



CoDA OF THE DESERT

CoDependents Anonymous
is a fellowship of men and women whose common purpose is to develop healthy relationships.

Visit our Website: www.desertcoda.org ★ Find a meeting in the desert. ★ **Meetings listed on the back.**

APRIL 2020

RECOVERY OF THE MONTH
Step 4: Made a searching and fearless moral inventory of ourselves
Tradition 4: Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.
Promise 4: I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.

RE-CAP Mary R. Co-Founder of CODA

We had the privilege of having Mary R. co-founder of CoDA, speak on February 28th. She opened up the evening by introducing herself as 'a very grateful, recovering codependent'. Filled with tremendous love and grace, Mary described her childhood as crazy, confused and having had an enmeshed relationship with her father. She spent her childhood and adolescence covering up fear by unsafe behaviors. She used drugs and alcohol to numb out feelings of toxic shame and fear. She was a chameleon and tried to fit in. She never felt accepted and that she was good enough.

When Mary became sober, she realized the steps were the answer to feeling okay with who she was. She had an addiction to fear and did not know how to express anger. She had no tolerance for stress and wanted everyone to get along. Through the CoDA program Mary was able to accept herself. Mary met Ken early on in her sobriety. They were both willing to do the same amount of work to heal and eventually grew into a great relationship.

Mary realized that we each have our own idea of a Higher Power. She tried to control her HP. Fear was her HP. The more she stopped running from fear and shame she developed a great relationship with God. Her recovery family, loving and accepting, has always been her family of choice.

CoDA recovery opens our hearts. CODA helps us get right with ourselves before we can get right with others. A human condition. Trust is built on behaviors that take time. We must first learn to love and trust ourselves before we can love and trust others.

Mary ended by saying 'All we have is today'. The gift in healthy fear is wisdom.

Healthy shame is important to give us a sense of humility. We are human. Recovery gives us freedom when we are stuck. We are here to recover and to have healthy, loving relationships.

-Mary Beth K.

To listen to the recording of Mary R.'s speaking event please go to www.desertcoda.org.



THE BENEFITS of CoDAA...
(CO DEPENDENT ANIMALS ANONYMOUS)

During this time of 'Sheltering in Place' and 'Social Distancing' there are meetings available. If you know of any other online CoDA meetings please email me and we will post on our website.

Online Meetings: Women's CoDA Meeting

Everyday at 5PM
398 792 9766

<https://crossfithealth.zoom.us/j/3987929766>



Shine Your Light

Every Wednesday 9:30AM
432 451 5835

<https://us04web.zoom.us/j/4324515835>



Courage to Change

Every Wednesday 10am
686 650 412

<https://zoom.us/j/686650412>



2020 CoDA Virtual Speaker Events

Friday's at 5-6PM

Open to Men & Women CoDA Members
ZOOM

<https://crossfithealth.zoom.us/j/938756336>

meeting ID 938 758 336

April 3rd

Cindy S.

Faith Over Fear

April 10th

Jeannie L. and/or Joy F.

Living in Recovery

April 17th

Heidi A.

Awareness. Surrender. Love.

April 24th

TBD

Thank you. Stay safe and healthy,
Mary Beth

Chair of Functions Committee
marybeth@evidenceforchange.com

THIS MONTH'S CODA OF THE DESERT COMMUNITY GROUP MEETING
Wednesday, April 15, 2020 at 6PM
HOPE CENTER
Hope Lutheran Church
45900 Portola Avenue Palm Desert CA 92260

WEEKLY DESERT CODA MEETING SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Palm Desert, CA 6:00am – 7:00am Women’s Meeting Open/Book Study Hope Lutheran Church Contact: Katie M. (760)832-1503	Palm Desert, CA 6:00am – 7:00am Men’s Meeting Open/Share/Discussion Keedy’s Fountain Grill 73633 Hwy 111 Contact: Rich F. (760)861-4932	Palm Desert, CA 9:30am-10:30am Open Meeting "Shine Your Light" Christ of the Desert Church 73441 Fred Waring Contact: Kristy H. (760)285-4041	Palm Desert, CA 6:00am – 7:00am Men’s Meeting Open/Book Study Keedy’s Fountain Grill 73633 Hwy 111 Contact: Rich F. (760)861-4932	Palm Desert, CA 8:00am – 9:00am Open Meeting "Peeling the Onion" Christ of the Desert Church 73441 Fred Waring Contact: Pauline E. (760)779-0403	Palm Desert, CA 10:00am – 11:30am Open Meeting Share/Discussion Eisenhower Medical Center Basement Directions: Front Desk Contact: Don T. (760)980-9247
SUNDAY					
Palm Desert, CA 8:00am – 9:00am Men’s Step Study Cramer’s Men’s Hairstyling 73710 Hwy 111 Contact: Terry C. (760)346-0251	Palm Desert, CA 6:00pm-7:00pm Women’s Book Study "From the Heart" Palm Desert Library 73-300 Fred Waring Dr Contact: Judy J. (760)485-6720	Palm Springs, CA 10:00 am-11:00 am Alano Club 463 W. Dominguez Rd Palm Springs, CA Contact: Daniel D. (775)219-9510	Palm Springs, CA 7:00pm – 8:00pm Big Book Study LGBT Center 1301 N Palm Canyon Dr, Suite 301, Rm A Contact: Tim G. (323)855-9303	Desert Hot Springs 5:30pm – 6:30pm Courage to Change Open/Discussion Comm. UM Church 66735 Pierson Blvd. B Contact: Darlene L. (760)905-3539	
Beaumont, CA 10:00 am – 11:00 am Open Meeting Beaumont Community Center 1310 Oak Valley Pkwy Room # 1 Contact: Heidi N. (760)885-5126	La Quinta, CA 3:00pm-4:00pm Young Peoples Meeting Ages 16-25 Co-ed Book Study Desert Flow at RUHS 78140 Calle Tampico Room #218 Contact: Ursula (760)863-7970		CONTROL PATTERNS OF CODEPENDENCY CODEPENDENTS OFTEN... <ul style="list-style-type: none"> ❖ believe most other people are incapable of taking care of themselves. ❖ attempt to convince others of what they “should” think and how they “truly” feel. ❖ become resentful when others will not let them help. ❖ freely offer others advice and directions 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. 		
Palm Desert, CA 5:30pm– 6:15pm Newcomer Q & A Open/Reception St. Margaret’s Church 47535 CA-74 Palm Desert, CA Contact: Richard R. (541)941-4047	Palm Springs, CA 6:00 pm – 7:00 pm “12 Step Study Group” Meeting of CoDA Our Savior Lutheran Church 1020 Ramon Rd, #101 Contact: Calvin C. (760)250-1473				
Palm Desert, CA 6:30pm– 7:30pm “Into Action” Open Meeting St. Margaret’s Church 47535 CA-74 Palm Desert, CA Contact: Andrew (760)574-7202	<i>Let It Be</i>				

