

NEWSLETTER

October 2008

Desert CoDA on the web: www.desertcoda.org

Desert CoDA Infoline: (760) 779-8878

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



Steps and Traditions

STEP TEN:

Continued to take personal inventory and when we were wrong promptly admitted it.

Step 10 asks that we continue taking personal inventories. This connects us to our program and helps us increase our awareness. This Step talks about a "personal" inventory and offers an additional tool for us. The moral inventory in Step 4 helped us understand our history. A personal inventory helps us see the choices we are making now and the actions we are taking today. How are these choices and actions supporting us in our lives today? Are things going well, or poorly? When we have been wrong in our choices or actions, this Step tells us to admit it promptly. The wording of Step 10 offers a clear perspective on our being human. "When we were wrong" says that sometimes we are wrong. We are not- and cannot be- perfect. Thus, Step Ten supports our relationship to our Higher Power.

Having different feelings from another does not mean we are wrong. Using Step 10 helps us understand what is our part and what we are responsible for. This Step is not used to get approval, to be right, or solve our feeling of anxiety. In recovery, before we react, we slow down, look at a situation clearly, and then take action if needed.

We remind ourselves daily that it is human not to be perfect, and that it is OK. Admitting that we are human, we are then free to focus on recovery. When we know that we have done wrong, it's good to act promptly before we talk ourselves out of it. Step Ten is a daily anchor in our recovery process, which frees us from the bonds of codependency.

A few questions to help you work Tradition Ten:

1. Am I living my Higher Power's will?
2. Am I practicing gratitude?
3. Did I do some form of prayer and meditation?
4. Did I communicate in a healthy way today?
5. Am I getting enough sleep and rest? Recreation?

TRADITION TEN:

CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.

Just as we avoid controversy on a personal level by not giving advice to others, we avoid controversy for the Fellowship by not offering opinions on matters unrelated to CoDA. One way to eliminate this is not recommending outside sources such as books or workshops. In CoDA we use only the Steps and Traditions of CoDA and endorsed literature for guidance. This creates a

safe environment for the newcomer and CoDA as a whole.

Tradition 10 also protects the spiritual nature of our program. We gather together to share our personal experience, strength and hope of recovery from codependency. CoDA meetings are not the place to discuss our opinions about worldly topics. Honoring this Tradition, we provide a place of safety for everyone, regardless of religion or political preference. It does not matter who we are or what we do. It does matter that we work the Steps, follow the Traditions, and desire healthy and loving relationships.

A few questions to help you work Tradition Ten:

1. What boundaries are established by this Tradition?
2. How does Tradition 10 relate to Step 10?
3. How does this Tradition protect the spiritual foundation of our program?

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

Promise Ten

I no longer need to rely solely on others to provide my sense of worth.



What is Co-Dependence?

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 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
CoDA National Office — 602.277.7991
So-Cal Regional Office — 323.340.3762
The Valleys Community — 818.379.3300
Orange County CoDA — 714.573.0174
San Diego County CoDA — 619.222.1244

We'd love to hear about your Experience, Affirmations, Poems or Stories.

Email your writings to:
newsletter@desertcoda.org

My Experience with Sponsors

Many people in the program – especially newcomers – wonder: “What is all this talk about a sponsor? How do I choose one? Will I embarrass myself if I get turned down? What do sponsors do? How does it work? In business it was suggested to me to get a Mentor, a boss or someone I admired who had the experience and/or the qualities I wanted to attain for myself; to seek his or her counsel and guidance and to emulate their beliefs and use them as a model for my future success. In sports the mentor is called a coach, in CoDA we call it a sponsor.

At the moment, I have two sponsors, their strengths lie in different areas of expertise. I consult them on a frequent basis and over the years they have gotten to know me better and have become very good friends because I respect their opinions, I respect their time and I have shared my secrets and vulnerability with them. Surprisingly to me they were not perfect and even admitted that. They know me, my weaknesses and my strengths. When my self-esteem was low, it surprised me that they liked me even though they knew me so well because growing up I believed I was

unlovable, that I had to constantly be doing things for people to “make them like/love” me.

I now personally believe that it is not as important who I pick as my sponsor. I now think the success depends less on which personality I pick for my sponsor than whether I am willing to be open to new beliefs and to be willing to take direction; usually that is in the form of being asked to read or re-read pages in the book, write answers to questions or paragraphs in the book, to journal, to make a list or to practice new behaviors and keep a log. My first sponsor was very structured and I was a little afraid of her in the beginning. At that time I needed someone telling me what to do and explain the process, later I wanted to learn how to identify feelings and felt emotionally very bruised, so I asked a lady with boundary issues and I learned to be way more considerate of her to make the relationship work.

Now I am passing along what I was given when I needed it. When I was in crisis I had no time or balance to help anyone else. I used

to feel guilty of taking up their time, until one pointed out that she gets a good feeling of helping me, that she has the ability to say “I don't have time right now, but I can call you back at” or if you need to talk right now, call someone else on the telephone list. I was also surprised that she wasn't mean about it, totally contrary to how I grew up. In the past I would have interpreted it as “disloyalty”.

Getting to have a sponsor was easy. All I had to do was..... to be willing and to ask. I highly recommend it. I was told to not take it personally if I ask and the person I ask has too many sponsees for her available time, or our time schedules are incompatible then just ask someone else. I asked a lady after a meeting some time ago about personality conflicts, her answer “there is a sponsor out there who will relate and love her just the way she needs it”. I now believe this wholeheartedly.

Submitted by Eva W

Desert CoDA Community Group Business Meeting



- When:** 3rd Saturday of the Month - 11:30 a.m.—1:00 p.m.
- Where:** Pattis Educational Center, Eisenhower Medical, Rancho Mirage
- 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: Steve C.
Secretary: David M.
Regional Group Rep: David M.

August 16, 2008 DCCG Business Meeting Minutes

1. **OPENING:** Steve S – Meeting opened at 11:45 am at Eisenhower Hospital in the Pattis Educational Center
 2. **INTRODUCTIONS:** Attendees were: Steve S. Chairman, David M. Secretary
 3. **MINUTES:** David – the July minutes were approved as read
 4. **TREASURER'S REPORT:** Steve C– absent
 5. **VICE CHAIR REPORT:** N/A
 6. **RGR REPORT:** David – The next meeting will be held in Orange County August 23rd.
 - The next So. Cal. Regional Conference to be held here in the desert in 2009 was discussed.
 7. **COMMITTEE REPORTS:**
 - Budget:** Steve C. – absent
 - Bylaws:** No report
 - Functions:** Linda – N/A
 - Website/Newsletter:** Andrew–N/A
 - Outreach/H&I:** Mike – N/A
 8. **GROUP REPORTS:** none
 9. **GROUP INVENTORY:**
 10. **OLD BUSINESS:**
 - Wednesday Meeting in Palm Desert has had some attendance problems, David M. has the key now and is available to keep it going for a few months in order to find a new identity for any attendees that can make it there.
 - The Saturday Meeting at Eisenhower Hospital has moved from the third floor Conference Room to the Pattis Educational Center in the basement, near the cafeteria
 11. **NEW BUSINESS:** none
 12. **CLOSING:** Meeting ended at 1:45 P.M.
- Next proposed Meeting September 20th, 2008 in the Pattis Educational Center at Eisenhower Hospital

Respectfully submitted: David M.

Next Business Meeting

Saturday October 20th, 2008 @ 11:30 a.m.
Pattis Educational Center, Eisenhower Medical, Rancho Mirage
All are Welcome to Attend



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

7th Tradition

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



Find a Meeting

Email corrections to: newsletter@desertcoda.org
or Call: (760) 779-8878

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

WEDNESDAY

Palm Desert, CA

6:00pm – 7:00pm

- Open Meeting

Steps & Traditions Promises
& Patterns

CoDA Letting Go

Christ of the Desert Church

SW Corner of Fred Waring

& San Pablo

Contact: David M

760.668.5913

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

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.

39000 Bob Hope Dr.

Pattis Educational Center

Down the hall from the

Cafeteria

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

Our Website has undergone some changes. Find information on upcoming events, directions to meetings or subscribe to email updates. Visit:
www.desertcoda.org



Upcoming Desert CoDA Events

Please visit desertcoda.org for up to date information



2009 Southern California Regional CODA Conference

Hosted by: Desert CODA Community Group.

Date: June 2009

Venue: Miramonte Resort & Spa, Indian Wells

Committees currently meet weekly. Please contact David M for details or to get involved.
(760.668.5913)

Desert CoDA Quarterly Speaker Meeting

Date: Friday, October 17th, 7 p.m.

Venue: Karn's Hall, St. Margaret's Episcopal,
47-535 Hwy 74, Palm Desert

Guest Speaker: Sharon from Los Angeles.