



NEWSLETTER

May 2009

Desert CoDA on the web: www.desertcoda.org

Desert CoDA Infoline: (760) 779-8878

Mailing Address: PO Box 10132, Palm Desert, CA 92255

Promise Five

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

Steps and Traditions

STEP FIVE:

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

Many of us choose to make a list of our codependent behaviors from our Fourth Step before talking with our Higher Power. This level of honesty can be an intimate and powerful experience. We can be comforted that there are no secrets between ourselves and our Higher Power. We begin to be relieved of the burden of our secrets and learn to trust in our Higher Power even more. This Step helps us understand that our Higher Power loves us and cares for us just as we are.

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. As we do this, we can see the pain caused by our denial. An honest Fifth Step supports us in our recovery and helps us understand why our lives were unmanageable. Admitting our wrongs to

ourselves helps break through to greater honesty, self awareness and acceptance.

Remembering we can take care of ourselves and ask for what we need supports us in working this Step. We can set boundaries with the person we have chosen to share with. Trusting that our Higher Power is with us allows us to feel safe as we share the exact nature of our wrongs with another human being.

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.

Tradition Five sets a boundary by establishing that each CoDA group "has but one primary purpose – to carry its message to other codependents who still suf-

fer." This very simple directive reminds us that CoDA is a simple program. We are here for one reason – to recover from codependency. We support each other in this simplicity by keeping our focus on CoDA's primary purpose. As we carry the message, our groups do not get into or manage any one person's individual recovery.

Our newest members are a very important part of Tradition Five. Newcomers are often searching for ways to understand and find relief from codependency issues. Having current members welcome and speak to newcomers provides a supportive atmosphere. So does having CoDA literature phone lists available. All of these efforts are ways to carry the message of recovery.

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?



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

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.**

**Next Business Meeting – Saturday May 16th,
2009 @ 11:30 a.m., Pattis Educational Center,
Eisenhower Medical, Rancho Mirage – All are
Welcome to Attend.**

DCCG Board Officers:

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

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

Upcoming Desert CoDA Events

June 2009: Southern California Regional CODA Conference

“Our Spiritual Foundation”

June 5th, 6th & 7th, 2009

Venue: Miramonte Resort & Spa, Indian Wells.

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

For more information visit www.desertcoda.org.



Schedule of Events

Friday, June 5th, 2009

3:00pm	to	10:00pm	Registration Open
3:00pm	to	7:00pm	Hospitality Suite
3:00pm	to	7:00pm	Marathon Meetings
4:00pm	to	6:00pm	SoCal Regional Board Meeting
7:00pm	to	8:00pm	Opening Ceremonies
8:00pm	to	9:30pm	Opening Speaker

9:30pm to 10:30pm Ice Cream Social
(All are Welcome!)



Saturday, June 6th, 2009

7:30am	to	6:00pm	Registration Open
6:00am	to	Midnight	Hospitality Suite Open
Every Hour			Marathon Meetings
7:30am	to	8:30am	Meditation Workshop
8:30am	to	10:00am	Workshops
10:15am	to	11:45am	Workshops
Noon	to	2:00pm	SoCal Regional Assembly (Open to all)**Box Lunch Optional (\$5.00)
2:00pm	to	3:30pm	Workshops
3:45pm	to	5:15pm	Workshops
6:15pm	to	7:30pm	Dinner
7:30pm	to	9:00pm	Keynote Speaker

9:00pm to Midnight **Masquerade Ball/Dance**



Sunday, June 7th, 2009

6:00am	to	9:00am	Hospitality Suite Open
Every Hour			Marathon Meetings
8:00am	to	9:15am	Workshops
9:30am	to	10:30am	Breakfast Buffet
10:30am	to	12:00pm	Keynote Speaker
12:00pm	to	12:30pm	Closing Ceremony



Miramonte Resort & Spa
45000 Indian Wells Ln.
Indian Wells, Ca. 92210
Hotel reservations:
(800) 237-2926
Miramonteresort.com

**Parking: No charge for parking.
No resort fees.**

Directions to Hotel:
Interstate 10 East to Palm Desert
Take “Cook Street” exit. Turn
right on Cook.
Follow Cook to Hwy 111.
Left on Hwy 111 to Indian Wells
Lane.
Hotel will be on the right side of
Hwy.

Online Conference Registration
Available at www.socalcoda.org



Find a meeting

MEETING INFORMATION UPDATED MAY 2009
Email corrections to: newsletter@desertcoda.org

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

Cathedral City, CA
7:00pm – 8:00pm
• Open Meeting •
Book/Step Study
Winners Not Whiners
27620 Landau Blvd.,
Suite 3
Contact: Cindy S.
951.415.4627

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

TUESDAY(cont)

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
8:00am – 9:00am
• 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)

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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

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

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

You can sign up to receive our newsletter via email, or submit your own suggestions at:
<http://www.desertcoda.org/newsletter.html#subscribe#subscribe>