



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



## Steps and Traditions

### STEP ELEVEN:

*Sought through prayer and meditation to improve our conscious contact with God as we understand God, praying only for knowledge of God's will for us and the power to carry that out.*

Step eleven is an essential tool to use in our recovery from codependancy. It reminds us that the program is an ongoing one. This step is one of our guides to developing more honest and fulfilling relationships.

We approach prayer and meditation in many different ways. For many of us, this is not a formal event. Prayer and meditation is our way of improving our conscience contact with the God of our understanding. It does not matter how we pray and meditate, what matters is that we do it.

Knowing we have a loving Higher Power, we find the strength and power to carry our God's will, for us. We have come to believe there is a power greater than ourselves and are willing to turn our lives over to the care of God as we understand God.

A FEW QUESTIONS TO HELP YOU WORK STEP ELEVEN:

1. How is my experience different as a result of working this step?
2. How does praying for knowledge of God's will simplify my life?
3. What does improve my "conscious contact mean to me?"
4. How do I differentiate God's will from my will?
5. What power do I have to carry out God's will for me?

### TRADITION ELEVEN:

*Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.*

Tradition Eleven provides boundaries for the fellowship and it's individual members about how to interact with the public.

Simply by living our program, attraction is possible. If appropriate, we then share our experience strength and hope about how we live in recovery today. Honestly sharing our recovery

with people attracts newcomers into the Fellowship

Another aspect of this tradition speaks to anonymity. Anonymous means unidentified or undeclared. Personal anonymity supports a boundary for each CoDA member to stay unidentified at the public level.

A FEW QUESTIONS TO HELP YOU WORK TRADITION ELEVEN:

1. What does "attraction rather than promotion" mean to me? How is attraction different from promotion?
2. How does this Tradition support the spiritual and humble nature of our program?
3. How does breaking anonymity harm CoDA?

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

### *Promise Eleven*

I trust the guidance I receive from my Higher Power and come to believe in my own capabilities.



# What is the purpose of prayer and meditation?

Since so much of codependence is tied into our spiritual dilemma, we find that consistently praying and meditating (in whatever form works for us) improves our conscious contact with our Higher Power and helps keep us on our recovery journey. We can allow fear, projection, blame and shame to overpower our relationship with our Higher Power if we don't include some type of prayer, meditation or contact in our daily routine. Through prayer and meditation we can experience a sense of peace and serenity in our lives, and strengthen and nurture our relationship with our Higher Power. It's a time we can be ourselves with our Higher Power, and affirm that this God of our choosing is there for us. We can focus on our daily purpose, asking that our Higher Power's will be done in our lives and for the power to carry that out.

Page 100, 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.ocoda.org](http://www.ocoda.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:** 5:00 – 6:30pm  
**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 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

## September 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
  - Katie M: RGR, Bylaws & Literature Chair
  - David M: Secretary
3. MINUTES: DAVID – David – The August Minutes were not available
4. TREASURER’S REPORT: Steve C – absent.
5. VICE CHAIR REPORT: N/A
6. RGR REPORT: Katie – The last meeting of one week ago was held in Orange County.
  - The next World Conference to be held in Los Angeles in 2009 was discussed
  - Considerations of the Southern California Conference scheduled for May in San Diego were addressed
  - Discussion ensued regarding the ongoing evaluations of the editing that occurred from the Fourth to the Fifth printing of the CoDA book
7. COMMITTEE REPORTS:
  - a. *BUDGET*: Steve C – absent
  - b. *BYLAWS*: Katie – no report
  - c. *FUNCTIONS*: Katie – the upcoming Speaker Meeting scheduled for this coming Thursday has a small committee to setup, provide refreshments, provide audio recording and Clean-up will benefit the CoDA Community Group. We are grateful for all who have volunteered for this event.
  - d. *LITERATURE*: Katie – The inventory of books continues to be reduced as sales continue. The dedicated fund will be retained until a decision is made in the future regarding our participation in distribution for Literature for local Groups. Our inventory will be made available for the upcoming Speaker Meeting.
  - e. *NEWSLETTER*: Joleene has stepped down as Newsletter Editor and the position is now available for a volunteer with the computer skills that are relevant to this important work.
  - f. *OUTREACH/H & I*: Chair currently open
  - g. *WEBSITE*: Joleene has also stepped down as Webmaster
8. GROUP REPORTS: - none
9. OLD BUSINESS: - none
10. NEW BUSINESS: - none
11. CLOSING: Meeting ended at 5:45 P.M.

## MARK YOUR CALENDAR

~ Next business meeting will be Tuesday, November 20, 2007, 5:00pm ~

**November Ad: Auditions for Codependents in The Desert are going on now.**

**Wanted: 2-3 females for a 6 month commitment to meet once a month for one hour evening coffee/ meal and chat. Other male and female characters, writers, and producers wanted as part time as well. No experience necessary. Contact: Katherine, (760) 534-4040**



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

MEETING INFORMATION UPDATED SEPTEMBER 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 entrance 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

*Fear of the feelings does not change them, it only prolongs the healing process.*

## 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

## 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

*The Twelve promises are mine – I my spirit is awake to receive them.*

## 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

\* \* \* \* \*  
Any corrections or updates to meeting information please send an email to: dccgnewsletter@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

**This Newsletter and separate Meeting List are available to printout from our website [www.desertcoda.org](http://www.desertcoda.org)**

## Spirituality

CoDA is not a religion, just as it is not therapy. There is no requirement that anybody in CoDA feel or be spiritual. The only requirement for membership in CoDA is a desire for healthy and fulfilling relationships. Spirituality happens to many people as a result of working the Steps. This “spirituality” is not a religious concept, but it does have something to do with being in touch with a “power greater than ourselves.” Defining and developing ones own spirituality is a very powerful and healing experience for many. Speaking of it becomes part of many recovery stories.

*Newcomer’s Handbook  
Page 39*

*What I need to do on a daily basis will become clear to me.*

### 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

UNORGANIZED vs. DISORGANIZED  
As a newcomer, you will hear at every meeting that “CoDa ought never be organized.” When you learn that CoDA has a local, state, national, and international service structure, it may seem confusing.

In studying this subject a little, you will find that “unorganized” does not mean disorganized. It means purposely not organized in any ordinary sense. Each CoDA group is allowed to function autonomously to meet its own needs, as long as it has no other affiliation except CoDA as a whole.

Some degree of service is needed within each group to see that the bills are paid, literature gets out on the table, there is a meeting facilitator for the month, etc. These jobs are usually done by persons who are elected by the group, or volunteers may perform these roles. All of these needs are expressed by the group as a matter of it’s “group conscience.”

*Newcomer’s Handbook  
Page 46*