



EACH MONTH THE CODA NEWSLETTER WILL FOCUS ON DIFFERENT ASPECTS OF THE STEPS AND TRADITIONS WORKBOOK.



## Steps and Traditions

### STEP EIGHT:

*Made a list of all persons we had harmed and became willing to make amends to them all.*

The first part of Step Eight asks us to list all the people we have harmed, regardless of the circumstances. In the second part of Step Eight, we are asked only to become willing to make amends. We are not asked to make amends. In this Step, we do not need to decide how or when the amends will be made.

The following may be ways we have harmed others or ourselves:

- holding resentments
- acting out
- fearing intimacy
- manipulating others
- needing to be right
- cheating, lying and stealing
- obsessing or worrying
- blaming and judging others
- emotionally abusing others or ourselves
- physically abusing ourselves or others
- neglecting our responsibilities
- creating financial stress
- abandoning ourselves
- separating from our spiritual selves

If we feel frightened being vulnerable and honest, we can rely on Steps One, Two and Three to support us, as we become willing. We can ask our Higher Power to help us let go of obsessing over making our amends, and with the support of our Higher Power we can let go of the belief that harm will come if we tell the truth.

A FEW QUESTIONS TO HELP YOU WORK STEP EIGHT:

1. How do I handle fear as I work this Step?
2. In what ways have I harmed myself?
3. Whom have I harmed because of my need to control?

### TRADITION EIGHT:

*Co-Dependents Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*

This Tradition means CoDA meetings and service groups have no professional aspect. Thus, CoDA members with professional credentials participate in meetings only as recovering members of our Fellowship. If some of our trusted servants lead professional lives, they have an obligation to establish a boundary, keeping

their service in the program separate from their profession. It is often easy for codependents to be enamored of the prestige of a person's professional status. Being mindful of the servant position helps us remember our aim is a spiritual one, not a professional one.

A FEW QUESTIONS TO HELP YOU WORK TRADITION EIGHT:

1. Why don't we employ professional speakers or workshop leaders?
2. How does this Tradition apply to using literature that is not CoDA endorsed in a meeting?
3. Why is this Tradition important to the well being of our program?

*The Twelve Steps & Traditions Workbooks are available at your local group meeting place.*

### *Promise Eight*

I learn that it is possible for me to mend – to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is sage for me and respectful of them.



# Am I ever recovered from codependence?

We can become very disappointed if we believe we can stop all of our codependent behaviors. Our program reminds us to show up, work our recovery process and turn the results over to God. When we do this and release perfectionism, we can experience the hope and miracles of recovery: a life progressively filled with serenity, acceptance and love.

Codependents Anonymous, Page 107

## 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 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

### **CoDA RESOURCES:**



Desert CoDA Info Line — 760.779.8878  
[www.desertcoda.org](http://www.desertcoda.org)

CoDA National Office — 602.277.7991  
[www.codependents.org](http://www.codependents.org)

So-Cal Regional Office — 323.340.3762

The Valleys Community — 818.379.3300  
[www.coda-tvcc.org](http://www.coda-tvcc.org)

Orange County CoDA — 714.573.0174  
[www.ocoda.org](http://www.ocoda.org)

San Diego County CoDA — 619.222.1244  
[www.sdcoda.org](http://www.sdcoda.org)



# Desert CoDA Community Group Business Meeting



**Day:** 3<sup>rd</sup> Tuesday of the Month  
**Time:** 5:30 – 7:00pm  
**Place:** Portola Community Center, Rm. 2,  
 45-480 Portola Ave. Palm Desert, CA, 760.568.2560

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

## DCCG Board Officers:

- Chairman: Steve S.
- Vice Chairman: *Vacant*
- Treasurer: Steve C.
- Secretary: David M.
- Regional Group Rep. (RGR): Katie

## July 2007 DCCG Business Meeting Minutes:

1. OPENING: Steve S – Meeting opened at 5:30pm, Palm Desert Community Center
2. INTRODUCTIONS: Attendees were:
  - Steve S: Chairman
  - Eva W: 6:30pm Monday Meeting GSR
  - Katie M: RGR, Bylaws & Literature Chair
3. MINUTES: JUNE MINUTES WERE NOT READ.
4. TREASURER’S REPORT: Steve C – Was not at meeting, so there was no report from the treasurer.
5. VICE CHAIR REPORT: N/A
6. RGR REPORT: Katie – There is a Regional CoDA meeting on Aug. 18<sup>th</sup>. It was suggested that the Desert CoDA Community Group may want to consider hosting the SoCAL Regional conference in 2009. Those in attendance thought it would be a good idea, and discussion was tabled for a later date.
7. COMMITTEE REPORTS:
  - a. *BUDGET*: No Report.
  - b. *BYLAWS*: Katie – no report
  - c. *FUNCTIONS*: Chair currently open
  - d. *LITERATURE*: Katie – Currently has \$1073.50 to return to the general fund at the next meeting. This is from selling down the inventory of literature that she has. Katie will keep \$30.00 cash on hand for making change when selling literature. We will continue with our plan for reducing the literature inventory for groups to purchase.
  - e. *NEWSLETTER*: Joleene – absent, the proposed July Newsletter was presented by Steve S. and was approved with the consideration that tonight’s Minutes would be included after using email approval this week among the Board members using collective email review.
  - f. *OUTREACH/H & I*: Chair currently open
  - g. *WEBSITE*: Joleene – absent
8. GROUP REPORTS: -Eva- Monday night meeting attendance is strong. Lots of newcomers. Eva was also asked if there was a Spanish speaking CoDA meeting available in the Desert (which there is not), and had hoped that someone might come forward and start one.
9. OLD BUSINESS: Speakers meeting was discussed. We would like to do a quarterly speakers meeting that DCCG would host, possibly at the Palm Desert Community Center. Katie will check into guidelines for a speaker, and possible dates. We discussed a Thursday or Sunday event.
10. NEW BUSINESS: -Steve S. suggested that we could do a better job of communicating with the groups in our area, by identifying a contact at each group, and e-mailing news and announcements. Steve will try to get in touch with the different groups and report back next month. Joleene sent an e-mail to the DCCG to suggest that she could be considered a special worker for the website and newsletter. She could then bill the DCCG for her services, and get paid by the group. Those in attendance wanted to continue handling the Website and Newsletter in the same way that it has been going for now.
11. CLOSING: Meeting ended at 6:43 P.M.

## MARK YOUR CALENDAR

~ Next business meeting will be Tuesday, August 21, 2007, 5:30pm ~



# Where can I find a meeting . . . . .

MEETING INFORMATION UPDATED JULY 2007

## 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: David M  
760.776.5606

**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

## TUESDAY

**Palm Desert, CA**  
6:00am – 7:00am  
• Men’s Meeting •  
Open/Share/Discussion  
Baker’s Square  
7307 Hwy 111  
Contact: Tim  
760.831.7481

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

  
*Feeling stuck  
doesn’t necessarily  
mean that I am.*

## WEDNESDAY

**Palm Springs, CA**  
5:30pm – 6:30pm  
• Women’s Meeting •  
Open/Share/Discussion  
*Winners Not Whiners*  
Serenity Retreat  
2095 N. Indian Canyon  
Contact:  
760-416-7951

**Palm Desert, CA**  
6:00pm – 7:30pm  
• Open Meeting •  
Steps & Traditions  
Promises & Patterns  
*CoDA Letting Go*  
Christ of the Desert Church  
SW Corner of Fred  
Waring & San Pablo.

**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

## THURSDAY

**Palm Desert, CA**  
6:00am – 7:00am  
• Men’s Meeting •  
Open/Book Study  
Baker’s Square  
73075 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

## 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: Nan J  
760.776.5673

  
*Be kind to  
myself.*

## SUNDAY

**Yucca Valley, CA**  
6:00pm – 7:00pm  
• Open Meeting •  
Share/Discussion  
Unity Church  
58923 Business Center Dr.  
Suite J  
Contact: Harlan B  
760-660-0770

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Any corrections or updates  
to meeting information  
please send an email to:  
dcccnewsletter@aol.com  
or call our info line:  
760-779-8878

### 7<sup>th</sup> Tradition Information:

Suggested percentages calculated **after Meeting Expenses** are deducted 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

**This Newsletter and separate Meeting List are available to printout from our website  
www.desertcoda.org**

*In This Moment,  
I ask my Higher Power  
for the willingness  
to make amends.*

  
*What I need to do  
on a daily basis  
will become clear to me.*

**WHEN IT’S  
DIFFICULT  
TO FIND A  
SPONSOR**

Sometimes, I’m not ready to make amends. I’ve learned that it’s rarely beneficial to wait to make amends. Procrastination is fear of failure. I ask myself, “Failure of what? It’s an amends. The response of the other person is irrelevant.” I see that the only failure is the failure to make the amends. I’m feeling reluctant, so I ask my Higher Power for help. When I ask God for the courage and willingness to walk through it, and I do it, I always feel better. That’s when I see that the CoDA Promises do come true.

*In The Moment Daily Meditation Book  
Page 70*

### 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**
- 760.771.8001 Overeaters Anonymous**
- 800.477.8191 Sex Addicts Anonymous**

New CoDA groups usually have members with long histories in other Twelve Step programs, both as members and as sponsors. While they may not have experience with CoDA’s application of these Steps, they do understand what it means to work the Steps in daily life. Such a person may be a candidate to sponsor you. There is a form of sponsorship arising out of this kind of situation called “co-sponsorship.” If you choose this method, you and another CoDA member will sponsor each other. You can meet regularly to share what you are learning about the Steps from others and from reading CoDA literature. As you discuss various aspects of the program, you may become aware that each of you has some answers within. Some CoDA members have started sponsorship groups which meet weekly or by-weekly. This group consists of people who make a commitment to work the Twelve Steps together. Discussion is focused on applying the Steps to specific issues that are related to recovery from codependence.

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