



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



## Steps and Traditions

### STEP TWELVE:

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

Step twelve tells us that the result of working the steps is a spiritual awakening. A spiritual awakening could be described as the way members find their Higher Power and what each member has received from working the Twelve Steps.

Sometimes spiritual awakenings are gradual and experienced in hindsight, like coming to the realization that we are the ones that need to change, and we cannot change others. We are reminded that our spiritual awakening is a result and comes after the time has been spent working the Twelve Steps.

This Step suggests that the principles of our program can be applied to all aspects of our lives. Learning to live life differently, we become aware that we cannot separate our life of recovery from the other aspects of our life.

A FEW QUESTIONS TO HELP YOU WORK STEP TWELVE:

1. How do I know if I've had a spiritual awakening?
2. What is my experience in trying to carry the message?
3. What tools do I have today as a result of the Steps?
4. What might separate me from my spiritual awakening or a Higher Power?
5. How do I practice these principles in all my affairs?

### TRADITION TWELVE:

*Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.*

Tradition Twelve clarifies that CoDA is a spiritual program, and that "anonymity is the spiritual foundation of all our Traditions."

Being anonymous may include not only keeping our last names private, but also where we live, how much we make, and what we do for a living. This reduces the possibility of personally judging ourselves and others.

Anonymity creates safety because it establishes an environment where we can speak with less fear of being judged or quoted.

The traditions teach each member and group of CoDependents Anonymous how to protect our anonymous, spiritual, and inclusive Fellowship.

A FEW QUESTIONS TO HELP YOU WORK TRADITION TWELVE:

1. What does anonymity mean to me?
2. How does anonymity create a spiritual foundation for our Traditions
3. Why is it important for the group to uphold anonymity?
4. How does anonymity help me place principles before personalities?

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

### *Promise Twelve*

I gradually experience serenity, strength, and spiritual growth in my daily life.



# The Traditions in service work

Our Twelve Traditions are the spiritual principles for the membership of CoDA as a whole, and the spiritual guidelines for the provision of service work. They help CoDA to remain spiritually centered and to operate from a state of integrity. They provide us a clear and specific path so that CoDA will continue to be available for us all.

Applying the Traditions and their spiritual principles in service work means learning to speak for ourselves, and practicing spiritual equality with others and maintaining boundaries. We learn to accept others' differences, to lovingly confront passive and aggressive abuses and to work together with others for CoDA's highest good. We learn to be part of a team working toward, and developing unity within the CoDA program.

We risk hurting CoDA if we do service work without the guidance of the spiritual principles found in our Twelve Traditions. We can prevent this by applying the knowledge and wisdom of our Traditions as well as well as sharing the experiences of our membership.

*Pages 91-92, 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](http://www.desertcoda.org)

CoDA National Office – 602.277.7991  
[www.codependents.org](http://www.codependents.org)

So-Cal Regional Office – 323.340.3762

The Valleys Community – 818.379.3300  
[www.coda-tvcc.org](http://www.coda-tvcc.org)

Orange County CoDA – 714.573.0174  
[www.ocoda.org](http://www.ocoda.org)

San Diego County CoDA – 619.222.1244  
[www.sdcoda.org](http://www.sdcoda.org)



# Desert CoDA Community Group Business Meeting



**Day:** 3<sup>rd</sup> Tuesday of the Month  
**Time:** 5:00 – 6:30pm  
**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, make 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

## October 16, 2007 DCCG Business Meeting Minutes:

1. OPENING: Meeting opened at 5:00P.M. at the Portola Community Center.
2. INTRODUCTIONS: Attendees were:
  - Steve S: Chairman
  - Steve C: Treasurer
  - Eva W. Monday Group Rep
  - Linda S. Monday 6 AM
  - David M: Secretary
  - Barbara: Visitor
  - Katherine: Wednesday Meeting
3. MINUTES: the minutes for the September Meeting were read and approved.
4. TREASURER'S REPORT: Steve C- The balance of our bank account was \$3,257.03 until the addition of the \$27.00 from the 7<sup>th</sup> Tradition collected from the Speaker Meeting and \$45.00 from Literature sales brought the current total to \$3,329.03
5. VICE CHAIR REPORT: N/A
6. RGR REPORT: Katie – N/A
7. COMMITTEE REPORTS:
  - a. Budget: Steve C. – No report
  - b. Bylaws: Steve C. - No report
  - c. Functions: - Discussion ensued about the results of the first Speaker meeting held lately by the Community Group. Linda S. volunteered to spearhead the next Speaker event, and more information will be made available over the next few weeks.
  - d. Literature: Katie – N/A
  - e. Newsletter: N/A
  - f. Outreach/Public Info: N/A
  - g. Website: Joleene – N/A
8. GROUP REPORTS: Linda reported the 6AM women's Meeting is reading the 11<sup>th</sup> Step in the CoDA workbook, and has 3 other books lined out to read in their format. Steve C. reported the 6AM Men's Group that has meet twice a week for quite some time, has had occasion to organize a trap and skeet shooting event lately with the members regularly attending numbering 10 to 12 men. Eva reported the Monday evening Meeting had moved back into Karns Hall again and that many who attend the early beginners Meeting are staying and regularly attending the 6:30 Open Meeting, causing the numbers to grow to about 35-40.  
 OLD BUSINESS: none
9. NEW BUSINESS:
  - It was proposed that Jay would be accepted into the position of Newsletter Editor as soon as he can present us with the November issue as his fledgling voyage
  - Katherine proposed the announcement of a group to conceive a regular column for the Newsletter that would be loosely based on a television series and have CoDA based themes collaborated on by willing volunteers from the CoDA Community. The Group passed a motion to have the November issue contain an ad to call for interested members to call Katherine and Meet sometime in the future to collaborate on the final nature of the project.
  - We are still in need of a permanent webmaster for the website as Joleene is no longer available to manage the site on a regular basis. Anyone with experience willing to volunteer will be considered.
10. CLOSING: Meeting ended at 5:48 P.M.
11. NEXT BUSINESS MEETING: **Tuesday, December 18, 2007 at 5:00pm**

## **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.

**December Ad: Auditions for Codependents in The Desert are going on now. Wanted: 2-3 females for a 6 month commitment to meet once a month for one hour evening coffee/ meal and chat. Other male and female characters, writers, and producers wanted as part time as well. No experience necessary. Contact: Katherine, (760) 534-4040**



# Where can I find a meeting . . . . .?

MEETING INFORMATION UPDATED SEPTEMBER 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 entrance 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

*Even the darkest moments can be faced with a grateful heart, if not for the crisis itself, at least for the growth it can evoke with the help of our Higher Power.*

## 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

*Half an hour’s meditation is essential except when you are very busy. Then a full hour is needed.*

## 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

*If we do not change our direction, we are likely to end up where we are headed.*

## 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: dco newsletter@aol.com or call our info line: 760-779-8878

### 7<sup>th</sup> 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](http://www.desertcoda.org)**

## Boundaries

“Boundaries” is a term that may not be familiar to people new in recovery. There are different kinds of boundaries: internal, external, physical, emotional, sexual, time, energy, etc. Boundaries can be thought of as setting limits, guidelines, or ground rules within personal relationships. These boundaries are defined by each person based on individual experiences, relationship problems, and growth. They are unique for each person, as each of us has our own set of problems. Establishing boundaries means not losing one’s identity and individuality in a relationship.

*Newcomer’s Handbook  
Pages 34 & 35*

*Today I will make a contribution to my spiritual development. I will try to identify the obstacles that block my faith.*

### 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

Our response to newcomers who ask for advice or for answers to their problems is necessarily limited by our own, individual recoveries. Without recovery, codependent relationships are based on a need to rescue, fix, change-for-the-better, and selflessly serve others. These characteristic behavior patterns used to be interpreted as “loving care” and “concern.” In recovery, they are associated with “control.” Control is a major complex issue. It refers to “controlling the actions of others through emotions.” Recovering codependents want to avoid being a “controller” or a “controlling person.” They purposely do not caretake, rescue, or advise anyone, including newcomers. For newcomers who have spent their lives in codependent relationships, this may feel like a lack of care or concern by the group. It is actually a sign of good health for codependents to have this boundary.

*Newcomer’s Handbook  
Pages 23 & 24*