educational Center,
Eisenhower Medical, Rancho Mirage – All are
Welcome to Attend**



CoDA RESOURCES:

Desert CoDA Info Line – 760.779.8878

www.desertcoda.org

CoDA National Office – 602.277.7991

www.codependents.org

So-Cal Regional Office – 323.340.3762

The Valleys Community – 818.379.3300

www.coda-tvcc.org

Orange County CoDA – 714.573.0174

www.occoda.org

San Diego County CoDA – 619.222.1244

www.sdcoda.org

DCCG Board Officers:➤ **Chairman:** Steve S.➤ **Vice Chairman:** Mike G.➤ **Regional Group Rep.:** David M.➤ **Treasurer:** *(Vacant)*➤ **Secretary:** David M.**February 2009 DCCG Business Meeting Minutes:**

1. OPENING: Mike G. – Meeting opened at 11:45 am at Eisenhower Hospital in the Pattis Educational Center
2. INTRODUCTIONS: Attendees were:
 - Mike G. : Co-Chair
 - David M: Secretary
 - Becky: Visitor
 - Fran: Saturday Meeting
 - Don: Monday “Into Action” Meeting
 - Jay: Newsletter Publisher
 - Scott P.: Webmaster
 - Harlan: Yucca Valley Meeting
 - Carrie: Tuesday ABC Meeting
 - Katie: So. Cal. Chair
 - Ellie: Monday 6AM Women’s Meeting
3. MINUTES: David – The January Minutes were approved as read
4. TREASURER’S REPORT: Steve S. –N/A
5. VICE CHAIR REPORT: Mike – nothing to report
6. RGR REPORT: David – N/A
7. COMMITTEE REPORTS:
 - a. *BUDGET:* – N/A
 - b. *BYLAWS:* N/A
 - c. *FUNCTIONS:* Linda – N/A
 - d. *NEWSLETTER:* Jay – Jay asked about the Wednesday evening Meeting in Palm Desert that is now closed, the consensus was that the meeting can now be dropped from the listing. Harlan indicated the Joshua Tree Meeting listing was incorrect and had moved to Monday
 - e. *WEBSITE: SCOTT:* - changes regarding the Wednesday Meeting in P.D. had been received from David, and there were website issues that were being resolved, the Conference links and shopping cart for registration are pending until information from Joe can be obtained, Katie will coordinate that with Joe.
 - f. *OUTREACH/H & I:* Mike – N/A
 - g. *’09 CONFERENCE COMMITTEE REPORT DAVID* – The final registration form for the Conference was sent to Scott from the Registration Committee Chair. The upcoming So. Cal. CoDA Conference Committee meeting is set for today after this meeting. Anyone interested in being of service are invited to call David @ (760) 668-5913 for information
8. GROUP REPORTS: -Harlan reported the Joshua Tree meeting will have its 3rd anniversary at the end of March, the format includes a Promise on the first Monday of the month, a Tradition on the second, a Story on the third and a Step on the fourth, (they have also broken the Patterns into 4 sections for their monthly discussions)they have 4 regular attendees Carrie reported the ABC Tuesday candlelight meeting is a book study and discussion with 10-12 regular attendees(although there were 30 last week), they are reading the CoDA basic text and “Code-dependent No More”. Don reported the Saturday meeting is 5-12 regular members and an intimate open discussion meeting, Ellie reported the 6AM women’s meeting is from 5-8 women and the Steps, Workbook and stories from the CoDA basic text book are read. Scott reported the Friday 6AM meeting is reading “Peeling the Onion” and has 2-4 regular attendees.
9. GROUP INVENTORY- What more can the Group do to carry the Message of Recovery?
 - a. Announcements at other 12 Step Meetings that allow announcements other than their own
 - b. Attend other meetings of CoDA than our regularly attended meetings
 - c. Web mail from site to members signed up
 - d. Obtain a Public Service Announcement from World Service and release it locally
 - e. Have H&I coordinate panels with local recovery homes
 - f. Provide Newsletters to Mental Health facilities
10. OLD BUSINESS: - Steve S. is in possession of the P.O. Box key from the past Treasurer. Scott will be assessing the transition from our current website to more accessible software for his use with the new host (to be determined pending coordination with Steve for bank payment); he also reported the area of our Community Group coverage has been posted on the website. David reported question of our registration on CoDA World website was to be found, albeit not in every possible location of Community Group listings, this could warrant further investigation.
11. NEW BUSINESS: - N/A
12. CLOSING: Meeting ended at 12:50 P.M.
The next Board Meeting is scheduled for 11:45 am, March 21st, 2009, Pattis Educational Center @ Eisenhower Hospital

Submitted by David M., Secretary



Find a meeting

MEETING INFORMATION UPDATED APRIL 2009

Email corrections to: newsletter@desertcoda.org

MONDAY

Palm Desert, CA
6:00am – 7:00am
• Women’s Meeting •
Open/Step Study
Hope Lutheran Church
Main Office Building
Look for a meeting sign
past the Main chapel.
Walk east from en-
trance on Portola
Contact: Katie M
760.773.5345

Palm Desert, CA
5:45pm – 6:15pm
• Newcomer Meeting •
Open/Share/Discussion
Intro to CoDA Q & A
St. Margaret’s Church
Hwy 74 at Haystack
Contact: Linda S.
760.347.3483

Joshua Tree, CA
6:00pm – 7:30pm
• Closed Meeting •
Big Book/Step Study/
Traditions/Promises/
Discussion
Hi-Desert Continuing
Care Center
6722 Whitefeather
Road
Contact: Linnea M.
760.464.4482

MONDAY(cont)

Palm Desert, CA
6:30pm – 7:30pm
• Open Meeting •
Steps & Traditions
Into Action CoDA
St. Margaret’s Church
Hwy 74 at Haystack
Contact: Eva W
760.772.0348

Cathedral City, CA
7:00pm – 8:00pm
• Open Meeting •
Book/Step Study
Winners Not Whiners
27620 Landau Blvd.,
Suite 3
Contact: Cindy S.
951.415.4627

TUESDAY

Palm Desert, CA
6:00am – 7:00am
• Men’s Meeting •
Open/Share/Discussion
Keedy’s Fountain Grill
73633 Hwy 111
Contact: Tim
760.831.7481

TUESDAY(cont)

Indio, CA
7:30pm – 9:00pm
• Open Meeting •
Book/Share/Discussion
Candlelight
ABC Club
44374 Palm Street
Contact: Carrie M.
760.342.6616

WEDNESDAY

Palm Springs, CA
7:00pm – 8:00pm
• GLBT Meeting •
Book/Discussion/Topic
Rainbow CoDA
Desert Pride Center
Upstairs at the Sun Ctr.
611 S. Palm Canyon
Suite 201
Contact:
760.327.2313

*The worship of
heroes is not so
noble a deed as
the act of
becoming one.*
Scott J.

THURSDAY

Palm Desert, CA
6:00am – 7:00am
• Men’s Meeting •
Open/Book Study
Keedy’s Fountain Grill
73633 Hwy 111
Contact: Don
760.702.4486

Palm Desert, CA
10:30am – 12:00pm
• Open Meeting •
Book/Share/Discussion
Christ of the Desert Church
SW Corner of Fred
Waring and San Pablo
Contact: Judy
760.346.1903

Rancho Mirage, CA
6:30pm – 7:45pm
• Women’s Meeting •
Share/Discussion/Steps/
Traditions
CoDA Soleil
41750 Rancho Las
Palmas Dr. Bldg. F,
Lecture Hall A
Contact: Kathrine
760.534.4040

THURSDAY(cont)

Palm Springs, CA
6:30pm – 7:30pm
• Open Meeting •
Book/Step Study
A First Step House
502 Alejo Rd

FRIDAY

Palm Desert, CA
6:00am – 7:00am
• Open Meeting •
Literature Meeting –
Peeling the Onion
Sunrise CoDA Meeting
Christ of the Desert
Church
SW Corner of Fred
Waring and San Pablo
Contact: Scott
760.837.9496

SATURDAY

Rancho Mirage, CA
10:00am – 11:30am
• Open Meeting •
Share/Discussion
Eisenhower Medical Ctr.
3rd Floor Conference Room
39000 Bob Hope Dr.
Directions at Main Entrance
Front Desk
Contact: Sharon M.
760.773.0044

Twentynine Palms, CA

Time: Varies (call for
times and locations)
• Open Meeting •
Open Discussion
Forever CoDA
Contact: Carolee
760.362.4060 (h)
760.819.1015 (c)

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Visit the Desert CoDA Community
Group website for more information
on meetings, events and resources,
or just to leave us your comments:
www.desertcoda.org

Upcoming Desert CoDA Events

June 2009: Southern California Regional CODA Conference
June 5th, 6th & 7th, 2009

Venue: Miramonte Resort & Spa, Indian Wells.

Please contact David M for details or to get involved. (760.668.5913)

The Business Meeting Minutes on Page 3 also contains updated information

For more information on events watch this space, or visit www.desertcoda.org.

12-STEP PROGRAM CONTACTS:

- 760.568.4004 Alcoholics Anonymous
- 888.512.0061 Al-Anon - National
- 760.614.9554 Al-Anon - Local
- 800.662.4357 Cocaine Hotline
- 800.736.9805 Families Anonymous
- 888.424.3577 Gamblers Anonymous
- 800.766.6779 Marijuana Anonymous
- 800.642.0666 Narcotics Anonymous
- 877.879.6422 Nicotine Anonymous
- 760.777.8001 Overeaters Anonymous
- 800.477.8191 Sex Addicts Anonymous

7th Tradition Information:

Suggested percentages calculated **after Meeting Expenses** are de-
ducted and “**Prudent Reserve**” is established. *Treasurers are*
suggested to take a group conscience to consider this.

60% Local Community Group Contributions:

Desert CoDA Community, PO Box 10132, Palm Desert, CA 92255

30% CoDA Regional Contributions:

So-CAL CoDA Community, PO Box 175, Orange, CA 92856

10% CoDA, Inc. Contributions:

CoDA Inc., PO Box 33577, Phoenix, AZ 85067