



Notes:

CoDA Round-up: Saturday August 20 from 1-7pm at St. Paul United Methodist Church (5410 Corby).

1 pm: Domestic Violence workshop

2:30: Meditation workshop

4: speaker Chelsea

5: potluck

5:30: Therapist Steve Brownrig

Suggested donation: \$5 for the afternoon; \$3 for the evening only.

Something to Ponder...

Is there a subject that you are interested in learning more about?

What lessons is life trying to teach you?

"God allows us to experience the low points of life in order to teach us lessons we could not learn in any other way.

The way we learn those lessons is not to deny the feelings but to find the meanings underlying them."

-Stanley Lindquist

From the Editor...

It's the time of year when we say good-bye to the carefree days of summer and hello to school, hectic schedules and more structured routines. As someone who has been out of school for a long time, I haven't had the pleasure of buying crisp new notebooks or the anticipation of wondering what my new teacher will be like.

But even though we might not be in a formal educational setting, we can still learn! Most of us do it every day in some form or other, particularly if we're regularly going to meetings and doing our readings.

In that spirit, I am introducing a new book to the newsletter. We have spent the first part of this year working through Debbie Ford's book "The Best Year of Your Life." I hope you enjoyed it and got some value out of the readings. Our next book will be "You Can Heal Your Life" by Louise L. Hay. I know many of you have probably read this book before (I have!) but there is value in doing so again. Just the other day I was chatting with my sponsee about this book and she commented that she gets more out of it every time she reads it.

So, here's to a new chapter on our recovery journey. I hope you enjoy the new series!

- In service, Sarah T.

Inspiration...

Don't miss out on today's learning experiences.

They won't come again. We will never have another day exactly like today, so let's take advantage of the lessons we're offered.

We don't like to make mistakes, and we don't like to be in situations that are fraught with stress, but mistakes and distress seem to go along with being human and alive. Both can be turned into sound learning experiences.

We don't learn if we try to deny or ignore the situation we don't like or don't handle well. How much better if we can accept the difficulty, see how we have contributed to it, and arrive at a positive course of action. And how often it helps to talk about the problem with someone else instead of pridefully insisting on muddling through alone. Very likely, we will discover that today's richest learning experiences are those we share with others.

I will accept the lessons today offers and share them with someone else so that we both can grow.

- Inner Harvest by Elisabeth L.

You Can Heal Your Life!

From the book by Louise L. Hay

Introduction, from Louise

I have written this book to share with my readers that which I know and teach. I have set up this book to take you through a session, just as I would if you came to me as a private client or attended one of my workshops. If you do the exercises progressively, you will have begun to change your life. If you can, work through the exercises with a friend [or sponsor]. Each chapter opens with an affirmation. Use these as you work through each area of your life. The chapter closes with a treatment. This is a flow of positive ideas designed to change consciousness.

Some points of my philosophy:

- We are each responsible for our own experiences
- Every thought we think is creating our future
- The point of power is always in the present moment
- Everyone suffers from self-hatred and guilt.
- The bottom line for everyone is, "I'm not good enough"
- It's only a thought and a thought can be changed
- We create every so-called illness in our body
- Resentment, criticism, and guilt are the most damaging patterns
- Releasing resentment will dissolve even cancer
- We must release the past and forgive everyone
- We must be willing to begin to learn to love ourselves
- Self-approval and self-acceptance in the now are keys to positive change
- When we really love ourselves, everything in our life works

Now for an affirmation to get you in the right frame of mind for this journey:

In the infinity of life where I am, all is perfect, whole and complete, and yet life is ever changing. There is no beginning and no end, only a constant cycling and recycling of substance and experiences. Life is never stuck or static or stale, for each moment is ever new and fresh. I am one with the very Power that created me and this Power has given me the power to create my own circumstances. I rejoice in the knowledge that I have the power of my own mind to use in any way I choose. Every moment of life is a new beginning point as we move from the old. This moment is a new point of beginning for me right here and now. All is well in my world.

Editor's Note: Next month we will start working through each chapter. Louise talks about how we can use our minds to help heal our bodies. Each month I will pick an ailment and then list the new thought pattern that could help in healing. I will also include extra exercises from Louise's Companion Guide. These will be found in the Meditations section of the newsletter.

What Melody Says...from "The Language of Letting Go"

Letting Go

Stop trying so hard to control things. It is not our job to control people, outcomes, circumstances, and life. Maybe in the past we couldn't trust and let things happen. But we can now. The way life is unfolding is good. Let it unfold.

Stop trying so hard to do better, be better, and be more. Who we are and the way we do things is good enough for today.

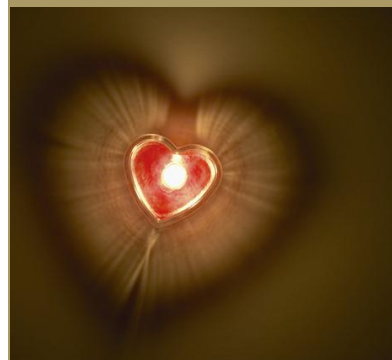
Who we were and the way we did things yesterday was good enough for that day.

Ease up on ourselves. Let go. Stop trying so hard.

Today, I will let go. I will stop trying to control everything. I will stop trying to make myself be and do better, and I will let myself be.

Treatment

Starting next month, look here for the treatment Louise recommends to go along with the chapter reading!



Heal Your Body

Ailment: Allergies

Probable cause:
Denying your own power

New thought pattern: "The world is safe and friendly. I am safe. I am at peace with life."



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!

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Welcome newcomers!

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

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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.

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

Follow us on Twitter!
[@CodaOmaha!](https://twitter.com/CodaOmaha)

Additional Exercises from the "You Can Heal Your Life"

Companion Guide By Louise L. Hay

Allow yourself to accept the good in your life, whether you think you deserve it or not.

1. What do you want that you do not have now? Be clear and specific.
2. What were the laws/rules in your home about deserving? Were you told you don't deserve something? Or that you deserve a good smack?
3. Do you feel that you deserve?
4. Do you deserve to live? Why or why not?
5. What do you have to live for? What is the purpose of your life? What meaning have you created?
6. Whom do you need to forgive in order to deserve? Bitterness puts a wall around our hearts and makes it difficult for us to receive.

I am deserving all good. Not some, not a little, but all good. I move past negative thoughts and release limitations. I deserve freedom to be all I can be. All is well in my world.

Every Day I Pray

By Iyanla Vanzant

Prayer for Faith

Higher Power –

In every difficulty remind me that faith in you will stop the arrows of the adversary.

Remind me that faith in you can move mountains and people.

With faith in you, I will gain strength and vision.

Remind me that I may not know what you do, but as long as I know what you can do and have faith, I will be just fine.

Remind me to let faith in you be my guide, my protection, my shield and the light on my path.

Remind me that faith in you will bring me peace in the midst of the storm.

Faith will answer my questions.

Faith will open my path.

Faith will guide my thoughts.

Remind me that regardless of what appears, I can always depend on you because you, my Higher Power, are faithful.

And so it is!

I Wish I Were

I wish I were big enough to honestly admit all my shortcomings.

Brilliant enough to accept praise without it making me arrogant.

Tall enough to tower over dishonesty.

Strong enough to welcome criticism.

Compassionate enough to understand human frailties.

Wise enough to recognize mistakes.

Humble enough to appreciate greatness.

Brave enough to stand by my friends.

Human enough to be thoughtful of my neighbor.

And spiritual enough to be devoted to the love of God.

- The 12 Step Prayer Book Volume 2
by Bill P. and Lisa D.

Back to the Basics

Monthly reminder of the basic principles of CoDA, to keep us on track

Meditation/Prayer

“Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.”
– Step 11

“The Eleventh Step asks us to meditate as a route to improving our conscious contact with God.

Meditation is different than obsessing or worrying. Obsession and worrying are fear connections. Meditation means opening our mind and our spiritual energy to the God connection.

To connect with God, we need to relax as best we can and open our conscious and subconscious mind to a Higher Consciousness - one that is available to each of us.

In the busyness of our day and life, it may seem like a waste of time to slow down, to stop what we're doing, and take this kind of break. It is no more a waste of time than stopping to put gas in our car when the tank is almost empty. It is necessary, it is beneficial, and it saves time. In fact, meditation can create more time and energy than the moments we take to do it.

Meditation and prayer are powerful recovery behaviors that work. We need to be patient. It is not reasonable to expect immediate answers, insight, or inspiration.

But solutions are coming. They are already on the way, if we have done our part - meditate and pray - and then let the rest go.

Whether we pray and meditate first thing in the morning, during a coffee break, or in the evening is our choice.

When our conscious contact with God improves, our subconscious contact will too. We will find ourselves increasingly tuned in to God's harmony and will for us. We will find and maintain that soul connection, the God connection.” [from *The Language of Letting Go*]

The idea of meditation scares and intimidates some people. But it doesn't have to be hard. All you need to do is sit still and surrender. Let your mind quiet and your body slow down. In this fast paced world we live in that can seem an impossible task. Just try it and trust. It may feel silly at first. You may get frustrated and think you're not doing it right. You are. There is no right or wrong. There just is.

If you don't know what else to say or do, think of one or two words that you can repeat in your head. “Serenity,” “Peace,” “Trust,” “Just Listen,” and “I Accept” are all good choices. Or you can come up with your own. Just try. You may be surprised by how easy it becomes and how big of a difference it makes.

Today, I will take a moment for meditation and prayer. I will decide when and how long to do it. I am a child and creation of God - a Higher Power who loves to listen and talk to me. God, help me let go of my fears about whether or not You hear and care. Help me know that You are there and that I am able to tap into the spiritual consciousness.

Next Month's Topic: Boundaries

It's an esteemable act to stop and smell the roses.

For years I diligently and faithfully read my daily meditations. It was a great way to begin my day. But over the years, I became careless in my reading and rushed through my daily meditations. As a result, I missed the essence of what keeps me grounded.

Do you really take the time to understand the meaning of your daily readings? When we skim through our readings, we miss the real benefit of these powerful, inspirational, mind-altering tools. Yet if we invest the time, we will experience more abundance and a greater sense of serenity. We'll discover tools for living that previously eluded us. We'll feel better equipped to handle situations that used to baffle us because we're participating in our solution.

- “52 Weeks of Esteemable Acts” by Francine Ward



“Meditation brings wisdom; lack of mediation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path that leads to wisdom.”

—Buddha

Greater Omaha CoDA Service Board

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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
Monday Magic 12 Step House, 7306 Grant St. (small room upstairs)	Monday	7:30pm	Lisa – 402-218-9785
CoDA and Beyond – Women Only St. Paul's Methodist Church, 5410 Corby St.	Tuesday	7:15pm	Marcia S. – 402-573-1454 Susan F. – 402-738-9684
Cocoon Club Church of the Master, NE corner of 114th and Center (park in small north lot)	Tuesday	7:30pm	Mary C. – 402-980-8258 or mchudy@cox.net
Wednesday 12 Step House, 7306 Grant St. (large room upstairs)	Wednesday	8:00pm	Bill K. – 402.573-5933
Independence from Codependence Siena Francis House, 1702 Nicholas St.	Thursday	7:30pm	Siena Francis House 402-342-3357
Newcomer's Meeting – Q&A session* (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. – a95legend@gmail.com , 402-677-8308
Adventures in Recovery UNMC, 42nd and Emile (Park on level 2 of garage & follow signs to Conference Room 2628)	Friday	7:30pm	CJ T. – 402-706-0950 or Charhonjon@yahoo.com Sarah T. – 402-305-9052 or codaomaha1@hotmail.com
Saturday Serenity 12 Step House, 7306 Grant St. (small room upstairs)	Saturday	11:30 am – 1 pm	Sharon F. – 402- 321-3445 or wabbitluvy@yahoo.com
Sunday Meeting Room 2755, second floor, UNMC Lied Transplant Center (41st and Emile) Free parking is available.	Sunday	11:00am	Lynn S. codaomaha@hotmail.com 740-4425
Greater Omaha Service Board Meeting* (GSRs & Board members required, others welcome) UNMC, 42 nd and Emile - cafeteria	Last Sunday of the month	12:30pm	Jason G. a95legend@gmail.com , 402-677-8308

***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>