



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



Steps and Traditions

STEP FIVE:

Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Step Five directs us to take specific action and make three very important connections. The first of these connections is with our Higher Power. The order of the First Step reinforces a basic truth about recovery: our relationship with God comes first. We can take time in prayer and meditation to open our hearts and communicate with the God of our understanding about the exact nature of our wrongs. ... We begin to be relieved of the burden of our secrets and learn to trust our Higher Power even more. ...

Step Five instructs us to make a second connection with ourselves and admit the exact nature of our wrongs to ourselves. ... Admitting the exact nature of our wrongs is more than repeating to ourselves what we have written; instead, we take the truth of our codependency into our hearts. Giving the Fifth Step to ourselves, and looking at our self-defeating behavior and the harm we have caused ourselves and others, may put us in touch with the exact nature of our wrongs as never before.

The final instruction of Step Five requires us to connect with an-

other human being and admit the exact nature of our wrongs. Most of us accomplish this task by reading our inventory to a person who feels safe to us. We seek out someone who will actively listen without shaming or judging, who will listen with compassion and understanding. ...

A FEW QUESTIONS TO HELP YOU WORK STEP FIVE:

1. How can I let go of my fears of being judged or shamed when sharing my Fifth Step?
2. How can I let go the need to defend my actions so I can admit the truth?
3. How do I trust another person with the information contained in my Fifth Step?

TRADITION FIVE:

Each group has but one primary purpose-to carry its message to other codependents who still suffer.

...“Primary” refers to what we consider the most important principle - the one that comes before all others. The survival and growth of our program depends on our willingness to carry the message of hope and recovery by using the Steps and following the Traditions. Codependents who still suffer include people who

have never attended a meeting, CoDA newcomers and old-timers alike. We all need to share the message of recovery to gain and maintain our recovery...

In addition to CoDA meetings, we form state and national service groups to carry the message of recovery. Service commitments to these groups include providing public service information about CoDA, providing outreach to hospitals and institutions and distributing literature. ...Making commitments within these groups also provides us with an opportunity to live Tradition Five

A FEW QUESTIONS TO HELP YOU WORK TRADITION FIVE:

1. Why is there “but one primary purpose” for our group?
2. What do I believe is the message?
3. If our group has strayed from our primary purpose, how do we focus back on it?

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

Promise Five

I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.



Acceptance

As we break through our denial, we're better able to determine the degree of our problem. We recognize our denial as a symptom of our codependence and see it as

a process that continually emerges, subsides and evolves throughout our lives.

As we continue our recovery in CoDA, we replace denial with acceptance. We progressively embrace our past and current life with honesty, openness and a willingness to change. We move beyond denial and identify the harm of our codependent decisions and behaviors have caused us personally, as well as our families, careers, physical health, and spirituality. We see how our codependence has allowed us to become trapped in unhealthy situations and relationships. It affects every aspect of our lives. As we see our direction more clearly, we recognize that our journey is not advanced by force, will, intellect or even strength of character. At some point, most of us acknowledge a Higher Power as the guide on our journey, the source of our progress. ...

We know we're not alone when we accept our codependence. Together, we're learning how to love and be loved, and how to live life rather than just survive it. Recovery in CoDA is an ongoing process. It's a life that constantly challenges us. Recovery isn't earned like a badge; it's a way of living that evolves with us every day. ...

Page 10, *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 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

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.occoda.org

San Diego County CoDA — 619.222.1244
www.sdcoda.org



Desert CoDA Community Group Business Meeting



Day: 3rd Saturday of the Month (**Next DCCG meeting: May 17, 2008**)
Time: 11:30am – 1:00pm
Place: Eisenhower Medical Ctr., 3rd Floor Conference Room
 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. (**Open**)
- Vice Chairman: (**Vacant**)
- Treasurer: Steve C. (**Open**)
- Secretary: David M. (**Open**)
- Regional Group Rep. (RGR): David M.

Announcement: The following DCCG positions are open to be rotated. The group will be electing a Chair, Vice-Chair Treasurer, and Secretary. The qualifications for board member position (by-laws, Page 2, Article 5, Section 3) are: **A.** Working the Twelve Steps of the CoDA program with a sponsor for at least 6 months. **B.** Familiarity with the Twelve Traditions. **C.** Regular attendee of an active group for a period of 6 months. All members of CoDA with the required qualifications are encouraged to be of service and become active participants in the CoDA community.

March 15, 2008 DCCG Business Meeting Minutes:

1. OPENING: Meeting opened at 11:37P.M. at the 3rd Floor Conf. Room @ Eisenhower Hospital.
2. INTRODUCTIONS: Attendees were:
 - Steve S.: Chair
 - Jay: Newsletter Publisher
 - David M. : Secretary
 - Dan: Visitor
3. MINUTES: David – the minutes for February were approved as read
4. TREASURER'S REPORT: Steve C- N/A
5. VICE CHAIR REPORT: N/A
6. RGR REPORT: David – the previous So. Cal Regional Committee Meeting was held in Fullerton. The upcoming Conference in San Diego May 30-June 1st (entitled "Transformations in Recovery) was discussed and the many workshops and speaking agendas are very exciting. The So. Cal Website has registration forms and the Hotel accommodations at the Town and Country Resort & Convention Center are reasonably priced. Keynote Speakers on Saturday are Ken & Mary from Phoenix and of the many workshops, I have volunteered to represent the Desert CoDA Community Group with a workshop entitled "How is "What I think they want" transformed into Love and Service?"
7. COMMITTEE REPORTS:

<ol style="list-style-type: none"> a. <u>Budget</u>: Steve C. – N/A b. <u>Bylaws</u>: Steve C. - No report c. <u>Functions</u>: Linda – N/A d. <u>Literature</u>: David is still holding the balance from the literature fund, to be turned into Steve C. for deposit 	<ol style="list-style-type: none"> e. <u>Newsletter</u>: Jay:- the outstanding balance due is \$468, and the literature fund cash was used to pay Jay for his outstanding service in this vital area, and Steve C. will reconcile the accounting upon receipt of the balance from David next month. f. <u>Outreach/Public Info</u>: g. <u>Website</u>: there is still no volunteer for this position, and the lack of updating has old information on the site from last year
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8. GROUP REPORTS: Dan shared his experiences with the Wednesday and Monday night meetings
9. OLD BUSINESS: due to lack of attendance, the delayed nominations for this year's elected Officers for the Board were tabled until the meeting in March. Linda is still due for reimbursement from the last Speaker Meeting event.
10. NEW BUSINESS: It was proposed that any Board agreed to expenditures will be available for payment by the Treasurer, upon request from the appropriate Committee Chair to expedite the process. The possibility of building a Tape/CD library from our monthly events was discussed
11. CLOSING: Meeting ended at 1:45 P.M.

Next proposed Meeting May 17th 2008 in the 3rd Floor Conference Room at Eisenhower Hospital

2008 Southern California Regional Co-Dependents Anonymous Conference: "Transformations Through Recovery" Friday, May 30th — Sunday, June 1st, 2008. Location: Town and Country Resort & Convention Center 500 Hotel Circle North San Diego, California, 92108, Tel: 800-772-8527 / **Web:** www.towncountry.com Hotel Rates: Single (\$109); Double (\$109); Triple (\$139); Quad (\$159) **EARLY RESERVATIONS:** *Be sure to mention your CODA Conference participation for discounted group rate. More Registration Details to Follow. For periodic updates, schedules and registration information, visit: www.socalcoda.org*



Where can I find a meeting ?

MEETING INFORMATION UPDATED APRIL 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 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

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

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*We should have
much peace if we
would not busy
ourselves with the
sayings and
doings of others.*

WEDNESDAY

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

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*All the beautiful
sentiments in the
world weigh less
than a single
lovely action.*

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 (New)
41750 Rancho Las
Palmas Dr. Bldg. F,
Lecture Hall A
Contact: Katherine
760.534.4040

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

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

This Newsletter and separate Meeting List are available to print out at our website: www.desertcoda.org

Any corrections or updates to meeting information please send an email to: dccnewsletter@aol.com or call our info line: 760.779.8878

Networking

Networking is the first active step towards developing a healthy support system. It starts by asking a few people you can identify with for their phone numbers. Next comes actually placing phone calls. Networking can be beneficial to you the next time that you are overwhelmed by your feelings or a new life situation.

To facilitate forming your own personal network, most CoDA groups have a contact list of persons willing to receive phone calls. This is a good place to look up the phone number of a friend you made in CoDA or the person you sat next to at dinner. Another way of getting a persons number is to ask them directly.

...Although it may seem stressful at first, it can be fun to call other newcomer's just to see if they will be at the meeting. Calls do not have to be limited to communicating something important to the other person.

The following passage is submitted by members of CoDA's fellowship. The names are fictional. Any similarity to actual persons is purely coincidental.

CoDA SOLEIL

It's been said that Codependency kills. Can that be true? Can a psychological disorder be so strong that it terminates one's life? How would this happen? Maybe those that believe this are being melodramatic? The girls of Coda Soleil got together the other day at our favorite local and covered this very subject. Raylyn feels strongly that Codependency kills and it's the root of all programs. Maya added, not everyone from other programs believe codependency is related to their program; in fact she thinks maybe only half believe there's a link.

I never really took a stand one way or another. I guess it seemed hard to believe at first. Maybe I don't want to have *that* much of a disorder, self preservation, denial. I know someone in the program that feels she got throat cancer from this disease.

I also know someone from another program that over dosed and died. For me, this was my turning point. I was good friends with this

person. He was quite helpful, fair, friendly, and strong though fairly new in his program. Still, he battled some issues with relationships. Was this his way of reaching out, crying out, for Codependency help? Or is this addiction at it's worse? I know for me, I have to keep coming back, and like the saying goes, it works if you work it... and you're worth it.

In loving memory of you.

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**