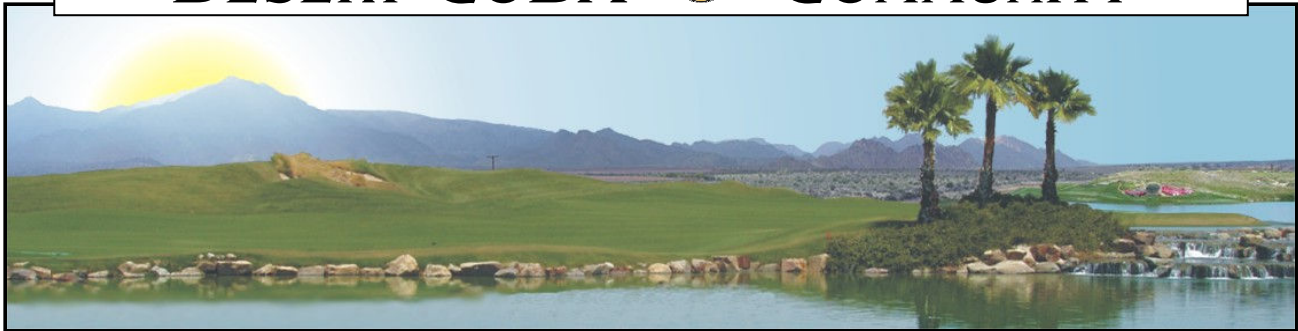


DESERT CoDA COMMUNITY



NEWSLETTER March 2006

On High

I freed myself and learned to fly
My outstretched wings against life's sky
I'm free; I shout as I sail and soar
Bound by the chains of fear no more
Come fly with me, release your fears
Let go your doubts and dry your tears
Life's so much larger seen from on high
And so much smaller if you never try
So take the risk and leave life's nest
To learn and grow and be your best
So that others still afraid to fly
Might see the world with you on high

— By Michael G.



*The
Courage
to make
changes in our
lives comes from
believing our Higher Power
knows what is best for us.*

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

Special Announcement

DCCG Business
Meeting has changed to
a new day, time &
location.

*Check the Meeting List
on the back page.*

CoDA RESOURCES:



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.oc coda.org

San Diego County CoDA
(619) 222-1244
www.sd coda.org

Los Angeles CoDA
(323) 969-4995
www.lacoda.org/

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
- ❖ 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

CoDA Community Group Business Meeting:

NEW DAY, TIME, & LOCATION

Day: 3rd Tuesday of the Month

Time: 5:30 – 7:30pm

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 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.

January 2006 DCCG Business Meeting Minutes:

- Meeting opened at 11:55 at Eisenhower Medical Center, 3 East Conference Room with the following in attendance: Katie-Chairman, Nan-Treasurer, Dean-Secretary, Steve-Tues. Men's GSR., and Terry-Mon. GSR.
- Secretary's Report— Dean read Dec. 2005 minutes; motioned and carried
- Treasurer's Report— Nan reported \$2,160 in acct.
- Vice Chair Report— open position
- Regional Rep Report— open position
- Committee Reports:
 - Outreach and Public Info: motioned and carried to make the website a committee report
 - Hospitals and Institutions: Nan to investigate what constitutes a "CoDA" meeting regarding Serenity House
 - Literature: Katie noted that she's tracking the shipping of 50 newcomer handbooks, which were ordered before Christmas
 - Functions: open position
 - Newsletter: motioned and carried for a bi-monthly newsletter with the most recent set of minutes to go in each newsletter at time of publication
- Group Reports:
 - Nan: Saturday morning has large group of newcomers from Betty Ford and Serenity House;
 - Terry: Monday night has incorporated the newcomer's mtg. into the larger meeting; attendance is strong with 15+/- people;
 - Steve: Tues/Thurs. Men's meetings attendance is in low 20's, tight-knit/trusting group.
- Old Business: motioned and carried that the Desert CoDA Community Group is changing its meeting location and time to The Portola Community Center, rm. 2, on the 3rd Tuesday of each month, 5:30-7:30 p.m.. Next meeting will be there on 2/21/06
- Bylaws Amendment: motioned and carried to change the qualifications to serve on the Community Group Board: Working the Twelve Steps of the CoDA program with a sponsor for at least 6 months, instead of at least one year, and being a regular attendee of an active group for a period of 6 months, instead of one year
- Meeting adjourned at 1:05 pm

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

Desert CoDA Community Meeting List

(Revised February 2006)

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
1st and 3rd 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

DCCG BUSINESS MEETING **NEW DAY, TIME, & LOCATION**

Palm Desert, CA

3RD TUESDAY OF THE MONTH
5:30 – 7:30pm • Business Meeting
Everyone is welcome
Portola Community Center, Rm. 2
45-480 Portola Ave
760.568.2560



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



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)

7th 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*



*This newsletter
is available to download
and printout from
our website:
www.desertcoda.org*

