

Serenity Pages

Newsletter of CoDA Omaha

Volume 6

Issue 4

Fall 2013



Announcements

The Board meets on the last Sunday of every month at UNMC, Room 2755. Our next meeting is October 27th at 12:30 p.m. All members of CoDA are invited and encouraged to attend the Board Meetings to see how business decisions are made and to voice their opinions on matters that affect CoDA Omaha as a whole.

A letter from the Editor

Dear CoDA members,

Earlier this year, the CoDA Omaha Board was contacted by representatives of the CoDA Board of Trustees regarding the contents of both our website – www.codaomaha.org – and our monthly newsletter, the Serenity Pages. It was the opinion of these representatives that CoDA Omaha was violating the CoDA traditions by using non-conference approved literature within these mediums of communication. CoDA Omaha Board members participated in a conference call with these representatives to better understand their concerns.

The representatives of the CoDA Board of Trustees were of the opinion that by using non-conference approved literature, we were endorsing the authors of the works referenced, which violates the Sixth Tradition. Specifically this tradition states “A CoDA group ought never endorse, finance, or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim.” There were other, smaller matters discussed.

At the CoDA Omaha Board meetings, these issues have been discussed and the members have voted to comply with the desires of the CoDA Board of Trustees. We feel it is important for CoDA unity. Therefore, you will be seeing a few changes on the website. You will still be able to access important information regarding CoDA Omaha, such as meetings, announcements, and upcoming events. There will also be information on CoDA Basics, such as the Steps and Traditions, Patterns and Characteristics, and links to the CoDA Worldwide Website – www.coda.org – which offers much similar information. We will also maintain our Twitter account, where you can find announcements and also inspiration. Please follow us @codaomaha.

The Board has yet to make any final decisions regarding the Serenity Pages Newsletter. This is where you, the members, come in. We need to decide if we will continue to publish a newsletter, in what format (print, electronic, posted on the internet, etc.), how often, and with what content. We will no longer be able to include readings from copyrighted material in our newsletters. Therefore, we must decide what we will include in the newsletters.

There are several possibilities. As Editor of the newsletter, I would like to continue to provide inspiration and guidance through the newsletter. I feel that this would best be accomplished with the help and support of

CoDA Omaha members. Members who are able and willing would need to submit information, writings, thoughts, etc. to be included in future newsletters. Submissions could be long or short or anywhere in the middle. We could also announce CoDA birthdays or other inspirational news. Members who attend each meeting could write short blurbs about the personality of their group. There are endless options. Submissions could be anonymous, first name only, or first name, last initial, whatever the submitter is comfortable providing.

At this point, we are asking for input from our members. Is there a willingness to participate in this manner? What are your thoughts? What would you like to see a newsletter look like, sound like, feel like? We desperately want your input. Please approach any board member or your GSR to discuss your thoughts, opinions, and/or concerns regarding the future of our newsletter. You may also email me (Debbie) at codaomaha1@hotmail.com or call me at (402)277-0725. Contact information for all board members is available on the website and also later in this newsletter. Any one of us would be interested to hear from you.

Thank you, sincerely, for your time and thought on this matter. We look forward to hearing from you. Please also consider attending the next board meeting on October 27th, at 12:30 pm at UNMC, Room 2755. We will be discussing this issue further and moving forward in the decision-making process.

**In Service,
Debbie S., Editor, and the CoDA Omaha Board**

Greater Omaha CoDA Service Board

- ⌚ Chair: Jason G. , 402-7391057, a95legend@gmail.com
- ⌚ Vice Chair: Lynn S., 402-740-4425, codaomaha@hotmail.com
- ⌚ Treasurer: CJ T., 402-706-0950, charhonjon@yahoo.com,
- ⌚ Secretary: OPEN
- ⌚ Literature: Jaime H., jaime62@cox.net (Put Literature in Subject Line)
- ⌚ State Delegate: OPEN
- ⌚ Community Contact: Terri, 402-639-8474, ycodanow4u@gmail.com
- ⌚ Technical Community Contact: Debbie S., 402-277-0725, codaomaha1@hotmail.com

Codependents Anonymous (CoDA) Meeting List Metro Omaha Area

We suggest you reach out and call other people in CoDA and Keep Coming Back!

Details* (all meetings are non-smoking)	Day	Time	Contact
<p style="text-align: center;">Monday Magic</p> <p>12 Step House, 7306 Grant St. (small room upstairs)</p>	Monday	7:30pm	Lisa – 402-218-9785 cecil_lisa@yahoo.com
<p style="text-align: center;">CoDA and Beyond – Women Only</p> <p>St. Paul's Methodist Church, 5410 Corby St.</p>	Tuesday	7:15pm	Amy – 402-932-5077
<p style="text-align: center;">Cocoon Club</p> <p>Church of the Master, NE corner of 114th and Center (park in small north lot)</p>	Tuesday	7:30pm	Mary C. – 402-980-8258 or mchudy@cox.net Don - rdonald1956@yahoo.com
<p style="text-align: center;">Wednesday</p> <p>12 Step House, 7306 Grant St. (large room upstairs)</p>	Wednesday	8:00pm	Bill K. – 402.573-5933
<p style="text-align: center;">Newcomer's Meeting – Q&A session*</p> <p>(if no newcomers then regular open meeting) St. Paul United Methodist Church, 5410 Corby (Please park in the small North parking lot)</p> <p>After entering the door, go down the stairs and through the door at the bottom, turn right. Take an immediate left, go up the ramp, down three stairs and take another left. Go down three more steps, through the hallway, and take a right to room 109.</p>	Thursday	7:00 pm	Jason G. – a95legend@gmail.com , 402-739-1057
<p style="text-align: center;">Saturday Serenity</p> <p>12 Step House, 7306 Grant St. (small room upstairs)</p>	Saturday	11:30am	Julia: 402-208-8008
<p style="text-align: center;">Sunday Meeting</p> <p>Room 2755, second floor, UNMC Lied Transplant Center (large glass building, campus of UNMC, approximately 41st and Emile) This is a non-smoking meeting. You can also park in the covered lot below the Lied Transplant Building itself. Click here to view a map of the campus</p> <p>Take elevator up to level 1, then either take another elevator up to floor 2 or take the stairs.</p>	Sunday	11:00am	Lynn S. codaomaha@hotmail.com 740-4425
<p style="text-align: center;">Greater Omaha Service Board Meeting*</p> <p>(GSRs & Board members required, others welcome) UNMC, 42nd and Emile – Room 2755</p>	Last Sunday of the month	12:30pm	Jason G. a95legend@gmail.com , 402-739-1057

***Special Meetings:**

- Newcomer's Meeting: Question and answer session for newcomers, providing them a chance to see what CoDA is all about. Meets every Thursday.
- Greater Omaha Service Board Meeting: business meeting to discuss issues, plan events, etc. Meets the last Sunday of the month. **GSRs and board members are required**, all others welcome! Come join us for lunch!

LOCAL WEBSITE: <http://www.codaomaha.org>
NATIONAL WEBSITE: <http://www.coda.org>