

NEWSLETTER

January 2008

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



Steps and Traditions

STEP ONE:

We admitted we were powerless over others – that our lives had become unmanageable.

Step One begins our personal relationship with the Steps of Co-Dependents Anonymous. We admit we are powerless over our disease of codependency to ourselves and to others. As we do this many, of us experience a sense of belonging and we see that we are not alone.

We learn to identify some of the “untruths” we may have been taught: we come to realize that powerless does not mean weak; controlling others does not make us safe; looking to others for our direction does not support us in living our own lives; judging others is not our business; and believing we are all powerful is painful.

Our lives are different and rewarding when we are willing to work this Step. We experience freedom, personal integrity and self-empowerment. Developing a genuine interest in taking care of ourselves and honoring our intuition become priorities. As we let go of the need to control others, we focus on that which we can take care of: OURSELVES.

A FEW QUESTIONS TO HELP YOU WORK STEP ONE:

1. Am I controlling? How?
2. Which codependent characteristics (character defects) keep me from taking Step One?
3. What do powerlessness and unmanageability mean to me today?
4. What signs do I see that indicate that I am in denial?
5. Am I powerless over my codependent behavior?

TRADITION ONE:

Our common welfare should come first; personal recovery depends upon CoDA unity.

Beginning with Tradition One, we practice new behaviors and follow new guidelines in order to restructure our lives in recovery. We become willing to let go of our own egos and personal agendas in order to support the common welfare of CoDA.

Tradition One supports us in all aspects of our service work whether this be at an individual, group, area, state or national level. We also find that the spirit of Tradition One in our minds and hearts is essential to working with others.

With our deepening awareness of Tradition One, we begin to truly understand how essential the unity of the program is to our personal recovery. Without a strong spiritual structure, most of us believe that over time, Co-Dependents Anonymous would cease to exist.

A FEW QUESTIONS TO HELP YOU WORK TRADITION ONE:

1. When placing CoDA’s welfare first, do I give up anything?
2. What is our common welfare?
3. How can Tradition One support me in all of my relationships?
4. How do I value myself appropriately and yet have our common welfare come first?
5. What tools can I use to remember that others are entitled to their opinions?

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

Promise One

I know new sense of belonging.
The feeling of emptiness and loneliness will disappear.



Beginning the journey of recovery from codependence

In our codependence, we excessively place our faith and hope in ourselves, our mates, children, relatives and friends – even our careers and lifestyles. We do this for our safety, value, worth and wellbeing.

In recovery, we learn to build faith and hope, and progressively surrender our lives to the care of a loving Higher Power. We learn to let go of our controlling and avoidance behaviors, to resolve our feelings about what we do, and emotionally detach from those on whom we compulsively rely.

Some of us gladly reach for our Higher Power's hand. Some of us reach in desperation. Some of us realize that our ability to trust anyone or anything has been so greatly diminished that it may take time. We may need to feel some sense of safety. We may have to act as if we have faith until it becomes a reality.

Even with our Higher Power's help, none of us loves or lives our lives perfectly. Our humanity continues to evolve. We begin to realize that perfectionism is merely an illusion.

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: January 15, 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.**

November 20, 2007 DCCG Business Meeting Minutes:

1. OPENING: Meeting opened at 5:01P.M. at the Portola Community Center.
2. INTRODUCTIONS: Attendees were:
 - Steve S: Chairman
 - Steve C: Treasurer
 - Katie M. Regional Representative
 - Eva W. Monday Group Rep
 - David M: Secretary
 - Linda S. Functions Committee
3. MINUTES: the minutes for the October Meeting were read and approved.
4. TREASURER'S REPORT: Steve C- The balance of our bank account is \$3,442.53 , not including the designated Literature Fund that now totals \$1,250.00
5. VICE CHAIR REPORT: N/A
6. RGR REPORT: Katie – The next scheduled meeting is December 1st in Orange County
7. COMMITTEE REPORTS:
 - a. Budget: Steve C. – The average 7th Tradition that has been collected from all groups contributing over the last few months is roughly equal the projected cost of publishing our monthly Newsletter
 - b. Bylaws: - No report
 - c. Functions: - It was reported that Linda S. has scheduled the next Speaker event for January 11th
 - d. Literature: Katie – Current inventory is 10 Books and many brochures. The Books will eventually be sold and if the brochures are slow to move, they may be distributed among the local groups for distribution.
 - e. Newsletter: Jay - N/A
 - f. Outreach/Public Info: N/A
 - g. Website: – N/A
8. GROUP REPORTS: Linda reported the 6AM women's Meeting generally attended by 6 or 7 members is reading the CoDA Book and the format is to read for 10 minutes and sharing about the reading.
 OLD BUSINESS: none
9. NEW BUSINESS:
 - The position of Webmaster is open to any CoDA member having the qualifications
10. CLOSING: Meeting ended at 5:40 P.M.
11. Next Meeting December 18th 2008

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

CoDA SOLAIS Five women soldiers in from the cold to sit at wooden tables.
 Swirling scents of coffee flavor the air.
 Thoughts encountered alone finding the hope to share
 But, my curiosity arose,
 Who are we gathered to be? A thorn or a rose?
 To speak of painful lessons, both past and new,
 A common strength we did not lose,
 We unite in hope in our higher power,
 For real love comes from a heavenly shower.
 In this hour of the fading day,
 We let go of what we don't need and keep what we want to take away.

As we sat at the coffee shop sharing our experience, strength and hope and trials and tribulations of relationships, I couldn't hope but wonder, where are all the good men? Is it the desert or are we just being codependent?

Someone once said about the desert, "they're either gay, grey, or leaving on Tuesday." I don't think we would mind the grey too much but my grandpa's friends? No is a complete sentence. Raylyn doesn't have to worry, she's content with her first sober partner of three years. Jasmine goes to LA to meet men. Jill has given up on finding a partner all together; her last was "a messenger" as she puts it. Bella and I are in hope. Bella reminds me of Charlotte in Sex in The City. I'm Carry, I suppose. I know we need to rely on our higher power but he doesn't expect us to hide under a rock either.
 I'm going through a separation so I suppose I'm not the best of dating material. Bella met an amazing let's- take- it- slow man only to come home from a trip two months later and he's married! Why is it so hard? Is it our codependency or is it the desert or have we lost faith?

To be continued in future CoDA Newsletters.



Where can I find a meeting ?

MEETING INFORMATION UPDATED JANUARY 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 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
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

*I have held many
things in my
hands, and I have
lost them all; but
whatever I have
placed in God's
hands, that I still
possess.*

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

*Even if I knew that
tomorrow the
world would go to
pieces, I would
still plant my ap-
ple tree.*

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

*Life can only be
understood back-
wards, but it must
be lived forwards.*

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

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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

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 printout at our website: www.desertcoda.org

Welcome to CoDA

We welcome you to Co-Dependents Anonymous—a program of recovery from codependency where each of us may share our experience, strength and hope in our efforts to find freedom where there has been bondage and peace where there has been turmoil in our relationships with others and ourselves. ...

We have all learned to survive life, but in CoDA we are learning to live life. ...

No matter how traumatic your past or despairing your present may seem, there is hope for a new day in the program of Co-Dependents Anonymous. No longer do you need to rely on others as a power greater than yourself. May you instead find here a new strength within to be that which God intended, precious and free.

Passage taken from Codependents Anonymous

CoDA Speaker Meeting:

The Desert CoDA Community Group is sponsoring another Speaker Meeting. It will be held on **Friday, January 11th at 7pm** in **Karns Hall at St. Margaret's Church, Highway 74 at Haystack.**

Karla, our speaker has been member a of CoDA since 1994. She used this program to extricate herself from two very dysfunctional relationships with an alcoholic and with a person who had a mental disorder. In addition to speaking at various 12 step conferences, she's written many articles related to recovery that have been published in both Al-Anon and CoDA newsletters. We invite all those in recovery and encourage everyone to bring guests.

You have to count on living every single day in a way you believe will make you feel good about your life...

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