



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

Something to Ponder...  
**Where do you want your life to be tomorrow, one year from now, or even ten years from now?**

### Happy New Year!

This time of year brings with it the hope for something better, the freedom of leaving the old year behind and the power to take your life in your hands and make it work!

Many of us start out the year that way and then quickly fade as those lofty ideals slip away and we fall in to the same old patterns.

This year seems even more monumental. Not only are we saying good bye to a year, we're also saying good bye to a decade. Perhaps

this is a good time to do more than just make a resolution.

We suggest taking some time to look back on the last 10 years of your life and really think about where you were then, where you are now and where you want to be tomorrow.

Be serious about this exercise. Get out a pen and paper and write down all you accomplished over the last decade. Don't skimp either! Every little achievement counts, from saving \$25 a month to attending more meetings to

finding a healthy relationship.

Now think about the future. What changes, however small, could you make that would improve your next 10 minutes, 10 days, 10 weeks, 10 months or 10 years? Write those down too.

You're well on your way to a better life but it takes more than an idea. You have to follow through as well. A big part of that is using this program and all the tools it provides. We hope you do just that and have an amazing new year!



## 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!

## Notes from the Board...

### Elections are coming in February!

#### Qualifications needed to run for a board position:

- Must have a minimum of 6 months in CoDA, actively working your program
- Have worked through step 4 of the 12 steps and have working knowledge of the 12 Steps and 12 Traditions
- Able to commit the time to adequately fulfill duties of the position
- Availability to commit to attending 1 board meeting per month
- Availability to commit to spending time attending

#### CoDA events

- Desire to carry the message to still suffering codependents

Open Board Positions:  
*(Current position holders are identified in parenthesis. Feel free to contact them with questions about the duties)*

#### Chair (Sarah T. and CJ T.)

- Lead monthly board meetings
- Enforces CoDA guidelines
- Supports all other positions

#### Secretary (Roger A.)

- Records and publishes

#### service board meeting minutes

#### Literature (Amy C.)

- Tracks literature and orders as needed
- Supplies literature to all meetings and events

#### Community Contact (CJ T.)

- Provides CoDA information to the community
- Reaches out to counselors and others regarding CoDA



# Inspiration...Intention...Information



**“Celebrate: To observe an occasion with appropriate ceremonies of respect, festivity, and rejoicing.”**  
 --The American Heritage Dictionary

New Year's Eve marks the end of one year and the beginning of another. In the old days, we used this day as an excuse to drink, use drugs, and act wild and crazy. We did not really think about honoring the year that was ending or about welcoming the New Year.

The ending of the year is an important occasion to celebrate. We are alive, and we are on the path of recovery. It has been an important year!

### Prayer for the Day

Higher Power thanks for the good things that have happened this year. Help me stay healthy so that I can live the coming year in Your love and protection.

### Today's Action

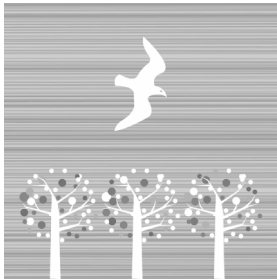
*I will use this occasion to honor the changes in my life. I will list 10 good or important things that have happened this year. I will find time to talk about them with someone I trust. I will remember to celebrate!!*

*-From "God Grant Me" by Anonymous*

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"-----"
" Life is too short to wake up with regrets. "
" So love the people who treat you right. "
" Love the ones who don't just because you "
" can. "
" Believe everything happens for a reason. "
" If you get a second chance, grab it with both "
" hands. "
" If it changes your life, let it. "
" Kiss slowly. "
" Forgive quickly. "
" God never said life would be easy. "
" He just promised it would be worth it. "
"-----"
    
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### Fall in love with life



I was sitting in the chair at the beauty shop getting my hair cut one day and listening to my beautician chatter away. She showed me a picture of one of her friends, a woman who had gotten married and recently had a baby girl.

"She's been so in love since that child was born," she said, showing me a picture of the new mother's smiling face.

"In love with her husband?" I asked.

"No," she said. "Well, that, too. I mean in love with life."

Have you ever been in love, had your heart beat fast when you anticipated the

call of your lover, felt the way the sun felt warmer on your face, the sky appeared bluer, the clouds more fluffy, and the sunset more grand?

What if you could fall in love with your life and feel that way each day? I'm not saying romantic relationships are bad. They're not. They're part of being human and getting our needs met. But what if we could take all that passion and focus it into falling in love with life?

Maybe that is what is meant by universal love. Maybe that's the part we give back.

Fall in love with your life today.

*-From "More of the Language of Letting Go" by Melody Beattie*

*God, help me feel passionate about my life and all the possibilities that stretch out before me.*

## &gt; Quick Tips &lt;

**Be 'SMART'**

- **Specific** — Instead of setting a vague goal such as being more involved in service work, set a specific goal, such as “I will be more involved in service work by setting up meetings, attending CoDA events and greeting newcomers”. Make sure you write your goals down.
- **Measurable** — Instead of “I want to attend more meetings”, set a goal like “I want to attend at least 2 meetings a week”.
- **Achievable** — Is the goal realistic? Do you have the skills and resources needed to complete the goal? For example, setting a goal like “I want to be in a relationship in 6 months” is not necessarily realistic since there are so many variables out of your control.
- **Relevant** — Is your goal relevant to your bigger picture goals? Does it fit with your long-term vision?
- **Timely** — Make sure your goal has a deadline — and that you have set dates for individual steps within your main goal.

## Topic of the Month: Setting Goals

Most of us have set New Year's resolutions for ourselves in the past and had the experience of not sticking with them. This year, follow these tips to help you achieve your goals. Good luck!

### 1. Start with a plan and stick to it

Studies show that people who make impulsive resolutions are less likely to stick to them. Think about what is most important to you and create strategies to deal with the problems and setbacks that will come up as you move towards your goal.

### 2. Be realistic and take baby steps

Choose one goal, and then break it down into smaller, more manageable bits. For example, if you want to save \$1,000, think about it in terms of saving \$20 per paycheck.

*“Cheers to a new year and another chance for us to get it right.”*

— Oprah Winfrey

### 5. Be positive and allow yourself mistakes

Focusing on the positive side of things will give you more energy and enthusiasm to pursue your goals. People who believe that they can succeed are more likely to do so. You will reach your goal more easily if you accentuate the positive. Don't beat yourself up if you don't accomplish the small goals you set for yourself, or if one day you “fall off the wagon” or mess up. Remind yourself that every day is a new day and an opportunity to try again.

### 6. Record your progress

Journal about your progress — it will serve as a reminder of how far you've come and give you encouragement if you're feeling disheartened. Take time to review your goals and adjust them if necessary as you go.

That makes your goal less intimidating. Every time you save some money, praise yourself. Rewarding yourself for every positive step will help you have the confidence you need to hang in there.

### 3. Don't overtax yourself

Some experts believe that we shouldn't overwhelm ourselves by attempting to make too many lifestyle changes at once. It's far better to start with small challenges and goals that encompass a bigger picture — that way you can gradually develop inner strength and have more chance of being successful.

### 4. Engage others

Enlist the support of those around you. Share your goals with someone. This will hold you accountable to not only yourself but someone else as well.

### 7. Think of resolutions as opportunities to try new things

Resolutions are a time of the year not only to try and “fix” the problems in your life, but also to try out a new way of being, a new activity or hobby, or a new attitude. Resolutions should not seem like punishments; if you try to make them fun, you will be more likely to stick with them.

### 8. Try, try again

If you don't succeed at first, don't be discouraged. Not many people are able to reach their goals on the first try. Try again! There's no shame in not succeeding on our first try and although it may be a little discouraging, it doesn't have to be an excuse to stop.

-excerpts from “New Year's Resolutions: Making them Work” on myDr.com and “6 Steps to Making New Year's Resolutions that Work” by psychcentral.com

## What Melody says . . . from “The Language of Letting Go”

### January 1: The New Year

Make New Year's goals. Dig within and discover what you would like to have happen in your life this year... This is an affirmation that you're interested in fully living life in the year to come.

Goals give us direction. They put a powerful force in

to place on a universal, conscious and subconscious level.

What would you like to accomplish in your life? What areas of growth would you like to have?

Remember, we aren't trying to control others with our goals; we are giving direction to our life.

Certainly things happen that our outside of our control. Sometimes, these events are pleasant

surprises; sometimes they are not. But they are all part of the chapter that will be this year in our life and will lead us forward in the story.

The New Year stands before us like a chapter in a book, waiting to be written. We can help write that story by setting goals.

*Today I will remember that there is a peaceful force motivated by writing down goals. I will do that now, for the year to come, and regularly as needed. I will do it not to control but to do my part in living my life.*

## Shine

By Anna Nalick

Oh the night, makes you a star  
And it holds you cold in its arms  
You're the one to whom nobody verses I love you  
Unless you say it first  
So you lie there holding your breath  
And its strange how soon you forget  
That you're like stars  
They only show up when it's dark  
Cause they don't know their worth

And I think you need to stop following misery's lead  
Shine away, shine away, shine away!



Isn't it time you got over how fragile you are  
we're all waiting  
Waiting on your supernova  
Cause that's who you are  
and you've only begun to shine

There are times when the poets and porn stars align and  
you won't know who to believe in  
Well that's a good time to be leaving  
and the past knocks on your door  
And throws stones at your window at 4 in the morning  
Well maybe he thinks it's romantic  
He's crazy but you knew that before

And I think you need to stop following misery's lead  
Shine away Shine away Shine away  
Isn't it time you got over how fragile you are  
We're all waiting  
Waiting on your supernova  
Cause that's who you are  
And you've only begun to shine

Yeah you've only begun to shine  
won't you shine, shine, shine, shine over shadow  
Shine, shine, shine, shine over shadow

And I think you need to stop following misery's lead  
Shine away, Shine away, Shine away!

Isn't it time you got over how fragile you are  
we're all waiting  
Waiting on your supernova  
Cause that's who you are  
and you've only begun to shine  
Yeah you've only begun to shine.

# January Holiday Facts and Trivia!

## ➤ New Year's Day - 1/1/2010

- The celebration of the New Year is the oldest of all holidays. It was first observed in ancient Babylon about 4000 years ago.
- The Tournament of Roses Parade dates back to 1886. In that year, members of the Valley Hunt Club decorated their carriages with flowers. It celebrated the ripening of the orange crop in California.
- The tradition of using a baby to signify the New Year was begun in Greece around 600 BC. It was their tradition at that time to celebrate their god of wine, Dionysus, by parading a baby in a basket, representing the annual rebirth of Dionysus as the spirit of fertility.
- Many cultures believe that anything in the shape of a ring is good luck, because it symbolizes "coming full circle," completing a year's cycle. For that reason, the Dutch believe that eating donuts on New Year's Day will bring good fortune.
- The Chinese New Year begins on the new moon of the first lunar month, usually between January 21 and February 21. February 14, 2010 is the date this year. Each year is symbolized by one of 12 animals. 2010 is the Year of the Tiger.
- 1907 - New York's famous ball drops for the

first time from Times Square on New Year's Eve. It was a five foot ball made out of wood and iron, weighed 700 lbs, and included 100 25-watt bulbs.

- January is named after Janus, the Roman god of gateways and doorways. Janus is associated with new beginnings, having two faces, one looking back and another seeing forward.



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

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

## ➤ Martin Luther King Jr. Day – 3<sup>rd</sup> Monday - 1/18/2010



- MLK Jr. Day is one of only 4 federal holidays that commemorate an individual person.
- The campaign for a federal holiday in King's honor began soon after his assassination. Ronald Reagan signed the holiday into law in 1983, and it was first observed in 1986. It was officially observed in all 50 states for the first time in 2000.
- The Japanese city of Hiroshima under mayor Tadatoshi Akiba, celebrates this day and holds a special banquet at the mayor's office as an act of unifying his city's call for peace with King's message of human rights.
- In 1964, King became the first black American to be honored as *Time* magazine's Man of the Year.
- Five years after his birth, his family discovered Martin's name had been recorded wrong on his birth certificate. The certificate said Michael King, so his name had to be legally changed to Martin Luther King Jr.
- In 1939, Martin sang with his church choir in Atlanta at the gala premiere of the movie "Gone With The Wind."
- Martin skipped the 9th and 12th grades in school and entered Moorehouse College at age 15.
- From 1957 until his death in 1968, he traveled more than 6 million miles. He gave over 2500 speeches during his travels. He also wrote 5 books and had published countless numbers of articles in newspapers and magazines.
- In a contest sponsored by the Discovery Channel, he was voted the 3rd Greatest American of all time. Ronald Reagan was #1 and Abraham Lincoln was #2.
- King is 1 of 10 20th century world martyrs who has a statue at Westminster Abbey.

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

### Step 1: We admitted we were powerless over others, that our lives were unmanageable.

The first time I heard this Step, I didn't get it. I didn't understand. It felt dark, scary, and untrue.

Powerless over others? My life — unmanageable?

I thought I was in complete control of myself and others. I thought there was no circumstance too overwhelming, no feeling so great that I couldn't handle it by sheer force of willpower. I thought being in control was expected of me... That's how I got through life! And I thought my life looked so much more manageable than the lives of those around me — until I started looking within. That's when I found the undercurrent of fear, anger, pain, loneliness, emptiness, and unmet needs that had controlled me most of my life.

*That's when I took my eyes off the other person long enough to take a look at the state of affairs in my life.*

#### Our Lives had Become Unmanageable

Our codependency, and our unmanageability, doesn't always surround addicts and alcoholics. Many of us discover that our efforts to control another's behavior extend beyond that of controlling one person's addiction. Many of us get caught up in overt, and subtle, gestures to control many people — what they do, think, feel, and how and when they change.

Controlling and caretaking don't work. Codependency doesn't work - it makes us feel crazy. *Controlling and caretaking create unmanageability.*

So much of what we call codependency is simply human attempts to avoid, deny, or divert our pain. Taking this Step means we become ready to face and feel our pain. Be gentle with ourselves and others as we move from denial into the acceptance generated by this Step.

Step One gives us permission to relax, stop controlling, deal with our fear, and take care of ourselves.

#### Accepting Powerlessness

I hate being vulnerable and helpless. I don't like feeling uncomfortable or being in emotional pain. I get sick of having to detach and surrender. But the love affair with this Step comes in when I admit the truth. I am powerless over much in life, and when I try to have power where I have none, I get crazy.

I can't control what others do, think, or feel, whether or how they choose to interact with me, whether or when they choose to grow and change, and whether or when they choose to recover from their addictions. Sometimes I can't control myself.

I'm powerless over the backlog of feelings and negative beliefs I've accumulated. I'm powerless over my own and other people's addictions, including addictions to alcohol and misery. I can't control my children or other people's children. I'm powerless over results, life, circumstances, and events. I can't control the course of relationships. I can't control timing.

What am I powerless over? Almost everything I want to control.

#### The Detachment Step

The First Step is the Step that helps us begin detaching — a recovery concept that means we release and detach from others — lovingly, whenever possible.

With this step, we begin feeling instead of running from our emotions. We identify how we have neglected ourselves, so we may better love ourselves in any circumstance. It is the first step toward removing ourselves as victims of others, of ourselves, of life.

This Step is about boundaries. We learn the limits and extent of ourselves and our responsibilities. We learn to identify what we can and cannot do. We learn to identify when we're trying to do the impossible or trying to do that which is not our job.

Then, we focus our attention on the possible — living our own lives, taking care of ourselves, feeling and responding appropriately to our feelings. We can love ourselves and others without feeling the overwhelming need to control and manipulate them and their situations to our liking.

Each Step has its own work to do in our lives. Each Step is important. The work, the healing, begins with the First.

#### Activities

1. Who or what in your life is making you feel crazy and causing you stress?
2. What would you have to face in your own life if you stopped trying to control someone or something? What might happen if you stopped allowing someone or something to control you?
3. What are some areas in your life that may reflect unmanageability?
4. Does your mind feel clear and consistent? Who are you holding responsible for your emotions, finances, and health? Who are you holding responsible for the state of your relationships?
5. What are you doing in your life that you feel resentful about?
6. What is the particular incident that propelled you to begin attending a Twelve Step group? If attending for a time, what is the issue that has been plaguing you most recently?

## Greater Omaha CoDA Service Board

- Chair - Sarah T  
[codaomaha1@hotmail.com](mailto:codaomaha1@hotmail.com),  
402-305-9052
- Chair - CJ T.  
[charhonjon@yahoo.com](mailto:charhonjon@yahoo.com), 402-  
706-0950.
- Vice Chair – Karin F., 554-  
8687
- Treasurer - Denise M.,  
[mortondmrt@aol.com](mailto:mortondmrt@aol.com), 402-  
657-4563,
- Secretary - Roger A., 402-  
575-0909
- Literature - Amy C.  
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706-0950
- Webmaster and Newsletter -  
Sarah T  
[codaomaha1@hotmail.com](mailto:codaomaha1@hotmail.com),  
402-305-9052

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>