

**NOVEMBER 2011**



Desert  
**CoDA**  
COMMUNITY GROUP

*"Having had a Spiritual awakening as the result of these steps, we carry this message to other co-dependents."*

**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.**

**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.**

**JOIN THE FUN AND BE OF SERVICE**

THE 2012 SOCAL CODA CONFERENCE WILL BE HELD ON JUNE 22, 23, 24  
AT THE MIRAMONTE HOTEL IN INDIAN WELLS

NOW IS THE TIME TO SIGN UP FOR THE FOLLOWING COMMITTEES :

\*HOSPITALITY\*REGISTRATION\*ENTERTAINMENT\*WORKSHOP\*LITERATURE\*HOST COMMITTEE

\*DECORATIONS/SIGNAGE/PUBLICITY\*MARATHON MEETINGS COMMITTEE

\*\* THERE WILL BE SIGN UP SHEETS CIRCULATING AT ALL MEETINGS FROM NOW UNTIL THE POSITIONS ARE FILLED. YOU CAN LEAVE YOUR CONTACT INFO AND COMMITTEE OF INTEREST ONLINE WITH KATHTHE: FENDEROA@GMAIL.COM IF YOU MISS THE SIGN UP SHEET. MEETING DAYS AND TIMES TO BE ANNOUNCED.

**2012 CODA CONFERENCE VOLUNTEER PLANNING MEETING**

**To be held Wednesday November 9 @ 5:30 pm**

**At the US BANK Highway 111 and Fred Waring, Palm Desert.**

**All are welcome!**

**ATTENTION FELLOW CODA MEMBERS!**

THE MEETING VENUE KNOWN AS CRC — COLLEGE RECOVERY COMMUNITY IS NO LONGER OPEN—OUR SEVERAL MEETINGS PREVIOUSLY HELD THERE HAVE BEEN RELOCATED AS FOLLOWS: THE WEDNESDAY "SHINE YOUR LIGHT" AND THE FRIDAY "PEELING THE ONION" ARE NOW MEETING AT CHRIST OF THE DESERT LOCATED AT THE CORNER OF FRED WARING AND SAN PABLO, PALM DESERT. THE SPANISH DISCUSSION GROUP IS NOW MEETING AT THE "ABC CLUB" IN INDIO AT 44374 PALM ST. SET YOUR GPS NAVIGATION SYSTEMS AND BRING A FRIEND!

**Desert CoDA Community Group Meeting Information**

The Desert CoDA Community Group business meeting meets 3rd Saturday each month

Join us at the next meeting; November 19, 2011 from 11:45 A.M. to 1:00 P.M.

In the Pattis Educational Center Eisenhower Hospital Basement

Website: [Desertcoda.org](http://Desertcoda.org)

Phone: 760-568-1569

Newsletter Editor: Kaththe. Submit articles and inquiries to her: [Fenderoa@gmail.com](mailto:Fenderoa@gmail.com)

## PATTERNS AND CHARACTERISTICS OF CODEPENDENTS

### Denial Patterns

Codependents:

- Have difficulty identifying feelings.
- Minimize, alter or deny their feelings.
- Use humor, anger, or isolation to mask their pain.
- Do not recognize the unavailability of those to whom they are attracted.

### 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's approval of their thinking, feelings and behaviors over their own.
- Do not perceive themselves as lovable or worthwhile persons.

### Compliance Patterns

Codependents:

- Compromise their values 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.
- Put aside personal interests and hobbies to do what others want.
- Accept sex as a substitute for love.

### Control Patterns

Codependents:

- 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.

### Avoidance Patterns

Codependents:

- Act in ways that invite others to reject, shame, or express anger toward them
- Suppress their feelings or needs to avoid feeling vulnerable.
- Pull people toward them, but when they get too close, they push them away.
- Compulsively focus on others to avoid self-examination.

# MEETING LIST

#### Monday—Palm Desert

\*6:00 A.M.—7:00 A.M.

Women's Group  
Hope Lutheran Church  
45900 Portola Ave.

Contact: Katie 760.773.5345

\*5:45 P.M.—6:15 P.M.

Q & A Beginner's Meeting  
Saint Margaret's Church  
Contact: Corine 415.755.8295

\*6:30 P.M.—8:00 P.M.

Open /Discussion  
Saint Margaret's Church  
47535 Hwy 74.  
Contact: Corine 415.755.8295

#### Monday—Cathedral City

\*7:00 P.M.— 8:00 P.M.

Winners, Not Whiners  
27620 Landau Blvd. Ste 3  
Contact: Cindy S. 951.415.4627

#### Tuesday—Palm Desert

\*6:00 A.M.—7:00 A.M.

Men's Stag Step/Discussion  
Keedys Fountain Grill  
73-633 Hwy 111  
Contact: Tim 760.831.7481

#### Wednesday—Morongo Valley

\*9:00 A.M.—10:00 A.M.

Morongo Valley Social Club  
49840 Highway 62.  
Contact: Gall 760.808.4975

#### Wednesday—Palm Desert

\*9:30 A.M.—10:30 A.M.

"Shine Your Light"  
Christ of the Desert Church.  
Fred Waring @ San Pablo  
Contact: Mary Beth 760.766.5141

#### Wednesday-Indio

\*6:00 P.M.—7:00 P.M.

Spanish/Discussion  
ABC Club  
44374 Palm St.  
Contact: Lupe 760.625.7324

#### Wednesday—Palm Springs

\*6:30 P.M.— 7:30 P.M.

Gay/Lesbian/Bisexual/Transgender  
Questioning  
Golden Rainbow Senior Center  
611 S. Palm Canyon Upstairs  
Ste 201  
Contact: 760.416.7790

#### Thursday—Palm Desert

\*6:00 A.M.—7:00 A.M.

Men's Stag Discussion  
Keedys Fountain Grill  
73-633 Hwy 111  
Contact: Don 760.702.4486

#### Thursday—Palm Springs

\*6:00 P.M.—7:00 P.M.

"Peeling the Onion Palm Springs"  
502 N. Cerritos  
Contact: George 760.992.9235

#### Friday—Palm Desert

\*8:00 A.M.— 9:00 A.M.

Peeling the Onion  
Christ of the Desert Church.  
Fred Waring @ San Pablo  
Contact: Richard 541.941.4047

#### Saturday—Rancho Mirage

\*10:00 A.M.— 11:30 A.M.

Open/Discussion  
Eisenhower Medical Center.  
39000 Bob Hope Dr  
Pettis Educational Center  
Contact: Corine 415.755.8295

#### 29 Palms Area

Varies (call for times and locations)

Forever CoDA  
Contact: Carolee 760.362.4060 h  
760.819.1015 c

#### NEW LOCATIONS FOR OUR OLD FAVORITES

#### Wednesday-Indio

\*6:00 P.M. - 7:00 P.M

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