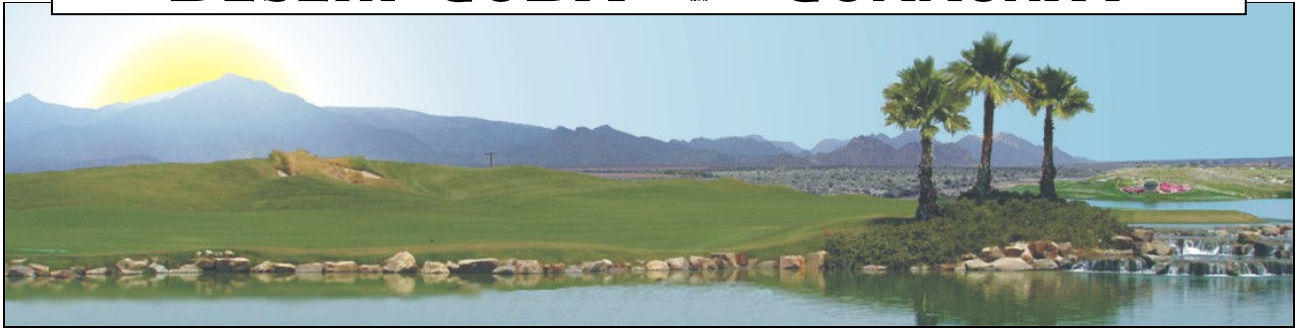


# DESERT CODA COMMUNITY



## NEWSLETTER January & February 2006

### *The Race*

In the moments just before the dawn  
My sleepy gaze fixed on the skies  
The question comes, "Must I go on"  
"Oh Yes" my holy guide replies  
For all the work you came to do  
And all the words you ache to say  
Are not just for the little you  
But the others in your life today  
Then my gaze goes deeper still  
And a gentle smile adorns my face  
As I recall a higher will  
Who does not care to run life's race

*By Michael G.*

***This  
Valentine's  
Day  
give others the  
greatest gift of  
love.....***



***take care of yourself  
so you have a healthy  
way to love them.***

*We* often refer to recovery from codependency and adult child issues as "self-care." Self-care is not, as some may think, a spin-off of the "me generation." It isn't self-indulgence. It isn't selfishness – in the negative interpretation of that word.

We're learning to take care of ourselves, instead of obsessively focusing on another person. We're learning self-responsibility, instead of feeling excessively responsible for others. Self-care also means tending to our true responsibilities to others; we

do this better when we're not feeling overly responsible.

Self-care sometimes means, "me first," but usually, "me too." It means we are responsible for ourselves and can choose to no longer be victims.

Self-care means learning to love the person we're responsible for taking care of – ourselves. We do not do this to hibernate in a cocoon of isolation and self-indulgence; we do it so we can better love others, and learn to let them love us.

Self-care isn't selfish; it's self-esteem.

*Today, God,  
help me love myself.  
Help me let go of feeling  
excessively responsible  
for those around me.  
Show me what I need to do  
to take care of myself  
and be appropriately  
responsible to others.*

\*\*\*\*\*

Passage taken from  
*The Language of Letting Go*  
by Melody Beattie  
Pages 105-106

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

# Desert CoDA Community Meeting List

(Revised Jan. 2006)

## CoDA RESOURCES:



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.occoda.org](http://www.occoda.org)

San Diego County CoDA  
(619) 222-1244  
[www.sd coda.org](http://www.sd coda.org)

Los Angeles CoDA  
(323) 969-4995  
[www.lacoda.org/](http://www.lacoda.org/)

### MONDAY:

#### **Palm Desert, CA**

5:45 – 6:15pm • Newcomer Meeting  
Introduction to CoDA Q & A  
St. Margaret's Church Library  
Hwy 74 at Haystack  
Contact: Katie 760.773.5345

#### **Palm Desert, CA**

6:30 – 7:30pm • Into Action CoDA  
Steps and Traditions Discussion  
1<sup>st</sup> and 3<sup>rd</sup> Mondays  
St. Margaret's Church Library  
Hwy 74 at Haystack  
Contact: Katie 760.773.5345

### TUESDAY:

#### **Palm Desert, CA**

6:00 – 7:00am • Men's Meeting  
Open Share  
Baker's Square  
7307 Hwy 111  
Contact: Tim 760.831.7481

#### **Indio, CA**

7:30 – 9:00pm • Candlelight  
Book/Share/Discussion  
ABC Club  
44374 Palm Street  
Contact: 760.342.6616

#### **NEW DAY, TIME, & LOCATION**

#### **Palm Desert, CA**

3<sup>RD</sup> TUESDAY OF THE MONTH  
5:30 – 7:30pm • Business Meeting  
Everyone is welcome  
Portola Community Center, Rm. 2  
45-4580 Portola Ave  
760.568.2560

### WEDNESDAY:

#### **Palm Springs, CA**

5:30 – 6:30pm • Winners Not Whiners  
Women/ Open/ Discussion  
Palm Springs Serenity Retreat  
2095 North Indian Canyon Dr  
Contact: 760-416-7951

#### **Palm Desert, CA**

7:00 – 8:00pm • CoDA Letting Go  
Open/Share/Non-Denominational  
Christ of the Desert Church  
SW Corner of Fred Waring and San Pablo.

#### **Palm Springs, CA**

7:00 – 8:00pm • Rainbow CoDA  
Open/ Book/ Discussion/ Topic/ GLBT  
Desert Pride Center  
Upstairs at the Sun Center  
611 S. Palm Canyon Suite 201  
Contact: 760-327-2313

### THURSDAY:

#### **Palm Desert, CA**

6:00 – 7:00am • Men's Meeting  
Book Study  
Baker's Square  
73075 Hwy 111  
Contact: Don 760.702.4486

#### **Palm Desert, CA**

10:30am – 12:00pm  
Open/Book/Discussion  
Christ of the Desert Church  
SW Corner of Fred Waring and San Pablo  
Contact: Judy 760.346.1903

#### **Palm Springs, CA**

5:30 – 6:30 pm  
Open/Share/Discussion  
Seventh Day Adventist Church  
620 South Sunrise Way  
Contact: Janette 760.808.1434

### SATURDAY:

#### **Rancho Mirage, CA**

10:00 – 11:30am  
Open/Share/Discussion  
Eisenhower Medical Center  
39000 Bob Hope Dr  
Floor 3-East  
(directions at front desk)

**Special  
Announcement**  
DCCG Business  
Meeting has changed to  
a new day, time &  
location.  
Check the Meeting List.

## 7<sup>th</sup> Tradition Information:

Suggested percentages calculated **after Meeting Expenses** are deducted and **"Prudent Reserve"** is established.

60% Local Community Group  
30% CoDA Regional  
10% CoDA Inc.

Local Contributions  
CoDA Community Group  
PO Box 10132  
Palm Desert, Ca. 92255

CoDA Regional  
SoCAL CoDA  
PO Box 175  
Orange Ca. 92856-6175

CoDA Inc.  
CoDA Inc.  
PO Box 33577  
Phoenix, Az. 85067-3577

*Treasurers are suggested  
to take a group conscience to consider this*

*Any corrections or updates to meeting information please contact  
the newsletter editor Steve at 760-771-9151*

## LISTINGS OF 12-STEP PROGRAMS:

Alcoholics Anonymous	760-568-4004
Al-Anon	888-512-0061
	760-674-9554
Codependents Anonymous	760-779-8878
Families Anonymous	800-736-9805
Gamblers Anonymous	760-328-2808
Narcotics Anonymous	760-346-5800
Nicotine Anonymous	760-345-4913
Overeaters Anonymous	760-773-9173
Sexaholics Anonymous	615-331-6230
S-Anon	818-973-2235

*Sometimes Love does*

*mean you have to say  
you're sorry.*

*Making amends is crucial  
to recovery.*

## WANTED

*Your Personal Affirmations, Poems, Hopes,  
Strength and Experience....*

Submit your writings for publication in this newsletter, by sending them to:

- ❖ Email: [codanewseditor@dc.rr.com](mailto:codanewseditor@dc.rr.com)
- ❖ CoDA Community Group, Attn: Newsletter Editor  
Po Box 10132, Palm Desert, Ca. 92255

# 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

**NEW DAY, TIME, & LOCATION**

**CoDA Community Group Business Meeting:**

**Day:** 3<sup>rd</sup> Tuesday of the Month

**Time:** 5:30 to 7:30pm

**Place:** Portola Community Center, Rm. 2, 45-4580 Portola Ave, Palm Desert, CA, 760.568.2560

**Purpose:** For DCCG Officers, Committee Heads and CoDA Meeting Group 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.

December 10, 2005 DCCG Business Meeting Minutes:

- Meeting opened at 11:50 am at Eisenhower Medical Center, 3 East Conference Room with the following in attendance: Katie-Chairman, Nan-Treasurer, Dean-Secretary, and Steve-Tues/Thurs. Men's Group Rep.
- Minutes-Dean read Oct. minutes; motioned and carried
- Regional Representative-the S.C. Regional Conference will be at the Newport Beach Radisson on 6/9-6/11/06; flyers not out yet
- Committee Reports:
- Budget-Nan-bank balance is \$2,112.69
- Literature-Katie-\$813.01 total literature inventory
- Group Reports: Steve, Tues/Thurs. Men's Grps.-about 20 attend; Thurs. is a book study and has more people; Tues. is a discussion group; this distinction to be made on our website and newsletter;
- Nan.-Saturday core group is 10-12 with frequent newcomers, about 20 total on average; Katie-Mon. newcomers' meeting is 5:45-6:15 started as autonomous mtg. 2+ yrs. ago; was designed as a discussion Q/A about program. This has become a part of the Mon. night group, with a person from that group doing this newcomers' meeting as a service position of the main group.; Dean-to ask for a volunteer from the Wed. group. to become a new contact person for website and newsletter
- New Business: Katie to look into Portola Community Center as potential meeting place for the Community Group.; possible new meeting times would be Tues. or Wed. at 5:00 p.m. Steve motioned to postpone Community Group board member election for one month (from Jan. to Feb.); motion carried  
The Coda Community Board needs new people to serve on this board. This is a service position with a limit of 2 years; current members have served this time period...and more. A motion was made proposing that qualifications to serve on this board be lowered from 12 months to 6 months with respect to the following: 1) working the Twelve Steps of the CoDA program with a sponsor, and 2) being a regular attendee of an active group. A vote will be taken on this proposed amendment change at the Jan. 14, 2006 Community Group Meeting, 11:45 am at Eisenhower Medical Center's 3 East Conference Room. A memorandum of this meeting and its purpose is to be circulated to the local community CoDA groups and all CoDA group attendees are strongly encouraged to attend to cast a vote along with the board members. ***The existence of our local CoDA community depends on a functioning board!***
- Meeting adjourned at 1:00 p.m.