

NEWSLETTER

January 2009

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



Steps and Traditions

STEP ONE:

We admitted we were powerless over others – that our lives had become unmanageable.

Even though new behavior may feel uncomfortable, we can address each situation in our lives one at a time with the Steps, beginning with Step One. We can stop trying to control; we begin new relationship with ourselves.

Saying we are powerless over our disease, out loud to the group, begins us on our road of truth. We begin to see what we are powerless over and see the manifestations of our disease. We begin to identify some “untruths we have been taught: we come to realize that powerless does not mean weak; controlling others does not make us safe; looking to others for our direction does not support us in living our own lives; judging others is not our business; and believing we are all powerful is painful.

We focus on ourselves and work on staying in the present. We begin to recognize a Higher Power. As we let go, we begin to release responsibility for others. We let go of what others think about us, knowing we are adults and have choices.

A FEW QUESTIONS TO HELP YOU WORK STEP ONE:

1. What is the difference between being powerless and empowered?
2. What characteristics (character defects) keep me from taking Step One?
3. What signs do I see that indicate I’m in denial
4. Why do I want control?

TRADITION ONE:

Our common welfare should come first; personal recovery depends on CoDA unity.

Beginning with Tradition One, we practice new behaviors and follow new guidelines in order to structure our lives in recovery. We become willing to let go of our own egos and personal agendas in order to support the common welfare of CoDA.

As we do our service work, our Step One issues may surface. We can become overly attached to our own to our own opinions or see our differences with others as attacks or threats. Again, we need to put our focus back where it belongs: our common welfare, upon which the unity of our program is dependent.

Tradition One serves as a guideline as we learn to practice recovery in our daily lives. Again, we make room for a Higher Power and loosen our tight grasp on how we believe things should be. The idea of common welfare and unity being primary can be brought into our recovery in Coda, as well as with our families and other relationships.

A FEW QUESTIONS TO HELP YOU WORK TRADITION FIVE:

1. When placing CoDAs welfare first, do I give up anything?
2. How can Tradition One support me in all of my relationships?
3. What tools can I use to remember that others are entitled to their opinions?

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

Promise One

I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.



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 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.

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



WANTED

We'd love to hear about and publish your Personal Affirmations, Poems, Stories and Messages of Strength and Hope ...

Submit your writings for publication to:

Email: newsletter@desertcoda.org

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.ocoda.org

San Diego County CoDA – 619.222.1244
www.sdcoda.org



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.**

DCCG Board Officers:

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

November 2008 DCCG Business Meeting Minutes:

1. **OPENING:** Steve S – Meeting opened at 11:45 am at Eisenhower Hospital in the Pattis Educational Center
2. **INTRODUCTIONS:** Attendees were:
 - Steve S: Chairman
 - David M: Secretary
3. **MINUTES:** David – The October Minutes were approved as read
4. **TREASURER’S REPORT:** Steve S. – Steve met with Steve C. and transferred the signature card to his name as Steve C resigned. Steve also setup a second bank account for the Conference and deposited the \$1,500.00 donated from So. Cal. CoDA as seed money. Steve still has yet to pick up the P.O. Box key.
5. **VICE CHAIR REPORT:** Mike – nothing to report
6. **RGR REPORT:** David – N/A
7. **COMMITTEE REPORTS:**
 - a. **BUDGET:** – N/A
 - b. **BYLAWS:** no report
 - c. **FUNCTIONS:** Linda – absent
 - d. **WEBSITE/NEWSLETTER:** Andrew – absent
 - e. **OUTREACH/H&I:** Mike – absent
 - f. **'09 CONFERENCE COMMITTEE REPORT DAVID** - The upcoming So. Cal. CoDA Committee is the 13th of next month, and the proposed Registration Form that the Registration Committee has developed, and our preliminary budget will be presented. The Miramonte Hotel has agreed to meet us today at 3:00 for another walk through.
8. **GROUP REPORTS:** - the Wednesday that had been abandoned for a few weeks, has been revived by David to receive mostly referrals from BFC Outpatient Program in groups of two or three at a time, the Monday night “Newcomer’s Meeting” has regular referrals from local Therapists and local treatment centers; the Monday “Into Action” group continues to be from 28 to 35 regular attendees.
9. **GROUP INVENTORY-** N/A
10. **OLD BUSINESS:** - N/A
11. **NEW BUSINESS:** - the need for Group Representatives is great, and all local groups are invited to announce and send someone to the Community Group meetings.
12. **CLOSING:** Meeting ended at 12:18 P.M.

Next Business Meeting



Saturday January 17th, 2009 @ 11:30 a.m.
 Pattis Educational Center, Eisenhower Medical, Rancho Mirage
All are Welcome to Attend





Where can I find a meeting ?

MEETING INFORMATION UPDATED DECEMBER 2008

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

WEDNESDAY

Palm Desert, CA
Time: TBD
**Christ of the Desert
Church SW Corner of
Fred Waring and San
Pablo**
**NOTE: MEETING IS
ON HOLD – Soon to
be a Beginner’s
meeting!, Secretary,
Treasurer and other
service positions are
open and need to be
filled.**
Contact: TBD

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
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

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: Katherine
760.534.4040

FRIDAY

Palm Desert, CA
6:00am – 7:00am
• 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

SUNDAY

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: Judy M
760.365.2944

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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

Upcoming Desert CoDA Events

June 2009: Southern California Regional CODA Conference

Venue: Miramonte Resort & Spa, Indian Wells.

Please contact David M for details or to get involved. (760.668.5913)

The Business Meeting Minutes on Page 3 also contains updated information

For more information on events watch this space, or visit 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
- 760.771.8001 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