



## Notes:

**CoDA Speaker's Meeting and board elections!**

**Saturday March 10 @ 11:30 a.m.**

Speaker will be Jason G.

Elections will be held for 4 board positions.

More details to come!

## Something to Ponder...

*What can you do today to show love to yourself?*

*"Find the love you seek, by first finding the love within yourself. Learn to rest in that place within you that is your true home"*

*--Sri Sri Ravi Shankar*

## From the Editor...

February is the month dedicated to love. Giving love and receiving love. For many of us, this month may often lead to depression or anger at not having in our lives the kind of love we want.

Instead of getting angry, celebrate the love you do have! Do you have good friends that love you? Or a loyal pet? Or a close sibling?

It's also important to use this time as a reminder to love yourself. For me, that's the hardest one of all. How can I love myself or be loved if I'm not perfect?

No one is perfect. It's our imperfections that make us unique and all the more lovable. Loving ourselves take time and practice. We have to make a conscious effort to do it. Some days it may be that all we can do it fake it. That's ok. Fake it 'til you make it.

You'll often find that by loving yourself, and focusing on the loving relationships that are healthy in your life, you will naturally attract more of that to you.

Happy Valentine's Day!

*- In service, Sarah T.*

## Inspiration...

**Love is the lamp that lights the universe: without that light . . . the earth is a barren promontory and man the quintessence of dust.**

*--Mary Elizabeth Braddon*

All of us are lighted by love. Childcare, car repair, concluding a report - are easier tasks when we know we're loved. We don't feel quite as alone and conspicuous in a crowd of strangers when we recall that someone special loves us. No new adventure, first plane trip, or first day of a class or new job feels quite as threatening when we've got the company of a loved one in our hearts and minds.

You might be thinking, "But I don't have a special loved one now." How narrowly we define being loved. We have friends who love us, who think of us even when we're not present - just as we think of them. And no one of us is ever away from the protective realm of a Higher Power who loves us always and everywhere we go.

*Wherever we look there is someone who, like us, will find the day easier if he remembers he's loved.*

Worthy of Love by Karen Casey

# You Can Heal Your Life!

From the book by Louise L. Hay

## Chapter 5: What do we do now?

### Decide to Change

Throwing up our hands in sorrow at what we may call the mess in our lives and just giving up are the ways many people react at this point. Others get angry. By giving up, you are agreeing to continue living in pain because it's "easier" than changing. Getting angry all the time doesn't do much good either. It's a refusal to perceive life in a new and different way.

Instead, it would be more helpful to ask yourself how you are creating so many situations to get angry at. Whatever you give comes back to you. The more you give out anger, the more you will get back.

### Make a Decision to be "Willing to Change"

We all want our lives to change but we don't want to have to change. We would prefer *they* change. In order for this to happen, we must change inside. We must change our way of thinking, change our way of speaking, change our way of expressing ourselves. Only then will the outer changes occur. This is the next step. We are now fairly clear on what the problems are, and where they came from. Now it is time to be *willing to change*.

Each old layer must give way in order to be replaced with new thinking. Some of it is easy, and some of it is like trying to lift a boulder with a feather. The more tenaciously I hold on to a belief when I say I want to make a change, the more I know this is an important one for me to release. It is only by learning these things that I can teach others.

### Housecleaning

The mental work I do now is like cleaning a house. I go through my mental rooms and examine the thoughts and beliefs in them. Some I love, so I polish and shine them and make them even more useful. Some I notice need replacement or repair and I get around to them as I can. Some are like yesterday's newspapers and old magazines, they're no longer useful. These I either give away or toss in the trash and let them go forever.

Mirror work is very powerful. As children we received most of our negative messages from others looking straight at us in the eye and perhaps shaking a finger at us. Whenever we look into the mirror today, most of us will say something negative to ourselves. We either criticize our looks or berate ourselves for something. To look yourself straight in the eye and make a positive declaration about yourself is in my opinion, the quickest way to get results with affirmations.

## Exercise

Let's use the affirmation, "I am willing to change." Repeat this often. You can touch your throat as you say this. The throat is the energy center in the body where change takes place. Be willing to allow the changes to happen. Be aware that what you DO NOT WANT TO CHANGE is exactly the area where you NEED to change. Things will definitely begin to change as you make these statements.

## Heal Your Body

**Problem:** *Bursitis*

**Probable cause:**  
*Repressed anger.  
Wanting to hit  
someone.*

**New thought  
pattern:** *"Love  
relaxes and releases  
all unlike itself."*

## What Melody Says...from "52 Weeks of Conscious Contact"

### Love-ability

A friend of mine recently told me how he met his wife. He had watched her walk by his store every day for a year with her young son. Finally my friend devised a plan. Every day when she walked by the store, they said hello to each other, but she never stopped to chat. This day, he was ready. He had his store keys in hand. "Would it be all right if I walked with you for a while?" he asked when she walked by.

That Friday, they had their first date. She was nervous. As time passed, she did relax, and they continued to become friends. Three years later, they were married in a small ceremony.

My friend is a lucky man, but not just because he found someone he truly loves. He is lucky because he is able to recognize the gift of his wife's love. Most of us have the ability to see when we have been harmed, hurt, or slighted, when we're not loved or treated the way we'd like to be. But we can learn to see those acts big and small when someone shows us love. They are the greatest gifts of all.

Call it believing we deserve love, lovability, or love-ability, the value is opening our eyes and hearts so we can see and receive love from others, friends, family, romantic involvements, and God.



# 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.*

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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](mailto:codaomaha1@hotmail.com).*

~

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

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

*In the infinity of life where I am, all is perfect, whole and complete. I now choose calmly and objectively to see my old patterns and am willing to make changes. I am willing to change. I choose to have fun doing this. I choose to react as though I have found a treasure when I discover something else to release. I see and feel myself changing moment by moment. Thoughts no longer have any power over me. I am the power in the world. I choose to be free. All is well in my world.*

*I rejoice in the love I have to share. Deep at the center of my being, there is an infinite supply of love. I can never use it all in a lifetime. When I share love it comes back to me multiplied. Love is and I am. I am a radiant being of love.*

## Every Day I Pray By Iyanla Vanzant

### When you've been hurt

Dear Higher Power,  
Create in me a clean heart; renew a right spirit within me.  
I have been so angry for so long, with so many people, including myself.  
I have withheld my love, support and gratitude.  
I have lashed out.  
I have behaved in inappropriate ways.  
I have dishonored myself and disrespected others.  
I have allowed fear and anger, shame and guilt to control my thoughts.  
I have allowed resentment to breed in my heart.  
I have been dishonest.  
I have been hurtful.  
I now surrender to you everything within me that is not of you.  
I am eternally grateful.  
And so it is!

### Other people can't meet our needs if we don't tell them what our needs are.

We need tenderness and caring from our families and friends. We need their acceptance, understanding, and support. Sometimes we need their criticism and forgiveness.

Whatever our needs are, other people will probably be involved in getting them met. If we expect those close to us to read our minds and know exactly what we want without being told, we will probably be disappointed. Being honest and candid about our needs and feelings is an important goal of recovery. True, the other person may say no, but being able to make a reasonable request raises our self-esteem and opens the door to communication.

*Today, I will take the risk of asking someone directly for something I want.*

Inner Harvest by Elisabeth L.

# The A,B,C's of Recovery

## Boundaries

When we hear ourselves complaining or we feel ourselves getting angry, that may be an indication that we need to set a boundary.

Ask yourself:

What hurts?

What feels good?

What is my responsibility?

What isn't?

What am I willing to lose?

### KEYS TO SETTING BOUNDARIES:

When you need to set a limit with someone, it works best to do it clearly and in as few words as possible; preferably without anger.

We may feel ashamed when we say, "No", set a boundary or refuse to take care of someone. That's okay. We can do it anyway. The guilt will pass. We'll do it in our own time and we will set limits when we're ready.



*"Sometimes, "No" has to be so strong that there are many fences around it to make sure it stays, "No."*

Whenever I meet someone new, male or female, I remember my "ideal relationship" list - my list for a partner also represents most of the things I would like in my friendships. When I'm deciding whether I want someone to be my friend, I think of the things on my list that are most important to me, and where I'm willing to compromise.

"Respects my boundaries" should be at the top of my list for any relationship, and when I meet someone new, I pay attention to the signals that show me if they have this quality. I may set boundaries as simple as, "Please don't call after eight o'clock," or "I can't see you tomorrow because I have other plans," or "I don't feel comfortable inviting you over yet."

If these simple boundaries are ignored, I will let the relationship go, knowing that once someone ignores simple boundaries, they will most likely ignore the more important ones. Better to get out now than to repeat past mistakes.

**Time to Break Free by  
Judith R. Smith**



## Greater Omaha CoDA Service Board

- Chair: Jason G. , 402-739-1057  
[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: Karin F., 554-8687
- Literature: Lisa, 402-515-7533
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[ddweber@gmail.com](mailto:ddweber@gmail.com)
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- 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
<b>CoDA and Beyond – Women Only</b> St. Paul's Methodist Church, 5410 Corby St.	Tuesday	7:15pm	Marcia S. – 402-573-1454 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 mchudy@cox.net
<b>Wednesday</b> 12 Step House, 7306 Grant St. (large room upstairs)	Wednesday	8:00pm	Bill K. – 402.573-5933
<b>Independence from Codependence</b> Siena Francis House, 1702 Nicholas St.	Thursday	7:30pm	Siena Francis House 402-342-3357
<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 (Park on level 2 of garage & follow signs to Conference Room 2628)	Friday	7:30pm	CJ T. – 402-706-0950 or Charhonjon@yahoo.com
<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 (41st and Emile) Free parking is available. <i>NOTE: There will be no meeting on either Christmas Day or New Year's Day</i>	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>