

NEWSLETTER

February 2009

Desert CoDA on the web: www.desertcoda.org
Desert CoDA Infoline: (760) 779-8878
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Steps and Traditions

STEP TWO:

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

There is a plan and a power greater than anything we could possibly imagine on our own. We can experience humility, and relieve ourselves of grandiosity and of our obsession to control. We are not the 'power greater than ourselves', nor can others be this power for us.

For some, a Higher Power is the harmony of the universe or the power of meetings. Some of us place our faith in those who have come before us, believing because they believe. Our definitions matter less than our willingness to work Step Two. Yet our group experience shows us it is important to trust that this power cares for us, has our best interests at heart and can offer us the guidance we seek.

We practice using the tools of our program and we act upon our desire to believe by going to meetings, listening to others, feeling our feelings, finding a sponsor, praying and meditating. As we practice letting go, we can relax and remember that we are not in charge and we ask for guidance from this Higher Power.

A FEW QUESTIONS TO HELP YOU WORK STEP TWO:

1. What does 'came to believe' mean to me?
2. What does 'restore us to sanity' mean to me?
3. What was my image of a Higher Power before I came to CoDA?
4. How did my grandiosity and obsessive controlling manifest themselves in my life?

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.

In old thinking, we had to have the answers right away, sometimes before the questions were asked. Today, as we work our program, we learn to choose our response instead of reacting immediately. Ideally, issues brought to our local, regional, state or national levels come to a vote after having gone through the group conscience process at each respective level. As trusted servants, we find it helpful to wait for a period of time after a motion is presented. This allows mem-

bers time for meditation and conscience contact with Higher Power before reaching a group conscience decision. There are very few issues that require an immediate decision. At each level, a discussion is held so that all members have an opportunity to speak their individual of group opinion. This allows Higher Power to work at each level of the fellowship.

A FEW QUESTIONS TO HELP YOU WORK TRADITION TWO:

1. How does Tradition Two help me to accept the group conscience?
2. How does my Higher Power help me to trust myself?
3. How does being a trusted servant relate to my recovery?

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.



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 thoughts, 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

WANTED

We'd love to hear about and publish your Personal Affirmations, Poems, Stories and Messages of Strength and Hope ...

Submit your writings for publication to:

Email: newsletter@desertcoda.org

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



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.**

DCCG Board Officers:

- **Chairman:** Steve S.
- **Vice Chairman:** Mike G.
- **Treasurer:** *(Vacant)*
- **Secretary:** David M.
- **Regional Group Rep.:** David M.

December 2008 DCCG Business Meeting Minutes:

1. **OPENING:** Steve S – Meeting opened at 11:45 am at Eisenhower Hospital in the Pattis Educational Center
2. **INTRODUCTIONS:** Attendees were:
 - Steve S: Chairman
 - David M: Secretary
 - Mike G.: Co-Chair
 - Scott P.: Webmaster
 - Becky G.: Visitor
3. **MINUTES:** David – The November Minutes were approved as read
4. **TREASURER’S REPORT:** Steve S. –Steve still has yet to pick up the P.O. Box key.
5. **VICE CHAIR REPORT:** Mike – nothing to report
6. **RGR REPORT:** David – The proposed Registration Form for the 2009 Conference was presented to the So. Cal CoDA Meeting December 6th. A presentation was made for the theme “Our Spiritual Foundation” to be held here in Indian Wells at the Miramonte Resort June 5th thru 7th 2009, and discussion ensued regarding the current status of the ongoing committee work. Considerations are being made for the need to have Spanish interpreters available given the new Spanish Community Group now formed in the Los Angeles area, more information to be available at the next quarterly Meeting held in Fullerton in the spring.
7. **COMMITTEE REPORTS:**
 - a. **BUDGET:** – N/A
 - b. **BYLAWS:** N/A
 - c. **FUNCTIONS:** Linda – N/A
 - d. **NEWSLETTER:** Jay – N/A
 - e. **WEBSITE: SCOTT:** - the need for Andrew’s (past local Webmaster) and Joe’s (San Diego & So. Cal. Webmaster) email addresses was expressed by Scott, and David to provide, regarding the transition from the old website layout and the upcoming needs for the hosting of the 2009 Conference. His interest for bringing the hosting service for the website under our financial responsibility was also expressed and transferring that from the current situation is pending communication with the past webmaster who is still making that service available to us can be reached with the proper information.
 - f. **OUTREACH/H&I:** Mike – the interest in our local meeting attendees in being involved in our Desert Community Group is a concern, and Mike has agreed to attend those that have no representation and give a call to elect Representatives for their participation over the next few months.
 - g. **’09 CONFERENCE COMMITTEE REPORT DAVID** - The upcoming So. Cal. CoDA Conference Committees will be renewing their meeting regularly after the first of the year. All interested in being of service are invited to call David @ (760) 668-5913 for information
8. **GROUP REPORTS:** - the Wednesday 6 P.M. Meeting has been abandoned finally, due to lack of support by other regular attendees, David expressed dismay in the light of his new schedule that will not allow him to attend regularly, discussion ensued regarding the possibility of a dedicated member interested in service could approach the Best Western Hotel in Palm Desert to consider a Wednesday Beginners Meeting there to better serve the Outpatients staying at that facility. Steve reported the Monday night “Newcomer’s Meeting” has regular referrals from local Therapists and local treatment centers; the Monday “Into Action” group continues to be from 28 to 35 regular attendees. Scott reported the new Friday morning (6 A.M.) meeting had adopted the format reading “Peeling the Onion” and has been regularly attended by 2 to 4 members.
9. **GROUP INVENTORY-** N/A
10. **OLD BUSINESS:** - N/A
11. **NEW BUSINESS:** - N/A
12. **CLOSING:** Meeting ended at 12:50 P.M.

Next Business Meeting: Saturday February 21st, 2009 @ 11:30 a.m.

Pattis Educational Center, Eisenhower Medical, Rancho Mirage, **All are Welcome to Attend**



Find a meeting

MEETING INFORMATION UPDATED JANUARY 2009

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

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
Keedy's Fountain Grill
73633 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

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

WEDNESDAY

Palm Desert, CA
6:00pm – 7:00pm
CoDA Letting Go:
MEETING HAS BEEN DISCONTINUED

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
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: Katherine
760.534.4040

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

SATURDAY(cont)

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)

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: Linnea M.
760.464.4482

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Upcoming Desert CoDA Events

June 2009: Southern California Regional CODA Conference



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
- 760.771.8001 Overeaters Anonymous
- 800.477.8191 Sex Addicts Anonymous

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