

# NEWSLETTER

June 2007

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



## Steps and Traditions

### STEP SIX:

*Were entirely ready to have God remove all these defects of character.*

Having identified our character defects in Step Four, and having shared them with God, ourselves and another human being in Step Five, we become ready for God to remove them in Step Six. Defects can be seen as behaviors and beliefs that stand in our way.

When we recognize a character defect with which we are struggling, there are tools to help us. We can speak to our sponsor, attend a meeting, write in our journal and ask our Higher Power for guidance.

Because we relied on these character defects for many years, it takes effort and is not easy to let go of old "friends" such as obsessing, the need to be right, people pleasing, judgment, fear, procrastination and perfectionism. We become entirely ready, so that our Higher Power can remove our character defects. Step Six is another Step that reminds us how important it is to practice letting go.

A FEW QUESTIONS TO HELP YOU WORK STEP SIX:

1. How do I become "entirely ready"?
2. How does trust in my Higher Power help me become ready?
3. What does a defect of character feel like?
4. What are my defects of character?
5. How can I overcome any resistance I feel to hearing I have defects of character?

### TRADITION SIX:

*A CoDA group ought never endorse, finance, or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary spiritual aim.*

Tradition Six refers to our "primary spiritual aim" for the first time. With that purpose in mind, we keep ourselves from engaging in outside obligations and responsibilities. If we lend our name to a building, recovery facility, church or hospital, we create an obligation outside our program. Our focus is always on our spiritual aim, *spreading the*

*word to those who still suffer from codependency.* We are a Twelve Step Fellowship, and therefore we do not endorse books, programs or individuals outside of the Fellowship.

A FEW QUESTIONS TO HELP YOU WORK TRADITION SIX:

1. How can issues of money, property or prestige divert us from our primary spiritual aim?
2. In what ways might people misuse a meeting for personal gain?
3. How can we be creative in a workshop and stay within this Tradition?
4. Why is it important not to endorse non-CoDA literature, workshops or people?

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

### *Promise Six*

I learn to see myself as equal to others. My new and renewed relationships are all with equal partners



# What is meant by bottom-line behaviors?

Bottom-line behaviors to an alcoholic may be to avoid drinking. If a sex addict's form of acting-out is looking at pornography, their bottom-line behavior would include avoiding pornography. To a codependent, bottom-line behaviors can be many different things. We look at behaviors that have been offensive to ourselves and others and that have caused us and others the most pain. We ask our Higher Power for guidance, talk with our sponsor, and review our Fourth Steps for knowledge of these behaviors. We talk about guidelines to help us when we're either thinking about acting-out these behaviors or have already done them. Our fear and shame subside as we become more accountable for changing these behaviors.

Page 109, *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.oc coda.org](http://www.oc coda.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:** 5:30 – 7:00pm  
**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, 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

### May 2007 DCCG Business Meeting Minutes:

1. OPENING: Steve S – Meeting opened at 5:30pm, Palm Desert Community Center
2. INTRODUCTIONS: Attendees were:
  - Steve S: Chairman
  - David M: Secretary
  - Katie M: RGR, Bylaws & Literature Chair
  - Joleene W: Webmaster/Newsletter
  - Eva W: 6:30pm Monday Meeting GSR
3. MINUTES: David – The April Minutes were read, and approved.
4. TREASURER’S REPORT: Steve C – absent
5. VICE CHAIR REPORT: N/A
6. RGR REPORT: Katie – The upcoming Convention to be held in Marina Del Rey, June 8-10<sup>th</sup> was discussed and the notification of a Workshop by on of our local members during the Conference will be held on Saturday at 2:30 considering the comparison of Step 4 and Tradition 4.
7. COMMITTEE REPORTS:
  - a. *BUDGET:* Steve C – absent
  - b. *BYLAWS:* Katie – the proposed consideration from last meeting to have the Committee Chairmanship positions identified as a 2 year commitment was presented by Katie and after a short discussion, the motion to table the issue as old business for next month was moved, seconded and carried by the group.
  - c. *FUNCTIONS:* Chair currently open
  - d. *LITERATURE:* Katie – with the advent of most local meetings acquiring their literature from CORE on their own; a motion to discontinue restocking the current inventory of Literature as it is sold off; was seconded and carried by the group, with the resulting monies to be retained as a designated fund over the next two years in case the Community Group decides to handle an inventory in the future.
  - e. *NEWSLETTER:* Joleene – the proposed Newsletter for the month of June was presented; and we all were impressed with our newly recreated Logo, and the time spent laying out excerpts from the Step and Tradition for the month from our Workbook and Basic Text, and the consideration for the theme for other quotes throughout the pages to create a beautifully comprehensive new approach to this vital service, THANKS JOLEENE. Discussion about the use of local numbers for the other 12 Step Meetings listed resulted in the proposed use of 800 national numbers to remain consistent over time as things change. In order to expedite the publication of the Newsletter to also include the minutes of the meeting of the previous month, the minutes are to be presented to the Board members as soon as possible after the meeting by email, in order to gain Board revision and subsequent approval before the publication date.
  - f. *OUTREACH/H & I:* Chair currently open
  - g. *WEBSITE:* Joleene – a consideration of the various contact numbers for the current meeting list was evaluated by the group, and noted for updates. The updated email addresses were noted.
8. GROUP REPORTS: - none
9. OLD BUSINESS: - none
10. NEW BUSINESS: - none
11. CLOSING: Meeting ended at 6:35 P.M.

### MARK YOUR CALENDAR

~ Next business meeting will be Tuesday, June 19, 2007, 5:30pm ~



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

MEETING INFORMATION UPDATED JUNE 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 en-  
trance 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: David M  
760.776.5606

**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

  
*My direction and  
path in life  
become clear to  
me through my  
Higher Power.*

## WEDNESDAY

**Palm Springs, CA**  
5:30pm – 6:30pm  
• Women’s Meeting •  
Open/Share/Discussion  
*Winners Not Whiners*  
Palm Springs  
Serenity Retreat  
2095 N. Indian Canyon  
Contact:  
760-416-7951

**Palm Desert, CA**  
6:00pm – 7:00pm  
• Open Meeting •  
Steps & Traditions  
Promises & 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


## 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

  
*I am enough and  
I have enough.*

## 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:  
dcccnewsletter@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


**Register for the 2007 So. CA Regional CoDA Retreat, June 8, 9 & 10 on our website, [www.desertcoda.org](http://www.desertcoda.org)**

*In This Moment, I am  
able to listen.*

I wonder why “listening” isn’t taught in school. No one taught me how to listen; many times I felt nobody listened to me. I didn’t know how to listen to others or even to myself.

Since I’ve been attending CoDA meetings regularly, I’m learning to listen to others — really listen, instead of worrying what they’re thinking about me, I hear the words and feelings behind those words. I pay attention to what it feels like to be heard. When I am heard, I feel validated and I’m more open to hearing others. It’s a wonderful circle.

*Page 17, In The Moment Daily Meditation Book*

  
*I am grateful  
for all that I am.*

### 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**

### CoDA Opening Prayer

*In the spirit of love and truth, we ask  
our Higher Power to guide us as we  
share our experience, strength, and  
hope. We open our hearts to the light  
of wisdom, the warmth of love, and  
the joy of acceptance.*

### ATTENDING MEETINGS

Attending meetings is necessary for recovery in the CoDA program. Individual recovery does not occur in isolation. If it did, there would be no need for CoDA as a group. A codependent attends meetings for his/her personal recovery, and this attendance benefits everyone. Attendance created the group, which is then supportive of its members. Without attendance, there would be no group.

*Page 10, Newcomer’s Handbook*