



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

*Promise Three*  
I know a new freedom.

## Steps and Traditions

### STEP THREE:

*Made a decision to turn our will and our lives over to the care of God as we understood God.*

Many of us begin working this step with small things, such as making a decision not to fix someone, letting our feelings just be there, or not trying to control, just for a few minutes at a time. As we experience the benefits of working Step Three, we find ourselves more willing to trust in the care of a loving Higher Power and to experience faith.

As codependents, our god(s) have been other powerful forces. We may have been ruled by fear, anger, resentment, guilt and a powerful urge to take care of, or be taken care of by those we have invested with "authority" to govern our lives. In Step Three, we can begin to let go of those powerful forces which have controlled us, and align ourselves, our thinking and our actions with our Higher Power.

Some of us believed that making a decision to "turn our will and our lives over to the care of God" meant that we needed to give up ourselves: what we thought, what we felt. Indeed, for many years, we often did lose our sense of self

and autonomy. Our fear of this may cause great resistance. Many of us find comfort in those who have walked before us, when we see and hear how this Step transformed them into the people they were meant to be.

A FEW QUESTIONS TO HELP YOU WORK STEP THREE:

1. What does "made a decision" mean to me?
2. How do I know when I need to let go? How do I let go?
3. How can I be in touch with a Higher Power's will for me? In what ways does my Higher Power speak to me?

### TRADITION THREE:

*The only requirement for membership in CoDA is a desire for healthy and loving relationships.*

Many of us found this Tradition comforting when we heard these words at our first meeting. We are given the freedom to attend meetings even if we minimized our experience. We did not have to justify our membership in CoDA. Tradition Three frees us from having to work through our issues, or to determine if we are codependent, before beginning our program of recovery. Even if

we believe our codependency is our fault, even if we are in complete denial, we can still come to meetings.

Before recovery, we lived our lives according to what others wanted in a relationship. By placing our desire for a healthy relationship with ourselves first, we are learning a new way of life. When we love and honor ourselves, we have healthier relationships with others. A loving relationship includes honesty, openness, willingness, acceptance and taking care of ourselves, so that we can go freely to others. We learn to release the need to be filled from the outside, learning instead to be filled from within, before coming into relationship with another. Loyalty to ourselves needs always to come first.

A FEW QUESTIONS TO HELP YOU WORK TRADITION THREE:

1. What will it take for me to have healthy and loving relationships?
2. How do I incorporate this Tradition into my daily life?

Which 'needs' of mine may be stronger than my desire for healthy and loving relationships?



# 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 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

# 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](mailto:newsletter@desertcoda.org)



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

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



# Desert CoDA Community Group Business Meeting



**When:** 3<sup>rd</sup> 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:** *(Vacant)*
- **Secretary:** David M.
- **Regional Group Rep.:** David M.

## January 2009 DCCG Business Meeting Minutes:

1. **OPENING:** Mike G. – Meeting opened at 11:45 am at Eisenhower Hospital in the Pattis Educational Center
2. **INTRODUCTIONS:** Attendees were:
  - Mike G. : Co-Chair
  - David M: Secretary
  - Jay: Newsletter Publisher
  - Scott P.: Webmaster
3. **MINUTES:** David – The December Minutes were approved as read
4. **TREASURER’S REPORT:** Steve S. –N/A
5. **VICE CHAIR REPORT:** Mike – nothing to report
6. **RGR REPORT:** David – N/A
7. **COMMITTEE REPORTS:**
  - a. **BUDGET:** – N/A
  - b. **BYLAWS:** N/A
  - c. **FUNCTIONS:** Linda – N/A
  - d. **NEWSLETTER:** Jay – Jay was informed that the Wednesday evening Meeting in Palm Desert is now closed, the current status of Community Group Treasurer is vacant, and payments for the monthly cost of the Newsletter will be made by Steve S. until a new Treasurer is found.
  - e. **WEBSITE: SCOTT:** - any future submissions for changes in the website content should be submitted in writing for documenting purposes, the ability to email out is being investigated to overcome the existing glitches, hosting is currently on an anonymous site and mail service not available, if we were to change hosts, the likely costs would be approx. \$165 for 2 years, contact with the past host would be helpful to clear this up.
  - f. **OUTREACH/H & I:** Mike – the interest in our local meeting attendees in being involved in our Desert Community Group is a concern, and Mike has agreed to attend those that have no representation and give a call to elect Representatives for their participation over the next few months.
  - g. **'09 CONFERENCE COMMITTEE REPORT DAVID** – The need for a final registration form for the Conference needs to be sent to Scott from the Registration Committee Chair. The upcoming So. Cal. CoDA Conference Committees will be renewing their meeting regularly soon. All interested in being of service are invited to call David @ (760) 668-5913 for information
8. **GROUP REPORTS:** -Mike reported the Monday Meeting has been attended by 25-35 members, the once a month business meeting has been beneficial for filling the service commitments; Scott reported the Tuesday and Thursday 6 AM men’s meetings have been attended by 6 to 10 and 10 to 12 members respectively, and the Friday 6 AM open meeting by 2 to 4 members; David reported there is a new meeting in 29 Palms that is being added to our list of meetings.
9. **GROUP INVENTORY-** N/A
10. **OLD BUSINESS:** - Steve S. is still in need of retrieving the P.O. Box key from the past Treasurer
11. **NEW BUSINESS:** - Discussion ensued about what our area is for having meetings on our local list, there was a preliminary consideration of including meetings East and West, from Banning to the Salton Sea and North and South, from 29 Palms to Idyllwild. The primary issue is that we include meetings that are not too far for members of the Community Group to be able to attend those meetings on a sporadic if not semi-regular basis to establish those meetings observance of our Traditions.  
The revelation that our site is not registered with CoDA World came up, and it was suggested that Steve S. be asked to submit our information to them
12. **CLOSING:** Meeting ended at 12:50 P.M.

**Next Business Meeting – Saturday March 21st, 2009 @ 11:30 a.m., Pattis Educational Center, Eisenhower Medical, Rancho Mirage – All are Welcome to Attend**



# Find a meeting

MEETING INFORMATION UPDATED FEBRUARY 2009

Email corrections to: [newsletter@desertcoda.org](mailto:newsletter@desertcoda.org)  
or Call:

## 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: Linda S.  
760.347.3483

**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: Linnea M.  
760.464.4482

## MONDAY(cont)

**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  
Keedy’s Fountain Grill  
73633 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: Carrie M.  
760.342.6616

## WEDNESDAY

**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  
Keedy’s Fountain Grill  
73633 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: Kathrine  
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

## Twentynine Palms, CA

Time: Varies (call for  
times and locations)  
• Open Meeting •  
Open Discussion  
Forever CoDA  
Contact: Carolee  
760.362.4060 (h)  
760.819.1015 (c)

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

# Upcoming Desert CoDA Events

**June 2009: Southern California Regional CODA Conference**  
June 5<sup>th</sup>, 6<sup>th</sup> & 7<sup>th</sup>, 2009

**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](http://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
- 760.777.8001 Overeaters Anonymous
- 800.477.8191 Sex Addicts Anonymous

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

Suggested percentages calculated after Meeting Expenses are de-  
ducted 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