

NEWSLETTER

September 2007

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



Steps and Traditions

STEP NINE:

Made direct amends to such people wherever possible, except when to do so would injure them or others.

In the past we may have minimized our effect on others. It is difficult to take responsibility for our actions if we believe our actions have no impact. In changing our attitudes and actions, we no longer believe that what we do is insignificant. In Step Eight, we were truthful with ourselves about our past behavior and made our list. Having done this honestly, we found that we were released from some of our shame. This work prepares us to be more honest as we begin to make our amends. Amends are our pure truth without blame, distraction, justification, or manipulation; we are taking responsibility for our experience. We understand that making amends also means we are truly committed to changing with the help of our Higher Power.

Step Nine states that we make amends "wherever possible." However, we may owe amends to someone who has died, or whose whereabouts are not known, or where more harm may be caused

than good. Sometimes someone may refuse to hear an amends that we would like to make. As a substitute, we may write these amends in a journal and/or share them with a sponsor or someone unrelated to the circumstances.

A FEW QUESTIONS TO HELP YOU WORK STEP NINE:

1. What do I believe is the purpose of making amends?
2. How do I decide whether my amends would injure others or myself?
3. What is my motive for my amends?
4. What alternative actions can I take if direct amends aren't possible?

TRADITION NINE:

CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.

The Steps are our personal guides to spirituality while the Traditions guide our groups in the spiritual role of service work. Our Step work helps us with the application of the Tradition. One of the links between Step Nine and Tradition Nine is that both

ask us to be responsible. In Step Nine, we become responsible to ourselves for our actions and acknowledge our right to be, think and feel, and acknowledge others' right to do the same. In Tradition Nine, we accept our responsibility to trust the authority of the group conscience or those we are serving. We let go of our personal agendas and are reminded that the power in CoDA lies in our collective Higher Power and the group conscience of the Fellowship.

A FEW QUESTIONS TO HELP YOU WORK TRADITION NINE:

1. What is the difference between an organization and a Fellowship?
2. Why does CoDA have committees and service boards?
3. How does this Tradition support my recovery?

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

Promise Nine

I acknowledge that I am a unique and precious creation.



Shame...

Shame causes us to believe we are “less than,” stupid, foolish, worthless, inadequate or unwanted. It diminishes our true sense of identity and destroys our belief that we are loving human beings. It erodes our self-esteem and sense of equality in the world.

Codependents Anonymous, Page 16

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

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.sd coda.org

Los Angeles CoDA – 323.969.4995
www.lacoda.org



Desert CoDA Community Group Business Meeting



Day: 3rd Tuesday of the Month
Time: 5:30 – 7:00pm
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

August 2007 DCCG Business Meeting Minutes:

1. OPENING: Meeting opened at 5:30pm at the Portola Community Center: on August 21, 2007
2. INTRODUCTIONS: Attendees were:
 - Steve C – Treasurer, also served as Secretary
 - Eva W. – Monday 6:30pm Meeting GSR
 - Katie – RGR
3. MINUTES: No Minutes avail.
4. TREASURER'S REPORT: Balance in account...\$2084.23. Last deposit was \$245 which more than covered last newsletter expenses.
5. VICE CHAIR: No report
6. RGR REPORT: Sept. 10, 2007 is the next scheduled regional meeting – anyone may attend by calling Katie @ 773-5345
7. COMMITTEE REPORTS
 - a. *Budget:* No report
 - b. *Bylaws:* No report
 - c. *Functions:* Tentative speaker meeting scheduled for Thursday, September 27, 2007 @ St. Margaret's Church. Speaker will be Hal from Orange County Regional Group. Katie will check with Hal for possible topics.
 - d. *Literature:* Katie turned in \$1,073.50 to the treasurer for deposit in the literature surplus fund..
 - e. *Newsletter:* It is recommended that the Saturday am meeting be removed from the newsletter and website due to numerous reports that it is not being run according to the traditions set forth for CoDA Meetings. Steve C. will attend the 08.25.07 meeting for further research on this issue.
 - f. *Outreach/H&I:* No report
 - g. *Website:* No report
8. GROUP REPORTS: Tuesday and Thursday 6:00am Men's Meetings have a strong core following. Two additional meetings have sprung forth from these groups. They also engage in outside social activities including a recent motorcycle run to the beach cities, as well as a rap & skeet shoot.
9. OLD BUSINESS: None
10. NEW BUSINESS: None.
11. CLOSING: Meeting ended at 6:40 PM

MARK YOUR CALENDAR

~ Next business meeting will be Tuesday, September 18, 2007, 5:30pm ~



Where can I find a meeting

MEETING INFORMATION UPDATED AUGUST 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
Indio, CA
7:30pm – 9:00pm
• Open Meeting •
Book/Share/Discussion
Candlelight
ABC Club
44374 Palm Street
Contact: 760.342.6616

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 – 7:30pm
• Open Meeting •
Steps & Traditions
Promises & 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


*I am a
worthwhile
person.*

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

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Any corrections or updates
to meeting information
please send an email to:
dcccnewsletter@aol.com
or call our info line:
760-779-8878

NO CROSSTALK

Crosstalk is any verbal or physical response to another person’s sharing. Interrupting, questioning, and offering advice, are universally considered to be crosstalk in CoDA. Physical touching by patting, rubbing, or hugging during the sharing session is considered crosstalk by some groups. Being touched interrupts a person’s sharing and redirects his/her attention to the other person’s actions.

Newcomers Handbook – Page 19

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 from our website
www.desertcoda.org**

In This Moment, I’m humble

Before I make amends, I check with my Higher Power in prayer. If I have confusion or doubt – which is most of the time – I check with my sponsor, who shares experience, strength, and hope. It’s humbling to acknowledge that I’m not perfect, that I have erred. It takes me out of my self-centeredness to recognize that my actions may have hurt another.

Making amends isn’t about the outcome or how the other person reacts. It’s about changing my behavior. Change is tough, but it’s necessary to my recovery.

*In The Moment Daily Meditation Book
Page 210*



*I feel serene
when I listen carefully
to the voice of my
Higher Power*

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

USING “I”

STATEMENTS

Most CoDA groups encourage the use of “I” statements as a way of focusing the speaker’s attention on their individual experience. The use of “you” and “we” is discouraged, as these relate more to other people’s experiences. There is also a tendency for codependents to avoid dealing with their own issues by globalizing their experiences, presenting them as belonging to a large and nebulous “co-dependent we.” “You” and “we” statements may easily get into crosstalk.

Newcomers Handbook – Page 20



*The love of the Universe
is with me
as I go through this day.*