

**SEPTEMBER 2011**



**BIENVENIDOS! TO OUR NEWEST ADDITION SPANISH SPEAKING CODA MEETING**  
DESERT CODA COMMUNITY HAS IT'S FIRST EVER SPANISH SPEAKING CoDA MEETING! SEE MEETING SCHEDULE ON REVERSE FOR  
TIME AND LOCATION. CONTACT \*LUPE 760-625-7324 \* Para informacion en ESPAÑOL \*

## **A SUGGESTED PROGRAM OF RECOVERY**

Codependence is an illusive problem that requires simple yet specific solutions. Many of us believe these solutions can be found within the program of Co-Dependents Anonymous. The CoDA program consists of the following: The fellowship, meetings, sponsorship, literature, conferences, conventions, service work, the CoDA Twelve Steps and Twelve Traditions.

The Steps and Traditions have been adapted from Alcoholics Anonymous.

These steps hold the strength and spirit of personal recovery.

If we attempt to complete the steps alone, we tend to perpetuate isolation: a common codependent behavior. This is where sponsorship and working with others is very important.

The Twelve Steps steer us from a path of self-defeating behaviors toward healthy and loving relationships with ourselves, those we care about, and God, as we understand God.

Co-Dependents Anonymous p. 23

In our step work, we strive on a daily basis to maintain accountability for our own behavior. We come to see our part in relationships and begin to make changes in the areas where we have power to change; our behavior.

We stop blaming others for our circumstances and see where we were at fault. We discover what it is that we have the power to change. We find we are able to make changes and amends as we uncover our discoveries.

Pretty early on we find out that we are unhappy about not being able to control something we never had any power over to begin with: OTHERS. People places and things.

Later on, we realize if we want to keep what we've gained from the steps, we must pass on the experience of our recovery to those who still suffer from codependence.

Our journey through the Steps may be the most difficult work we ever attempt, yet the rewards and the healing we receive are great.

In time, the Steps become an integral part of our daily lives as we practice recovery principles in all our affairs.

### **General Service Representatives or GSR**

This position is for a representative from the meeting level to attend the Community Group Business Meetings, the representatives bring information/concerns from their home group to the community level. They have a voice in the leadership of CoDA as a whole, the GSR gets to vote on issues affecting our common welfare.

### **Functions Committee**

This committee is comprised of a chairman and many members to plan speaker and other special events. We draw from volunteers - typically they are guests in attendance at the Desert CoDA Community Group business meeting.

### **Guest in attendance**

You don't have to be a committee member to attend the business meetings; all are welcome to attend and it is a good way to find a committee needing volunteers to fill service positions. Next business meeting: September 17, 2011, Eisenhower Hospital Rancho Mirage. It is right after the weekly scheduled 10 a.m. Saturday discussion meeting of Codependents Anonymous.

## **Desert CoDA Community Group Info:**

- The Desert CoDA Community Group business meeting meets 3rd Saturday each month
- Join us at the next meeting; September 17, 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)**

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,
- Perceive themselves as being completely unselfish, dedicated to the well-being of others.
- 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 people's approval of their thoughts feelings and behaviors over self-approval.
- Have trouble setting healthy priorities.

### 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.
- Put aside personal interests and hobbies to do what others want.
- 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.

### Avoidance Patterns

Codependents:

- Act in ways that invite others to reject, shame, or express anger toward them
- Judge harshly what others think, say or do.
- Suppress their feelings or needs to avoid feeling vulnerable.
- Pull people toward them, but when they get too close, they push them away.

### **TRADITION NINE**

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

**We will be creating new service boards and committees for the June 2012 CoDA Conference being held in the desert.**

**Functions committee has already begun organizing and planning for an upcoming speaker event. All are welcome to attend. Service is freedom from bondage of self. Come get involved, I mean it!**

**September 17, 2011 will be the next CoDA Community Group business meeting at Eisenhower Hospital, right after the Saturday CoDA meeting.**

# 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"  
College Recovery Community  
43-725 Monterey Ave. Ste. G

Contact: Mary Beth 760.766.5141

\*7:00 P.M.—8:00 P.M.

Spanish/Discussion  
College Recovery Community  
43-725 Monterey Ave. Ste. G

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  
College Recovery Community  
43-725 Monterey Ave. Ste. G

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  
In the basement

### 29 Palms Area

\*Varies (call for times and locations)

Forever CoDA  
Contact: Carolee 760.362.4060 h  
760.819.1015 c