



## Notes:

### **The Board needs YOU!**

We have several board positions that will come open in January for our next election. If no one fills them, the board could disintegrate. PLEASE consider volunteering your time. Ask your meeting GSR or a current board member for details.

## Inspiration...

### **One Day at a Time**

My best friend was going through some tough situations in her life. I was in the midst of a hard stretch too. We didn't particularly like the things we had to do in our lives. We talked about our feelings and decided that what we were going through was necessary and important, even though we didn't like it. We expressed gratitude for our lives.

There are times when we can look at the stretch ahead and like what we see. Taking life one day at a time is still a good idea, even when things are going well.

Taking life one day at a time can be particularly useful when the road ahead looks dreadful. We may not even know where to start with some challenges. That's when taking life one day at a time is essential.

"I've been using alcohol and other drugs every day since I've been twelve years old," I said to my counselor years ago in treatment. "Now you're telling me I need to stay sober the rest of my life. Plus get a job. And a life. How am I going to do that?"

"One day at a time," she said. She was right. Sometimes I had to take life one minute at a time or one hour at a time. And all these years later, it still works.

### **52 Weeks of Conscious Contact by Melody Beattie**

#### **Resentment**

Of all the negative emotions, resentment diminishes us the most. It brings unwarranted anger toward those who have something we want, and self-pity for ourselves. It drains us of the energy we need to change our lives and work toward goals. Resentment keeps us in a rigid judgment of who "should" and who "should not" achieve success; all "should" attitudes are pointless, breeding discontent and wasting time. Above all, resentment is ugly to see and even uglier to feel. When I'm resentful, I feel hatred toward others and myself.

*Today, I ask for the humility to accept my limitations, without resenting others who have exceeded them. I ask for the courage to pursue my own goals, not comparing myself to others.*

#### **Help for Helpers by Anonymous**

*"Pay attention to how you feel: what you love, dislike, hate, enjoy. Pay attention to what grabs your heart, what interests you. Discover who you are, not who you think you should be."*

*--Melody Beattie*



# Meditations

## Items of Note:

### 7th Tradition

*"A CoDA group ought to be fully self supporting, declining outside contributions"*

The continued existence of CoDA is dependent on your generous donations. Remember to give what you can to the 7th tradition at your meeting. Have extra? Then give for the person who can't afford it this week.

**GSRs – remember to give from your meeting to the treasurer! We need to support local CoDA!**

~

### Welcome newcomers!

*We are glad you're here! Got questions about CoDA? We recommend attending the Newcomer's Meeting.*

~

*Interested in joining the Omaha CoDA mailing list? You will receive a weekly inspirational email as well as occasional reminders about upcoming events. To sign up, email: [codaomaha1@hotmail.com](mailto:codaomaha1@hotmail.com).*

~

CoDA Service Board meeting minutes are available for public view by contacting the Secretary.

**Follow us on Twitter!**  
**@CodaOmaha!**

### Passion

"This week, I went scuba diving," a man told me. "Hadn't done it for years. I forgot how much doing something I love, even for one afternoon, can change my entire outlook on life."

It's easy to tell ourselves we can't have what we want and can't do what we want. And sometimes, we can't. But once in a while, even for an afternoon, it is helpful to treat yourself.

*How long has it been since you did something you loved? Are you willing to be open to what excites and inspires you? If you can't do what you love, can you find passion in what you are doing?*

**52 Weeks of Conscious Contact by Melody Beattie**

### Accepting the past

Noted psychiatrist Carl Jung once said, "If one can accept one's sin, one can live with it. If one cannot accept it, one has to suffer the inevitable consequences." We must come to accept our past acts before they will stop causing us pain.

All the Steps help us do this, but in particular, Steps Four and Five (the inventory Steps) and Steps Eight and Nine (the amends Steps) help. If we attend to these Steps properly, we will no longer regret the past nor wish to shut the door on it.

Am I coming to accept myself?

*Higher Power, help me accept the ways I've behaved in the past - and the ways I behave in the present - that cause me pain, so that in your time I may be freed.*

### Day by Day - Second Edition by Anonymous

### Fearful as reality is, it is less fearful than evasions of reality.

--Caitlin Thomas

We've become much less fearful of reality since we've come to know the principles of this program. Just about anything could have made us fearful in past years. No doubt practicing our addictions gave us a false courage for a while. But then we could no longer keep the fears away.

How do we keep fear at bay now that we're free of our addictions? Most of us have begun to rely on our Higher Power for courage, understanding, and acceptance. The challenges that we're offered are opportunities from God for our advantage. When we're in God's care these challenges are manageable, and we need no longer fear them.

We can conquer our fears as we take advantage of the help, guidance, and courage that come from God.

*I know that God will be there for me through every challenge today.*

**In God's Care by Karen Casey**

## Greater Omaha CoDA Service Board

- Chair: Jason G. , 402-677-8308  
[a95legend@gmail.com](mailto:a95legend@gmail.com)
- Vice Chair: Chris, 402-639-9312,  
[speedbump53@hotmail.com](mailto:speedbump53@hotmail.com)
- Treasurer: CJ T., 402-706-0950,  
[charhonjon@yahoo.com](mailto:charhonjon@yahoo.com),
- Secretary: Amy
- Literature: Lisa, 402-515-7533
- State Delegate: OPEN
- Community Contact: Lynn  
[codaomaha@hotmail.com](mailto:codaomaha@hotmail.com)
- Technical Community Contact:  
Sarah T, 402-305-9052  
[codaomaha1@hotmail.com](mailto:codaomaha1@hotmail.com)

The following **books** are recommended by CoDA World for use in recovery from codependence:

- The CoDA Big Book (available from your local CoDA Literature representative. Also ask meeting GSRs as some meetings keep copies on hand).
- Any book by Melody Beattie, particularly "Language of Letting Go", "Codependent No More" and "Beyond Codependency" (available in the Self-Help section of most new or used book stores)

### Helpful **Websites**:

- CoDA World Website:  
<http://www.codependents.org>
- Local CoDA:  
<http://www.codaomaha.org>
- Hazelden:  
<http://www.hazelden.org>

# Patterns and Characteristics of Codependence

These patterns and characteristics are offered as a tool to aid in self-evaluation. They may be particularly helpful to newcomers.

### Denial Patterns:

- I have difficulty identifying what I am feeling.
- I minimize, alter or deny how I truly feel.
- I perceive myself as completely unselfish and dedicated to the well being of others.

### Low Self Esteem Patterns:

- I have difficulty making decisions.
- I judge everything I think, say or do harshly, as never "good enough."
- I am embarrassed to receive recognition and praise or gifts.
- I do not ask others to meet my needs or desires.
- I value others' approval of my thinking, feelings and behavior over my own.
- I do not perceive myself as a lovable or worthwhile person.

### Compliance Patterns:

- I compromise my own values and integrity to avoid rejection or others' anger.
- I am very sensitive to how others are feeling and feel the same.
- I am extremely loyal, remaining in harmful situations too long.
- I value others' opinions and feelings more than my own and am afraid to express differing opinions and feelings of my own.
- I put aside my own interests and hobbies in order to do what others want.
- I accept sex when I want love.

### Control Patterns:

- I believe most other people are incapable of taking care of themselves.
- I attempt to convince others of what they "should" think and how they "truly" feel.
- I become resentful when others will not let me help them.
- I freely offer others advice and directions without being asked.
- I lavish gifts and favors on those I care about.
- I use sex to gain approval and acceptance.
- I have to be "needed" in order to have a relationship with others.

# 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
<b>Monday Magic</b> 12 Step House, 7306 Grant St. (small room upstairs)	Monday	7:30pm	Lisa – 402-218-9785 <a href="mailto:cecil_lisa@yahoo.com">cecil_lisa@yahoo.com</a>
<b>CoDA and Beyond – Women Only</b> St. Paul's Methodist Church, 5410 Corby St.	Tuesday	7:15pm	Amy – 402-932-5077
<b>Cocoon Club</b> Church of the Master, NE corner of 114th and Center (park in small north lot)	Tuesday	7:30pm	Mary C. – 402-980-8258 or <a href="mailto:mchudy@cox.net">mchudy@cox.net</a> Don - <a href="mailto:rdonald1956@yahoo.com">rdonald1956@yahoo.com</a>
<b>Wednesday</b> 12 Step House, 7306 Grant St. (large room upstairs)	Wednesday	8:00pm	Bill K. – 402.573-5933
<b>Newcomer's Meeting – Q&amp;A session*</b> (if no newcomers then regular open meeting) St. Paul United Methodist Church, 5410 Corby (Please park in the small North parking lot)  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.	Thursday	7:00 pm	Jason G. – <a href="mailto:a95legend@gmail.com">a95legend@gmail.com</a> , 402-739-1057
<b>Adventures in Recovery</b> UNMC, 42nd and Emile (the Durham Research Tower I - north tower - room 1006, until the first week in June)	Friday	7:30pm	Doug: <a href="mailto:dougabarnes@hotmail.com">dougabarnes@hotmail.com</a> Chelsea: <a href="mailto:chelaj_enie@live.com">chelaj_enie@live.com</a>
<b>Saturday Serenity</b> 12 Step House, 7306 Grant St. (small room upstairs)	Saturday	11:30am	Julia: 402-208-8008
<b>Sunday Meeting</b> 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  Take elevator up to level 1, then either take another elevator up to floor 2 or take the stairs.	Sunday	11:00am	Lynn S. <a href="mailto:codaomaha@hotmail.com">codaomaha@hotmail.com</a> 740-4425
<b>Greater Omaha Service Board Meeting*</b> (GSRs & Board members required, others welcome) UNMC, 42 <sup>nd</sup> and Emile - cafeteria	Last Sunday of the month	12:30pm	Jason G. <a href="mailto:a95legend@gmail.com">a95legend@gmail.com</a> , 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.codependents.org>