

NEWSLETTER *September 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 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 if my amends would injure others or myself?
3. What is my motive for my amends?
4. What alternatives can I take if direct amends aren't possible?

TRADITION NINE:

Co-Dependents Anonymous as such, ought never be organized; but we may create service boards or committees directly responsible to those we 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.



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 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



We'd love to hear about and publish your Personal Affirmations, Poems, Stories and Messages of Strength and Hope ...

Submit your writings for publication to:

Email: newsletter@desertcoda.org

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
www.socalcoda.org

The Valleys Community — 818.379.3300
www.coda-tvcc.org

Orange County CoDA — 714.573.0174
www.oc coda.org

San Diego County CoDA — 619.222.1244
www.sd coda.org

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.

July 19, 2008 DCCG Business Meeting Minutes

- 1. OPENING:** Meeting opened at 11:37P.M. in the Pattis Educational Ctr. @ Eisenhower Hospital.
- 2. INTRODUCTIONS:** Attendees were: Steve S.: Chair, Andrew: Visitor, Steve C.: Treasurer, David M. Secretary, Eva: Visitor, Mike: Visitor
- 3. MINUTES:** David – the minutes for May & June were approved with minor changes: the designated fund for the Literature sales is \$1,278.58 and the extension of the length of service as designated in the Bylaws was extended to an extra year for the current Officers due to lack of participation from the local Meetings in the Board activities
- 4. TREASURER'S REPORT:** Steve C- current General fund balance stands @ \$2,525.22 and added to the Literature designated fund amounts to \$3,803.80
- 5. VICE CHAIR REPORT:** N/A
- 6. RGR REPORT:** David – the upcoming '09 So. Cal. Conference hosted by the DCCG will begin the Committee meetings this Monday after the "Into Action" Meeting with the theme of Our Spiritual Foundation, hereby proposed to the Board, (m/s/c by the group). The workshops will be focused around the practices and impact presented to those who practice the principle of Anonymity in their lives, Discussion ensued regarding the Spiritual growth available when practicing anonymous acts of kindness, and the effect of service on new members that we may well never meet, as well as how our Recovery has an effect on people in our lives that have no knowledge of our affiliation to the Recovery program of CoDA, rather than the misunderstood use of the word anonymity to portray some sort of secret society, sometimes even to other members of the Fellowship.
- 7. COMMITTEE REPORTS:**
Budget: Steve C. – the consideration of our typical 7th Tradition contributions verses the outstanding expenditure of our Newsletter publication was discussed
Bylaws: Steve C. – a short discussion was made regarding the extension of our 2 year commitment of Officers in the face of the small representation by local CoDA groups.
Functions: Linda – the possibility of our next quarterly Speaker Meeting being held sometime in October was presented, the format for the next meeting was discussed and Linda would email the proposed changes to the other Board Members sometime in the next 30 days. Linda volunteered as our Convention Speaker Seeker, thanks Linda!
Newsletter: N/A
Outreach/Public Info: N/A
Website: N/A
- 8. GROUP REPORTS:** Linda shared that the Monday night meeting was asking for a preliminary share from any member on the topic of Service, to continue the spirit of the "Into Action" theme of the group, and that the phone list was being updated with current numbers as well as email addresses, she also mentioned that the 6AM Women's Meeting on Tuesdays was reading the stories out of the back of the CoDA basic text book as well as the daily reading of the "Language of Letting Go" and that the attendance was around 4 members. Steve C. said the 6AM Men's meeting was continuing on their path of non-committal as far as service outside the group and that there was not much hope for change by the members that regularly attend.
- 9. OLD BUSINESS:** the topic of using the Group Inventory format came up and was proposed for next month's DCCG Meeting, the questions were used a few years ago regularly to evaluate our commitment to service as well availability to potential new Board members from CoDA at large.
- 10. NEW BUSINESS:** Andrew was nominated and passed by the group as the new Webmaster and Newsletter publisher, his interest is well received and timely for the Convention preparation necessary next year, thank you Andrew!
- 11. CLOSING:** Meeting ended at 1:45 P.M.

Next proposed Meeting August 16th, 2008 in the Pattis Educational Room at Eisenhower Hospital

Respectfully submitted: David M.

Next Business Meeting

Saturday September 20th, 2008 @ 11:30 a.m.

Pattis Educational Center, Eisenhower Medical, Rancho Mirage

All are Welcome to Attend





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.
3rd Floor Conference Room

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

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



Upcoming Desert CoDA Events



The **2009 Southern California CODA Regional Conference** will be hosted by the Desert CODA Community Group. If you'd like to be involved please contact David M (760-668-5913)

The next **Desert CoDA Speaker Meeting** will be held at Kern's Hall, St. Margaret's on Friday October 17th. Our speaker is Sharon from Los Angeles.

For more information on these events watch this space, or visit
desertcoda.org and sign up for email alerts.

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: