



Thoughts from the Chair... CJ and Sarah T.

Something to
Ponder...
What can you do
today to take care
of and show love to
yourself?

Ah Valentine's Day...to some of us it's a time to celebrate love and to others it's a painful reminder of the love we don't have. And still others may think of it as a "Hallmark Holiday" regardless of their place in life.

I'd like to challenge all of you to use this day as a reminder to take time to LOVE YOURSELF!

The relationship we have with ourselves is the most important but often the most neglected. Our lives are so busy that most of the time we expend all our energy at

our job or with our family/friends and don't have anything left to give to ourselves at the end of the day!

You've heard it all before – if you don't give to yourself, you won't be able to give as much to others. Well believe me, it's true! I found this out all too clearly as soon as I became a mother. Suddenly I was responsible for another life and yet was giving to myself less and less (in terms of sleep, food, time alone, etc.). I realized that I was unhappy and feeling resentful toward my beautiful baby because I

wasn't loving myself. Once I turned that around and made sure I was finding time to love myself, things became 100% easier and better.

It is an everyday battle but one that is worth fighting. Are you unsure of how to love yourself and don't think you're worthy of it? Then read through the articles in this newsletter and take them to heart. Trust me, you are lovable, loving and loved!!

Love, Sarah T.



EVENTS!

CoDA Service Board Meetings – 12 p.m. at the 12 Step House:

Stayed tuned for the 2010 schedule!

Upcoming Speaker's Meetings (details to come):

2010 schedule coming soon!

Call to service!!

CoDA needs you and all your talents!! Do you enjoy planning events? Are you a good public speaker? Do you have great organizational skills? Are you an outgoing person?

Whatever your unique skills are, CoDA can benefit from it. We need each and every one of you to contribute in whatever way you can. Whether it be planning an event, joining the board, starting a new meeting, greeting newcomers, speaking at a speaker's meeting or simply setting/cleaning up a

meeting – it is all helpful and needed!

If you are uncomfortable or unsure, start small. Help your meeting GSR to set up or tear down the meeting. Volunteer to pick the topic for the day and read it. Pour coffee for those that want it.

No matter what you do, the important thing is to do SOMETHING! Not only will it help you in your recovery, it will also serve the needs of individual CoDA meetings and Codependent's Anonymous as a whole.

What are you waiting for? Get started today!!



Inspiration...Intention...Information



The gift of love means this: I want to share with you whatever I have that is good.

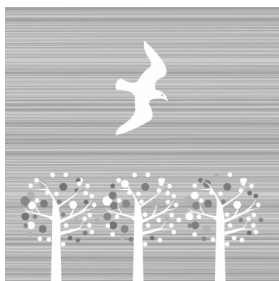
--John Powell, S.J.

How loving are we, really? Do we keep score when we do favors for a friend, keeping in mind that we're owed one? Do we hoard rather than share a favorite treat, hoping to prolong our own feast? And the good mood, when it's ours, do we use it to help another raise her spirits or do we secretly gloat because we're "in a better place"?

The opportunity to respond with love visits us throughout each day. A smile, a kind gesture, including someone in a conversation, noticing a job well done, are acts of love, acts that connect our hearts, at least for a moment.

When someone has shared love with us in some form, we notice it and are moved.

-From "Worthy of Love" by Karen Casey



Hatred is never anything but fear - if you feared no one, you would hate no one.

--Hugh Downs

On those occasions when we find the bigger person within, we are more generous in spirit toward others. But sometimes we think too much about what is wrong with others and how they ought to change. That is a form of hate. If we are searching for what we have power to change in our families, in our friendships, in the world, we can learn to be big enough to set aside our fears.

Do we bear ill will toward someone today? When we are honest with ourselves, do we feel a sense of fear in relation to this person? What are we really afraid of? Perhaps the same person fears us. When we can do something about our fear, the hatred melts with no further effort. Then we are in touch with the bigger person within.

I have the inner strength to face my fears today. I will not send them outward as hatred.

-From "Touchstones" By Anonymous

Fear No More

*I will not fear those who have hurt me,
For You have given me power.
I shall sleep without nightmares;
You have given me peace.
I shall awaken with a clear and rested mind;
You have given me clarity.
I shall start my day happy, joyous, and free;
You have given me my recovery;
You have given me a new life.
For Your grace,
I will demonstrate my gratitude
In useful and positive action
Throughout this day.*

-The 12 Step Prayer Book, Vol. 2

> Quick Tips <

1. Make a list of things you like about yourself.
2. Make it a part of your daily routine to praise yourself.
3. Love yourself like a friend loves you.
4. Make a note every time someone compliments you.
5. Have compassion for yourself.
6. Don't wait for others to love you – love has to come from yourself.
7. Use affirmations.
8. Recognize self-critical messages and take steps to change them to positive ones.
9. Do comforting and nurturing things for yourself.
10. Ask yourself what you need.

Topic of the Month: Learning to Love the Self

There is so much talk from people about how they don't love themselves or why they don't feel worthy. People desperately want to know how they can get back to the way they used to feel about themselves. Or in some cases learn to love them for the very first time. In truth the concept is not all that complicated, and it all starts with your thinking and your beliefs.

Self worth or feeling worthy is not something that needs to be acquired or earned. We are all born worthy just by the very fact that we are born. Stop thinking about worthiness as something that you need to go in search of, because you don't. We are all born worthy and the only test of worthiness is being alive.

Loving oneself is nothing more than making a conscious decision to do so. It's as simple as that. You can decide today, this very moment, that you will love yourself. You can love yourself without help from anyone else and you can begin today simply by telling yourself, "I LOVE ME". Like anything else if you tell yourself enough and remind yourself daily then it will take hold and it will become real.

Even if you've been told by others that you are worthless or unlovable, remember that is only their opinion and has nothing to do with reality. YOU get to decide the way you think and feel about yourself and what you believe is true about you. Someone else's words have no power unless you give their words power. Remember you are not what someone else says you are, YOU ARE WHAT YOU BELIEVE YOU ARE.

"I am the one I have been looking for." –Iyanla Vanzant

To love yourself means to accept yourself as you are and to come to terms with those aspects of yourself that you cannot change. It means to have high self-esteem, self-respect and a positive self-image. It means having a healthy regard for yourself knowing that you are a worthy human being, without being arrogant.

It is important to remind ourselves that no one is perfect. Each of us is unique and has specific talents and abilities to offer. We are all here, in the words of Walt Whitman, "to contribute a verse".

In order to appreciate yourself it is up to you to discover what makes you unique and to further develop those talents. We have a responsibility to ourselves to do so.

You cannot sit around and wait for approval from others. Work on accepting yourself. You are the only "you" that you have. It is in your best interests to be the best you can be.

Until you love yourself, you will not be able to love anyone else. You can only love another to the degree that you do yourself.

How do you love yourself?

You do so by investing in and working on your personal growth and development. You work on being the best you. When you love yourself you automatically take care of yourself physically, mentally and emotionally. Conversely, if you don't love yourself enough, start taking care of your body, mind, and spirit. You will not only become more self-aware, you will generate feelings of worth and accomplishment.

What Melody says . . . from "Journey to the Heart"

May 18 – Love all of Yourself

"Do more than just accept yourself, tolerate yourself, put up with yourself, and endure who you are. Love yourself.

To live in a magical way, one in which you connect with the universe, loving yourself isn't optional. It comes first. To hear the quiet voice of your

heart so you know when you're being led, to hear your thoughts so you can see what you really believe, to trust and open your heart, you must first experience love for yourself.

Have you abandoned yourself? Let yourself see if that's true, feel if that's true. Then learn to experience love for yourself.

Learn to love the way you handle things. Love your unique way of learning, growing and seeing things. Love where you've been. Love

what you've done. Love where you are, and what you're doing now.

Love how you look, smell and feel. Love the color of your eyes, your hair and the radiance in your heart. Love how you laugh and cry. Love your mistakes, and love all the good you've done. Love it all. Love all of you.

Step into love for yourself, and the universe will reflect that love back to you."

Change Me

--Ruth C.'s Prayer

Change me, God,
Please change me.
Though I cringe,
Kick,
Resist and resent.
Pay no attention to me whatsoever.
When I run to hide
Drag me out of my safe little shelter.
Change me totally.
Whatever it takes.
However long You must work at the job.
Change me – and save me
From spiritual self-destruction.

-From "The 12 Step Prayer Book"

Stay the Course

So you're well on your way to achieving your goals. Feels good, right? Remember, though, that those changes you're implementing in your life have got to be permanent.

Keep in mind, all this work is helping you look at your life in new ways, with deeper insight and understanding. The bottom line is this: You can never go back to your old way of life if you want to maintain your new one. You're on the wagon, my friend. As with any kind of recovery, just because you're rehabilitated doesn't mean you don't have to be vigilant to guard against a relapse.

All that soul-searching and honest examination has to continue. All those behavior modifications and healthy, life-affirming habits you learned have to stay in place every day for the rest of your life.

I know it's hard. *Whatever.* It's the truth. The good news is that it will get easier. You'll get accustomed to how awesome it feels to treat yourself well! Eventually, behaviors and choices you've had to think through will become gut instinct.

You *can* do this. Remember, you're doing it right now.

-Jillian Michaels, Life Coach and Personal Trainer

"I'm good enough; I'm smart enough, and dog-gone-it, people like me!"
– Stuart Smalley, "Stuart Saves his Family"

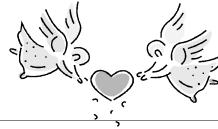
February Holiday Facts and Trivia!

➤ Valentine's Day – 2/14/2010

- About 1 billion Valentine's Day cards are exchanged in US each year. That's the largest seasonal card-sending occasion of the year, next to Christmas.
 - Women purchase 85% of all valentines.
 - In order of popularity, Valentine's Day cards are given to teachers, children, mothers, wives, sweethearts and pets.
 - About 3% of pet owners will give Valentine's Day gifts to their pets.
 - In the Middle Ages, young men and women drew names from a bowl to see who their valentines would be. They would wear these names on their sleeves for one week. To wear your heart on your sleeve now means that it is easy for other people to know how you are feeling.
 - The oldest surviving love poem till date is written in a clay tablet from the times of the Sumerians, inventors of writing, around 3500 B.C
 - In Medieval times, girls ate unusual foods on St Valentine's Day to make them dream of their future husband.
- V- DAY SUSPICIONS:**
- It is said that the kind of bird a girl watches on Valentine's Day predicts her future husband. For instance:

Sparrow: a poor man
Owl: remain spinster
Bluebird: a happy man
Blackbird: a priest or clergyman
Crossbill: an argumentative man

- If you find a glove on the road on Valentine's Day, your future beloved will have the other missing glove.
- If you see a squirrel on Valentine's Day, you will marry a cheapskate who will hoard all your money.
- If you see a robin on Valentine's Day, you will marry a crime fighter - maybe they mean Batman!



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, Thursdays at the 12 Step House at 5:30 p.m.

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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, send an email to codaomaha1@hotmail.com.*

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

➤ President's Day – 3rd Monday, 2/15/2010

- The federal holiday celebrated on the third Monday in February is not officially called Presidents Day. Instead, it is Washington's Birthday. There was an attempt in 1968 to officially name it Presidents Day. However, this suggestion died in committee. Many states, however, choose to call their own celebration on this day "Presidents Day."
 - Even though many states celebrate Abraham Lincoln's birthday concurrently with Washington's Birthday, it is not a federally designated holiday.
 - Traditionally, many celebrated and continue to celebrate Washington's Birthday with desserts made with cherries. Of course, this relates to the story that Washington would not tell a lie when asked if he cut down a cherry tree.
- General Presidential Facts**
- Virginia is the birthplace of more United States presidents than any other state, followed by Ohio then Massachusetts.
 - James Garfield was the only preacher to ever become President of the United States. He was an ordained minister who used his speaking ability to preach and teach.
 - Twenty three presidents were lawyers.
 - Abraham Lincoln, James Garfield, William McKinley and John Kennedy were assassinated while President of the United States.
 - Franklin D. Roosevelt was the only President to serve 4 terms.
 - Grover Cleveland was the only President to serve 2 non-consecutive terms.



The Steps... excerpts from the "Codependents Guide to the Twelve Steps" by Melody Beattie

Step 2: Came to believe a power greater than ourselves could restore us to sanity.

After surrendering to the First Step by accepting and admitting powerlessness and unmanageability, the Second Step brings fresh air and hope. The Second Step puts us on track – a new track – a course that holds more power and direction than we have on our own. It is the transition step. It takes us from where we are to where we want to go.

All we are asked to do now is believe. In fact, all we are asked to do is "come to believe". We do that by opening our minds and hearts and connecting with other recovering people. Although we share codependency issues, each of us has a personal version of how codependency manifested itself in our lives and what being restored to sanity means.

The idea of being restored to sanity centers around owning power in relationships – learning how not to let others have all the power, learning not to allow others to control us, no matter how healthy or well intentioned the people we're dealing with. Sanity is when we are at peace with ourselves and take care of ourselves, instead of taking care of others.

Came to Believe

We do not begin by believe a Power greater than ourselves can restore us to sanity. We work into it. We grow into our belief. We *come to believe*. Many of us find that we come to believe by seeing other people with problems similar to ours restored to sanity as a result of working these Steps. For us, seeing is believing. And coming to meetings is how we come to believe.

When we don't know how to react, live life or feel, we can listen to how other people behave in similar circumstances, behaving in a sane manner, looking happy and healthy.

Seeing other people change, seeing the Steps work in their lives, seeing their lives restored to manageability, peace and joy is how we come to believe that it is possible for us.

A Power Greater Than Ourselves

We can start where we are, with whatever amount of belief or disbelief we have at the moment. We start by believing we can be restored to sanity – whether that restoration is a brief event, such as handling a momentary feeling or a larger event, such as the restoration we need when we begin recovery or go through a traumatic experience. We open ourselves to the help, love care, guidance and power of God.

This program is spiritual, not religious. The Steps were written to be compatible with all religious and denominational beliefs. They were also intended to be accessible to those without religious beliefs.

The Hope Step

Come joyfully to this Step, when you have the presence of mind to remember to practice it. Practicing it can be as simple as thinking about it. Let it pass through your mind and give it whatever degree of validity you can at the moment.

Use it when old, negative beliefs begin to control your life. Use it when you are tangled up in shame and self-hatred. Use it when you get absorbed in other people and their issues.

When you tire of efforts that do not work, when you are hopeless, when you are tangled up in unmanageability or compulsive efforts to control something that you cannot, then become ready to take this Step.

Breathe deeply. Believe that a Power greater than yourself can restore you to sanity. Be grounded on that new level. By believing, we create the space for that to happen. Stop empowering the problem and begin to empower the solution, one that will be given to us. Do not worry about how or when it will happen. Just believe.

Activities:

1. What are the activities that bring you hope and help you believe things are okay and will be okay?
2. How have your ideas changed about what it means to be restored to sanity? Have your expectations about recovery changed?
3. How do you define a Power greater than yourself? Do you believe that Power cares about you?
4. What is a reasonable plan of self-care for you to help you continue to believe that recovery can, and will, work for you?
5. Make a list of areas in your life you would like to see restored. Your goals will be more effective if center around restoring your own life than someone else's.

Greater Omaha CoDA Service Board

- Chair - Sarah T
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- Chair - CJ T.
charhonjon@yahoo.com, 402-706-0950.
- Vice Chair – Karin F., 554-8687
- Treasurer - Denise M.,
mortondmrt@aol.com, 402-657-4563,
- Secretary - Roger A., 402-575-0909
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amy.cummins@hdrinc.com
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- Community Contact - CJ T.
charhonjon@yahoo.com, 402-706-0950
- Webmaster and Newsletter - Sarah T
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The following **books** are recommended by CoDA National for use in recovery from codependence:

- 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)
- The CoDA Big Book (available from your local CoDA Literature representative. Also ask meeting GSRs as some meetings keep copies on hand).

Helpful **Websites**:

- CoDA National 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.

Codependent's 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
Sunday Evening CoDA 12 Step House, 7306 Grant St. (small room upstairs)	Sunday	7:30pm	Jay B. – 402-218-7073
Monday Magic 12 Step House, 7306 Grant St. (small room upstairs)	Monday	7:30pm	Roger A. – 402- 575-0909
CoDA and Beyond – Women Only St. Paul's Methodist Church, 5410 Corby St.	Tuesday	7:30pm	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
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) 12 Step House, 7306 Grant St. (small room upstairs)	Thursday	5:30 pm	Lisa – 402-515-7533 Dave W. – 402-515-4693
12 Step Study* UNMC, 42nd and Emile (Park on level 2B of garage & follow signs to Conference Room 2628)	1st Friday of each month	6:00pm	CJ T. – 402-706-0950 or Charhonjon@yahoo.com Sarah T. – 402-305-9052 or codaomaha1@hotmail.com
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	11:30am	Sharon F. – 402-933-8013 or wabbitluy@yahoo.com Chris C./Co-Chair
Greater Omaha Service Board Meeting* (GSRs & Board members required, others welcome) 12 Step House, 7306 Grant St. (small room upstairs)	Last Sunday of the month	12:00am	CJ T. – 402-706-0950 or Charhonjon@yahoo.com Sarah T. – 402-305-9052 or codaomaha1@hotmail.com

*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.
- 12 Step Study: a chance for all to work the steps and discuss. Meets the first Friday of every month.
- 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!

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