



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



Steps and Traditions

STEP TWO:

Came to believe that a Power greater than ourselves could restore us to sanity.

Having admitted we were powerless in Step One, Step Two asks us to trust. We acknowledge our need to believe in something greater than ourselves. For many of us, this is the first time we are able to recognize that we are not the center of the universe. ...We are not the 'power greater than ourselves', nor can others be this power for us.

As children, our parents and/or others were that 'power greater than ourselves'. If these experiences left us unable to trust, we may now find it difficult to rely on anything or anything, even ourselves. ...We may also believe that we are worthy of love and guidance. As we seek help, letting go of control can be a terrifying prospect.

At this point, we can remember that the program allows us complete freedom to define this power for ourselves. Some of us find our definition of, and relationship with, a Higher Power changes over time. Each of us can begin with whatever belief provides the most comfort, using whatever degree of faith we have

at the moment. ...Our definitions matter less than our willingness to work Step Two.

Step Two is a daily part of our program of recovery. The words 'came to believe' remind us that this is a process. Our faith and serenity grow and deepen through our willingness to trust this process.

A FEW QUESTIONS TO HELP YOU WORK STEP TWO:

1. Do I need to believe in any power other than my own?
2. What if anything prevents me from believing in a Higher Power?
3. What does 'restore us to sanity' mean to me?

TRADITION TWO:

For our group purposes there is but one loving authority – a loving Higher Power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.

Tradition Two reminds us that a loving Higher Power is greater than the individual, group or trusted servant. This tradition allows us to experience humility by recognizing where our direction comes from. This Tradition points out that no one person

leads the group, makes plans for the group or provides answers for the group. The group conscience process offers us safety.

We accept the group conscience as our ultimate authority. Tradition Two allows for all concepts of a Higher Power to share the room. We begin to experience humility in our lives. We let go of the urge to take on more than we can handle.

There are very few issues that require immediate decision. At each level, a discussion is held so that all members have an opportunity to speak their individual or group opinion.

A FEW QUESTIONS TO HELP YOU WORK TRADITION TWO:

1. How does Tradition Two help me to accept the group conscience?
2. How do I learn to trust my Higher Power?
3. How can humility bring me serenity

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

Promise Two

I am no longer controlled by my fears. I overcome my fears and act with courage integrity and dignity.



Building our own concept of a Higher Power

Many of us participate in organized religions or learn various doctrines and concepts of God or a Higher Power. Some of us may hope to cleanse our sense of shame by living religious lives. Even controlled behavioral change combined with our religious beliefs are not enough. Our motives may be virtuous, but were still emotionally bound to the abusive neglectful people in our lives – most deeply, those from our childhood.

Some of us are atheists or agnostics. Organized religion may remind us of an abusive authoritarian God. Some of us may be angry at our Higher Power for the negative experiences we faced, or we may discover we've been angry at this Higher Power for years but did not know it. Some of us believe we are undeserving of God's grace.

Wherever our codependent course takes us, we find we're left with no other recourse than to seek a safe power greater than ourselves – one that can restore us to sanity. To continue recovery we must be willing to consider this endeavor.

Pages 19-21, Codependents Anonymous

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.

- accept sex as a substitute for love

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,

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

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



Desert CoDA Community Group Business Meeting



Day: 3rd Tuesday of the Month (**Next DCCG meeting: February 19, 2008**)
Time: 5:00 – 6:30pm
Place: Portola Community Center, Rm. 2,
 45-480 Portola Ave. Palm Desert, CA, 760.568.2560

DCCG Board Officers:

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

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.**

December 18, 2007 DCCG Business Meeting Minutes:

OPENING: Meeting opened at 5:00P.M. at the Portola Community Center.

1. INTRODUCTIONS: Attendees were:

- Steve S: Chairman
- Linda S. Functions
- Eva W. Monday Group Rep
- David M: Secretary
- Jay C.: Newsletter Publisher
- Katie M.: Regional Group Representative

2. MINUTES: the minutes for the November Meeting were read and approved.

3. TREASURER'S REPORT: Steve C- N/A

4. VICE CHAIR REPORT: N/A

5. RGR REPORT: Katie – News of the upcoming International Convention July 2-5, 2009 in Tiquilla, WA was presented, as well as the fact that the Los Angeles CoDA Group would host the National Service Conference in 2009; Also: CoRE reported:

- They will be offering online purchases soon through Pay Pal, as well as some materials on CD
- A new publication is now available called "Peeling the Onion"
- The next release of the CoDA Book will include original pages 102-110 from the first edition (re-edited)
- The next 12 Step Workbook will have different Step 4 material
- The committee is gathering new stories for "The Story Book"
- More Spanish publications are in the works, including the pamphlets The Newcomer's Handbook, Boundaries, as well as , What is CoDA?. The 12 and 12 Handbook as well as the CoDA Book should be available in early 2008

Additionally, SoCAL Regional is interested in your group's feedback on the proposed changes to the Patterns and Characteristics that include a new category:

EXAGGERATED SENSE OF SELF-WORTH

- | | |
|---|--|
| • I perceive myself as superior to others | • I use charm and charisma to convince you of my capacity for compassion |
| • I believe my ideas to be the best | • I believe the job will only be done correctly if I do it |
| • I deserve praise and recognition | • I know what is right-I know what is wrong |
| • I expect others to meet my needs and desires | • I am in touch with only shallow feelings, which I exaggerate in order to avoid deeper feelings |
| • I place little value on what others think and feel | |
| • I believe displays of emotions are a sign of weakness | |

6. COMMITTEE REPORTS:

- a. Budget: Steve C. – No report
- b. Bylaws: Katie – it was noted that nominations for officers would be made at the January Meeting for the Elections in February
- c. Functions: Linda S. - The group agreed on the location for accommodations for the Speaker arriving on the 11th of January, and all other arrangements of refreshments, recording and setup were approved by the group, THANKS LINDA!
- d. Literature: Katie – It was M/S/C to distribute the last of our literature inventory between the Monday and Tuesday night Meetings after the upcoming Speaker Meeting to finally close the account for literature for the time being.
- e. Newsletter: Jay – The January 2008 Newsletter was presented and approved with minor corrections to follow as an email final approval next week
- f. Outreach/Public Info: N/A
- g. Website: – N/A

7. GROUP REPORTS: N/A

OLD BUSINESS: There is still an area of service available as Webmaster to our Website

8. NEW BUSINESS:

- The upcoming Speaker Meeting was reviewed

9. CLOSING: Meeting ended at 5:40 P.M.

Next DCCG Meeting: January 15, 2008



Where can I find a meeting ?

MEETING INFORMATION UPDATED FEBRUARY 2008

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 entrance 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

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

Love is patient and kind, Love is not jealous or boastful, it is not arrogant or rude, Love does not insist on its own way.

WEDNESDAY

Palm Desert, CA
6:00pm – 7:00pm
• Open Meeting •
Steps and Traditions
Promises and 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

Life truly lived is a risky business, and if one puts up too many fences against risk one ends by shutting out life itself.

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

Rancho Mirage, CA
6:30pm – 7:45pm
• Women's Meeting •
Steps/Traditions/Discussion
on with Newsletter
CoDA Solais
41750 Rancho Las Palmas Dr. Bldg. F,
Contact: Katherine
760.534.4040

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

SUNDAY

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: Judy M
760.365.2944

7th 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 print out at our website: www.desertcoda.org

Any corrections or updates to meeting information please send an email to: dccnewsletter@aol.com or call our info line: 760.779.8878

Cognitive Benefits of Writing

Writing can reach deeper levels of memory that were once thought to be "lost." To help foster this remembering, it is good to create a contemplative atmosphere when writing. This helps to find the missing pieces of the puzzle.

Writing also stimulates cognitive, problem-solving thought processes. These help to find how the pieces of the puzzle fit together.

Using writing in recovery is especially helpful to persons who suffer from compulsive talking. Excessive talking is not an easy compulsion to identify or to cure, since more talking about it only increases the difficulty. Compulsive talking is an effective coping mechanism for survival, but it can also impede discovery of insulated deeper levels of knowledge about oneself. Writing may effectively explore these deeper levels of vulnerability and memory.

The following passage is submitted by members of CoDA's fellowship

CODA SOLAIS

love. Now that the major holidays are over, we have Valentine's Day. For some, this is that time of year to express that deep devotion you have for that certain someone special. Red rose petals, pink candles, and bubbly Pellegrino. For others it's a dreaded Pepto-Bismol reminder you're still single. As we see happy couples walking arm in arm in the brisk air, singles might wish for an avalanche.

So, as the girls of Coda Solais discussed this topic over a healthy bite at our favorite diner; we decided Valentine's Day should be about self love. Love thy self. We decided you don't need to sacrifice yourself just to have a partner. Happiness comes from within. The truth is - you can't love someone else until you love yourself. Start with making a list of what you like to do, than do it! Treat yourself

Ahh February, the month of

good, pamper, eat healthy, get plenty of sleep, exercise, indulge once in awhile, enjoy your freedom, and don't be afraid to ask for a lemon on the side. Like attracts like. And don't forget, we are all on a loan from God; a reminder, we're never alone.

To be continued in future CoDA Newsletters.

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**