

# MEETING LIST

## **Monday Palm Desert**

\*6:00 A.M. Women's group  
Hope Lutheran Church  
45900 Portola Ave.

\*5:45 P.M.—6:15 P.M.  
Q & A Meeting

\*6:30 P.M.—8:00 P.M.  
St. Margaret's Church  
47535 Hwy 74.

## **Monday Cathedral City**

\*7:00 P.M.—8:00 P.M.  
Winners, Not Whiners  
27620 Landau Blvd. Ste 3  
Contact: Cindy S. 951.415.4627

## **Tuesday Indio**

\*7:30 P.M.—9:00 P.M.  
ABC Club 44374 Palm St.

## **Tuesday Palm Desert**

\*6:00 A.M.—7:00 A.M.  
Keedys Fountain Grill  
73-633 Hwy 111  
Men's Stag Step/Discussion  
Contact Tim: 760.831.7481

## **Wednesday Morongo Valley**

\*9:00am-10:00 A.M.  
Morongo Valley Social Club  
49840 Highway 62.  
Contact: Gail H. 760.808.4975

## **Wednesday Palm Desert**

\*9:30 A.M.—10:30 A.M.  
College Recovery Community  
43-725 Monterey Ave. Ste. G  
"Shine Your Light"  
Contact Kaththe: 760.880.7121

## **Wednesday Palm Springs**

\*6:30 P.M. to 7:30 P.M.  
Golden Rainbow Senior Ctr.  
611 S. Palm Canyon  
Upstairs Ste 201  
Gay/Lesbian/Bisexual/Transgender  
Contact: 760-416-7790

## **Thursday Palm Desert**

\*6:00 A.M.—7:00 A.M.  
Keedys Fountain Grill  
73-633 Hwy 111  
Men's Stag Discussion  
Contact Don: 760.702.4486

## **Thursday Palm Springs**

\*6:00 P.M.—7:00 P.M.  
502 N. Cerritos  
"Peeling the Onion Palm Springs"  
Contact George: 760.992.9235

## **Friday Palm Desert**

\*8:00-9:00 A.M.  
Peeling the Onion  
College Recovery Center  
43-725 Monterey Av # G

## **Saturday Rancho Mirage**

\*10:00 A.M. - 11:30 A.M.  
Eisenhower Medical Center.  
39000 Bob Hope Dr  
Pattis Educational Center  
In the basement  
Open/Discussion

## **29 Palms Area**

\*Varies (call for times and locations)  
Forever CoDA  
Contact: Carolee  
760.362.4060 h  
760.819.1015 c



## Desert Area Codependents Anonymous Community Group Newsletter

May 2011

### Members Share

#### Grateful for feelings:

I am entitled to my feelings, they are mine; sometimes confusing and frightening. Those feelings nudge me along my path and help me change me so I can ask for my needs to be met without fear or shame. I can identify feelings to take the scare out of them: fear, anger, glad, or sad.

Uncomfortable feelings are there for me to see what I don't want in my life, laying the foundation for identifying what I do want. Today I recognize that I have the power to choose how to react to uncomfortable feelings.

I can either:

1) Sit with them and feel them. Explore their lesson and accept the gift of how good it feels when they pass.

Or:

2) Compulsively eat, booze, gamble, self abandon, deny my feelings away and condemn myself to endlessly return to my unresolved feelings of inadequacy, fear, sorrow and hopelessness.

I am so powerless over others and outcomes that I overlooked the power that I do have; over me, my reactions, and behaviors. I have the power of choice, and the power to change me while allowing my feelings to work with me as my guide. KF

**Step 12—Having had a spiritual awakening as a result of these steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.**

#### GUIDANCE:

When I meditated on the word GUIDANCE, I kept seeing "dance" at the end of the word. I remember reading that doing God's will is a lot like dancing. When two people try to lead, nothing feels right. The movement doesn't flow with the music, and everything is quite uncomfortable and jerky.

When one person realizes and lets the other lead, both bodies begin to flow with the music. One gives gentle cues, perhaps with a nudge to the back or by pressing lightly in one direction or another. It's as if two become one body, moving beautifully. The dance takes surrender, willingness, and attentiveness from one person and gentle guidance from the other.

My eyes drew back to the word GUIDANCE. When I saw "G" I thought of God, followed by "U" and "I" dance! God, you and I dance. This statement is what guidance means to me. As I lowered my head, I became willing to trust that I would get guidance about my life. Once again, I became willing to let God lead. Dance together with God, trusting Him to lead and to guide you through each season of your life.

Dawn D.  
Submitted on CoDA website: May 05, 2010

## CoDA Community Group

- Meets third Saturday of the month
- 11:45 A.M.—1:00 P.M.
- Pattis Educational Center (basement of Eisenhower Hospital)
- David 760-668-5913

Submit Newsletter articles to your Group Representative, or email Kaththe: Fenderoa@aol.com

We are seeking a Webmaster for our website. Contact: David  
760-668-5913

**Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

### ***Denial:***

Often in our frustration, we clearly see what everyone else is doing wrong, but we can't recognize our own wrongdoing. *Codependents Anonymous p. 9*

Step work helps us see our part in our frustrations, we begin to stop blaming others and take responsibility for ourselves.

### ***Acceptance:***

As we break through our denial, we're better able to determine the degree of our problem. *Codependents Anonymous p. 10*

Once in acceptance, I can release myself from worry, guilt and regret about my past and present. I am aware enough not to repeat it.

### ***What brings us to CoDA***

may be a crisis; divorce, separation, or suicide attempt, feelings of desperation and loss. Our pain turns out to be a gift, without it we can't experience a real desire to change our lives. Our pain makes urgent our decision to climb out of our pit of pain.

CoDA p.2

### ***Understanding***

codependent behaviors can be especially tough because many of them are not destructive; as children we may have used these behaviors to survive abuse or neglect. For example, we might have developed internal detectors to read our parents' moods, and then developed behaviors based on their moods to keep them happy and to feel safe ourselves. Behaviors that served us well in childhood are now causing our lives to deteriorate.

In recovery, we must remember to be patient, loving and forgiving of ourselves as we begin this new path to freedom. *CoDA p.7*

## ***Acceptance***

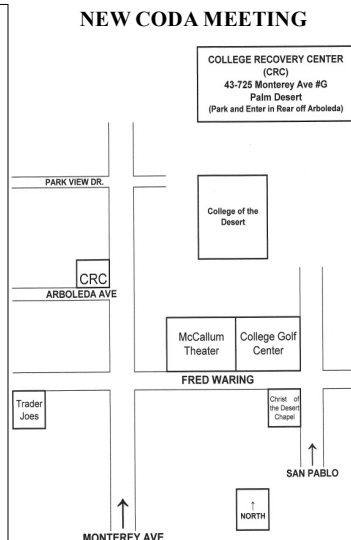
I may not get my way

I can still have my say

Then accept

when the chips

fall as they may



Two CoDA meetings now at College Recovery Community  
Wednesday 9:30 to 10:30 AM  
Friday 8:00 to 9:00 AM

**2011 SoCal Regional  
CoDA Conference  
June 17, 18, & 19  
Online Registration  
[www.Socalcoda.org](http://www.Socalcoda.org)**

Held at

**The Radisson Westside.  
6161 W. Centinela Ave.  
Culver City, CA. 90301  
Volunteer help needed.**

**If interested,  
please contact Lesley E.  
via email  
[LesleyJ427@gmail.com](mailto:LesleyJ427@gmail.com)  
or  
by phone at 310-463-3618.**

**These are some of the patterns  
and characteristics of codependence**

### **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.
- Do not recognize the unavailability of those to whom they are attracted.

### **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.
- Have trouble setting healthy priorities.

### **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.
- Put aside personal interests and hobbies to do what others want.
- 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.

### **Avoidance Patterns**

Codependents:

- Act in ways that invite others to reject, shame, or express anger toward them
- Judge harshly what others think, say or do.
- Suppress their feelings or needs to avoid feeling vulnerable.
- Pull people toward them, but when they get too close, they push them away.