



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



Steps and Traditions

STEP SEVEN:

Humbly asked God to remove our shortcomings.

The direction of this Step is simple. It is not results oriented; we ask and then let go. By the time we get to Step Seven, we may have strong feelings about our shortcomings and our past behaviors. We realize that our shortcomings are harmful, and recognize we may still be making choices today based on our old behavior.

Humbly asking God to remove our shortcomings does not necessarily mean being on our knees, although some of us seek out a church, temple, or other peaceful or sacred place. We may have learned in childhood that humility meant humiliation; today we believe differently.

We learn to accept ourselves, without being controlled by what others think of us. We learn that humility can be a good thing, bringing good feelings.

Our Higher Power has seen all we have done in our lives, and loves us just as we are today. We accept that.

A FEW QUESTIONS TO HELP YOU WORK STEP SEVEN:

1. What are my shortcomings?
2. How is *humbly* asking different from being *entirely* ready?
3. What does humility mean to me?
4. In what ways might Step Seven assist me in my recovery?
5. Does the affirmation, "God knows everything about me and loves me as I am,; help me in this Step?

TRADITION SEVEN:

Every CoDA group ought to be fully self-supporting, declining outside contributions.

One way a meeting or group supports itself is financially, which is crucial to the survival and growth of CoDA. Another, and equally crucial way of being self-supporting, is through our service work.

Being of service is important to CoDA and to our individual recovery, not what we are doing. All service positions at all levels are equal. Serving as the literature person at your home meet-

ing is just as important as being a national committee chair.

Accepting outside contributions creates outside affiliation as discussed in Tradition Six. Adherence to Tradition Seven protects CoDA groups from outside influence or obligations.

A FEW QUESTIONS TO HELP YOU WORK TRADITION SEVEN:

1. In my personal life, am I self-supporting? If not, what can I do to become more self-supporting?
2. What constitutes an *outside contribution* in my meeting?
3. How does Step Seven relate to Tradition Seven?

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

Promise Seven

I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.



What does my childhood have to do with my life today?

As we continue our recovery work in CoDA, we find many of the thoughts, feelings and behaviors of our childhood are present in our adult lives and relationships. For example, if we experienced a raging parent, we may experience fear of anger or confrontation as adults. We may not be direct or act appropriately with these situations. Instead, we may be passive, aggressive or passive-aggressive in our behaviors. If there were childhood expectations of perfection, we may still find ourselves trying to be perfect and/or demanding that others be perfect. Codependence is about extremes. Our First Step helps us to identify our codependent behaviors. As we cultivate this process, we begin to see the childhood patterns that reoccur in our lives today. As we do this, we're able to move forward in our healing process and release the powerful hold of our past.

Page 102-3, 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.

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

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.ocoda.org

San Diego County CoDA – 619.222.1244
www.sdcoda.org



Desert CoDA Community Group Business Meeting



Day: 3rd 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

June 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
 - David M: Secretary
 - Katie M: RGR, Bylaws & Literature Chair
 - Eva W: 6:30pm Monday Meeting GSR
 - Xavier L. Visitor
3. MINUTES: David – The May Minutes were read, and approved.
4. TREASURER'S REPORT: Steve C – The new bank account was finally able to be used. The back bills that were incurred over the last few months while the account was developed were paid, including the phone service (\$5.00/month) was carried for many months as well as the P.O. Box rental by Steve personally, and then the services were also paid in advance for the next 6 months, as well. The June Newsletter cost was paid (\$145.00), bringing our current account balance to \$1,968.74.
5. VICE CHAIR REPORT: N/A
6. RGR REPORT: Katie – The 4th Quarter So. Cal. Meeting was held at the annual Convention, June 8-10th in Marina Del Rey, and there was much talk there about the new line of CoDA Literature that was being translated into Spanish. There is also a new Pamphlet being developed to be entitled "Peeling the Onion". Discussion about the wording of Tradition 3 included the possibility of including a phrase that alluded to having a successful relationship with oneself. The motion was not passed. The announcement that excess funds were collected during last year's "Fall Mountain Retreat" resulted in the disbursement of \$100.00 to various CoDA Community Groups in Southern California, including the Desert CoDA Community Group to do with as we see fit. It was then announced that the upcoming 18th annual "Fall Mountain Retreat" for Southern California CoDA members Sept. 14-16 in the San Bernardino Mtns., and with the monies just received today it was moved by Katie to have the donated funds from last year's event available to a local desert resident as a Scholarship to attend this exciting event on a first-come-first-served basis. Interest members are invited to contact Katie. The Literature Committee is actively engaged in identifying the procedure that was used to edit the text that resulted in the 5th printing of our book "Codependents Anonymous", there appears to have been some impropriety in the editing process, and local members are formulating a statement to keep future editing committees in accord with our Traditions. Katie reported she was elected as the new Vice-Chair of the So. Cal. Regional Group and we are very honored to have such a trusted servant in our Desert Community Group.
7. COMMITTEE REPORTS:
 - a. **BUDGET:** Steve C – The evaluation of the previous 6 months indicates a monthly shortfall of \$70.00 in our income over expenditures. The Newsletter cost is our largest monthly expense and was evaluated as far as how to keep this service at its maximum efficiency without having our bank balance depleted over the next 20 months to an unacceptable level. The consideration of the three of the seven local groups that contribute 7th Tradition money for our budgetary income was discussed and the notification in the form of a CoDA Announcement by any member to all of the groups we attend to have the personal contributions of each member to the Group Basket increased from \$1.00 to \$2.00 to relate to the increased cost of living would benefit the Groups as well as our Budgetary concerns about keeping the Newsletter going strong. This matter was tabled until next month for further consideration.
 - b. **BYLAWS:** Katie – no report
 - c. **FUNCTIONS:** Chair currently open
 - d. **LITERATURE:** Katie – Our current inventory of Codependents Anonymous books stands at 40, available at the reduced price of \$9.50 each, made possible by our bulk purchase last year, as well as an ample inventory of CoDA pamphlets available at our cost to all members and literature representatives who can contact Katie for delivery. We are out of Workbooks, and as noted last month, we will disperse our inventory until gone and not re-stock until such time in the future as it seems relevant.
 - e. **NEWSLETTER:** Joleene – absent, the proposed June 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: - It was noted that there is a lack of representation from the local groups on the Community Group level, and that all Meetings are invited to have someone attend to give and receive feedback to our local CoDA community. A brief caption of our personal meeting attendance was given by all.
9. OLD BUSINESS: - a motion to clear the calendar of all old business topics was moved/seconded and passed
10. NEW BUSINESS: -The consideration of how to implement a new meeting in the desert using a Speaker Format was considered and tabled for next month.
11. CLOSING: Meeting ended at 6:43 P.M.

MARK YOUR CALENDAR

~ Next business meeting will be Tuesday, July 16, 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

*Each day I am
conscious of my
recovery process.*

WEDNESDAY

Palm Springs, CA
5:30pm – 6:30pm
• Women’s Meeting •
Open/Share/Discussion
Winners Not Whiners
Palm Springs
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

*Today I am
willing.*

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

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 from our website
www.desertcoda.org**

In This Moment, I am worthy of recovery.

I was having trouble with my recovery. I hadn’t called my sponsor for a while or done any writing. I stopped reading recovery books. I felt I wasn’t working my program well and was ashamed to go to meetings. Fortunately, I remembered Tradition Three: “The only requirement for membership in CoDA is a desire for healthy and loving relationships. I realized what mattered was that I still desired that. A CoDA meeting isn’t just a place for me to talk about how I’ve recovered. It’s a [place for me to learn how to recover. When I feel unworthy is when I really need a meeting.

*In The Moment Daily Meditation Book
Page 73*

*The only behavior
I have any control over
is my own.*

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**

FINDING YOUR FIRST MEETING One of the most common problems for newcomers is finding their first meeting. If you have accomplished this, congratulations! Some newcomers report that they called someone who didn’t return their call. We encourage them not to give up, to call again, or call someone else. Persistence pays when trying to find your first CoDA meeting.

*Newcomer’s Handbook
Page 13*

Taking Responsibility

As always in CoDA, the emphasis is on learning to take responsibility for one’s self. If you feel uncomfortable with another’s sharing, please “take what you need and leave the rest. In CoDA we learn not to give advice. We learn to allow another the dignity to make his/her own personal discoveries.

*Newcomer’s Handbook
Page 20*