



Desert CoDA on the web: www.desertcoda.org
Desert CoDA Infoline: (760) 779-8878
Mailing Address: PO Box 10132, Palm Desert, CA 92255

Promise Six
I learn to see myself as equal to others.
My renewed relationships are with equal partners.

Steps and Traditions

STEP SIX:

Were entirely ready to have God remove all these defects of character.

Accepting our defects with humility allows our healing to begin, and honesty with our Higher Power and ourselves plays a major role on becoming entirely ready. "Entirely" means completeness, which means letting go of trying to control our defects. We are asked to be entirely ready as we work our program, writing, sharing, meditating, and asking for knowledge of our Higher Power's will in our lives. Continuing to be entirely ready becomes a way of life not a one time event.

This Step does not say how or when our defects will be removed. We can use Step Three to remember that it is not our plan. It is our Higher Power's plan for us that we accept, even when we do not understand. This is our Higher Power's will. Many times we realize a defect has been removed, and we are not sure when it happened. Again, we are reminded that recovery is a journey not a destination.

We relied upon these character defects for many years. Because of this, we struggle to let go and be entirely ready. Indeed, it takes

effort and it is not easy to let go of old "friends" such as obsessing, the need to be right, people pleasing judgment, fear, procrastination and perfectionism. We become entirely ready, so that our Higher Power can remove our character defects. Step Six is another Step that reminds us how important it is to practice letting go.

A FEW QUESTIONS TO HELP YOU WORK STEP SIX:

1. How do I become entirely ready?
2. How can I overcome any resistance I feel to hearing that I have defects of character?
3. What prompts me to justify or minimize these defects of character?

TRADITION SIX:

A CoDA group ought never endorse, finance or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.

Tradition Five teaches us that we come together for no other reason but to recover from codependency. Tradition Six refers to our "primary spiritual aim" for the

first time. The spiritual foundation of our program becomes clear as we continue to study our Traditions.

With that in mind, we keep ourselves from engaging in outside obligations and responsibilities. If we lend our name to a building, recovery facility, church or hospital, we create an obligation outside our program. Outside obligations divert us from our primary spiritual aim. Our focus is always on our spiritual aim, spreading the word to those who still suffer from codependency. If we lose that focus, our program's foundations will be lost.

Another way we can be diverted from our primary spiritual aim is when professionals begin or join a CoDA meeting for their own personal gain instead of coming to a meeting for their own recovery.

A FEW QUESTIONS TO HELP YOU WORK TRADITION SIX:

1. How can issues of money property or prestige divert us from our primary spiritual aim? What other issues might divert us
2. What harm is there in allowing a treatment facility to use our name?



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 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

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.**

**Next Business Meeting – Saturday June 20th,
2009 @ 11:30 a.m., Pattis Educational Center,
Eisenhower Medical, Rancho Mirage – All are
Welcome to Attend.**

DCCG Board Officers:

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

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

May 2009 DCCG Business Meeting Minutes:

1. OPENING: Mike G. – Meeting opened at 11:45 am at Eisenhower Hospital in the Pattis Educational Center
2. INTRODUCTIONS: Attendees were:
 - Mike G. : Co-Chair
 - David M: Secretary
 - Don: Monday “Into Action” Meeting
 - Scott P.: Webmaster
3. MINUTES: Mike – The April Minutes were not taken, but review of the meeting was given by Mike, in attendance were: Mike – Co-Chair, Scott – Webmaster, Don – Monday Sect.; Linea – Joshua Tree Meeting Rep.
4. TREASURER’S REPORT: Mike – a spreadsheet given to Mike from Steve was reviewed
5. VICE CHAIR REPORT: Mike – Sitting in for Steve
6. RGR REPORT: David – the next meeting of So. Cal. CoDA is during the Conference, June 5th
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 recent requests for technical support by two local CoDA members will not be responded to by the Webmaster; Scott’s position is reserved exclusively to making our site available to all our members. Each individual is responsible for their ability to access our site, or find the source of their individual problem with the assistance of the trained professional of their choice.
8. In response to other persistent requests from one of the above mentioned members, the personal emails of the Board Members will not be divulged by the Webmaster to any CoDA member, and any personal issues anyone may have with any Board member will not be addressed by the Webmaster. Scott recommended these members solve any individual problems they may have with any Board Member with the help of a Sponsor, and offered to provide quotes on our site soon from CoDA approved literature that promotes the use of Sponsorship to solve problems in Recovery.
9. The availability of monthly reminders sent to Board members regarding the upcoming Community Group Meeting each month was noted.
- f. OUTREACH/H&I: Mike – the upcoming So. Cal. Conference will provide our Outreach Committee the chance to engage in dialogue with the representatives from the San Diego area that have a very strong H & I presence in their area. The question of providing our local Psychology Community with the option to print emailed Newsletters in their offices was raised, to give our current economic condition a new option, Mike offered to raise the question with those on our mailing list.
- g. ’09 CONFERENCE COMMITTEE REPORT DAVID – The final decisions on the upcoming Conference are being handled with weekly meetings of the Committee Chairs. Emails promotional information are being sent soon from the Registration Committee Chair. The Audio Engineer and Live music details will be ironed out in the next few weeks, as well as the finishing touches on the Decorations Committee’s developments to make this event a memorable one for all who are able to attend.
8. GROUP REPORTS: -Don reported the attendance of many Newcomers to the early Q & A Meeting that precludes the “Into Action” CoDA Meeting, the regular attendance runs around 35 lately. The last business meeting resulted in a decision to resume the \$3.00 charge for the Newcomer’s pamphlet, as the downturn of the 7th Tradition and increase of the rent for the room has brought the financial reality that the group can no longer purchase and give the pamphlets away and maintain its economic health.
9. GROUP INVENTORY- How is Sponsorship endorsed by the Group?
 - a. Can we publish a list of names and phone numbers of local members available to Sponsor?
 - b. How can we make notifications available on our Website related to the importance of Sponsorship?
 - c. Can we make a recommendation to the Newsletter Editor to publish references to Sponsorship that can be quoted from the Stories in the back of our Basic Text?
 - d. Can the Community Group publish a quote every month endorsing Sponsorship?
 - e. The discussion of these questions was tabled until next month
10. OLD BUSINESS: - the past discussions of a “message board” or hosting a local “online meeting” was tabled
11. NEW BUSINESS: - N/A
12. CLOSING: Meeting ended at 1:25 P.M.

The next Board Meeting is scheduled for 11:45 am, June 20th, 2009, Pattis Educational Center @ Eisenhower Hospital, all are welcome.

Submitted: David M – Secretary



Find a meeting

MEETING INFORMATION UPDATED MAY 2009
Email corrections to: newsletter@desertcoda.org

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

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

MONDAY(cont)

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

Cathedral City, CA
7:00pm – 8:00pm
• Open Meeting •
Book/Step Study
Winners Not Whiners
27620 Landau Blvd.,
Suite 3
Contact: Cindy S.
951.415.4627

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

TUESDAY(cont)

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

WEDNESDAY

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: Kathrine
760.534.4040

FRIDAY

Palm Desert, CA
8:00am – 9:00am
• 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

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)

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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

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
760.777.8001 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

You can sign up to receive our newsletter via email, or submit your own suggestions at:
<http://www.desertcoda.org/newsletter.html#subscribe#subscribe>