



## Notes:

Happy New Year!!

New Year, new thought patterns! Do it!

### Something to Ponder...

**What goals do you have for the year?**

“Another fresh new year is here  
Another year to live!  
To banish worry, doubt, and fear,  
To love and laugh and give!

This bright new year is given me  
To live each day with zest . . .  
To daily grow and try to be  
My highest and my best!

I have the opportunity  
Once more to right some wrongs,  
To pray for peace, to plant a tree,  
And sing more joyful songs!”  
--William Arthur Ward”

## From the Editor...

It’s a New Year! Does this scare you or provide a sense of relief?

For me it’s about starting over and resetting my course. But in order to do that, I have to do a bit of planning.

“Resolution” is almost a dirty word anymore as many of us make them and never follow up. But resolutions, or goals, are important. They give us something to work for.

It’s important to do this in all areas of life but particularly our recovery. Start by figuring out what your priorities are (mending on a relationship, healing your inner child, getting more serious about your recovery) and then pick focus areas for each one (working the steps, attending more meetings, finding a sponsor). Once you do that, you can set specific tasks and a timeline for yourself (I will work one step per month in order to finish all 12 by the end of the year).

Doing it this way sets you up for success and helps get you to where you want to go!

Happy New Year!

- In service, Sarah T.

## Inspiration...

### Has it been a year of growth?

As any year draws to a close, we should reflect on how we have grown in our recovery. We should also identify changes during the year that enabled us to overcome bad habits and to move closer to better patterns of living.

Though we never are guaranteed favorable outcomes, we should always remember that recovery is its own best reward. We want a full life, of course, but it must begin with a decision to seek and to maintain our recovery at all costs.

We find that with recovery, lots of other problems seem to solve themselves. Even if they don't, we have the tools to move forward and to achieve goals that always eluded us while we were codependent. Every year in recovery is a year of growth.

*I'll be conscious today of recent improvements I've made in my life and all my affairs. With recovery, these improvements will go on for a lifetime.*

- Walk in Dry Places, by Mel B.

# You Can Heal Your Life!

From the book by Louise L. Hay

## Chapter 4: Is It True?

The question, "Is it true or real?" has 2 possible answers: "Yes" and "no". It is true if you believe it to be true. It is not true if you believe it isn't. The glass is both half full and half empty, depending on how you look at it. There are literally billions of thoughts we could choose to think. Most of us choose the same kinds of thoughts our parents used to think, but we don't have to. *Whatever I choose to believe becomes true for me and whatever you choose to believe becomes true for you.*

### Examine Your Thoughts

Whatever we believe becomes true for us. If you have a sudden financial disaster, then on some level you may believe you are unworthy of being comfortable with money or you believe in burdens and debt. If you seem unable to attract healthy relationships, you may believe that "nobody loves me". Perhaps you fear being dominated or hurt. If you have poor health, you may believe illness runs in the family or that you're a victim of the weather or that you were born to suffer. "It's just one thing after another".

Whatever the problem is, it comes from a thought pattern and *thought patterns can be changed!* It may FEEL true or SEEM true however no matter what issue we're dealing with, it is only the outer result or effort of an inner thought pattern.

### What you learned as a child

Some things we believe are nourishing and positive. They serve us well like, "Look both ways before crossing the street." Others are useful at the beginning but are no longer appropriate as we grow older like, "Don't trust strangers". This thought protects us as a child but can keep us isolated as an adult.

How often have we said, "That's the way I am" or "That's just the way it is"? Those words are just saying that's what we *believe* to be true and probably came from something we were taught. If we want a joyous life, we must think joyous thoughts. If we want a prosperous life, we must think prosperous thoughts. *Whatever we send out mentally or verbally will come back to us in like form.*

Each moment is a new beginning. We're not stuck. We have the power to change things right here and now. Stop for a moment and catch your thought. What is it? If it's true that thoughts shape your life, would you want what you are thinking right now to be true?

Think of thoughts as a buffet. Instead of choosing food, you can choose thoughts. There are some that are good for us and some that are bad and upset us. We may choose upsetting ones at first but eventually we can learn not to. Stay away from things that create problems and pain and instead choose what is healthy and good for you!

There is no time to waste.

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

### Sweet Surrender

So we're ready to take on the world, at least to take the next step. That's when we hit it. The wall. Suddenly the path that looked so clear disappears. Must be me, we think. I'll try a little harder. Get this problem under control. We pray for enough steam to ram into and run through that wall, sometimes chanting the mantra *My will be done* all the way.

Hearing that we're powerless over people, places, and things and intellectually understanding that concept is one thing. Experiencing powerlessness is another. I didn't surrender to my powerlessness because I wanted to. I surrendered because I had to, because I was worn out, because I couldn't keep going anymore. I went down hard.

The only solution is to surrender. It will be hard to do but eventually feel good.

*Surrender. The place that those of us on a spiritual path call home.*

## Exercise

Look at issues going on in your life and list them (e.g. rocky relationships). Next to each one, think about and write what thoughts could be contributing to that issue ("I don't deserve healthy love"). Now come up with a new thought pattern for each one and go forward with that thought ("I am lovable and deserve love"). It will take practice and time but eventually the new positive thought will be your default. See how your life changes!

## Heal Your Body

**Problem:** Skin problems (hives, rash etc)

**Probable cause:** Anxiety, fear. Old buried guilt. Feeling threatened.

**New thought pattern:** "I lovingly protect myself with thoughts of joy and peace. The past is forgiven and forgotten. I am free in this moment."



# 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 and whole and complete. I no longer choose to believe in old limitations and lack. I now choose to begin to see myself as the Universe sees me – perfect, whole and complete. The truth of my Being is that I was created perfect, whole and complete. I will always be perfect, whole and complete. I now choose to live my life from the understanding. I am in the right place at the right time, doing the right thing. All is well in my world!*

*I have clarity of vision and purpose. My inner knowing always directs me in ways that are for my highest good and greatest joy. I connect with the infinity of Life where all is complete. In the midst of ever changing life, I am centered. I begin to see the good in everyone and everything.*

## Every Day I Pray By Iyanla Vanzant

### For Building a Prayer Life

Dear Higher Power,  
I thank you for the privilege of prayer. I am aware that prayer is my direct line of communication to you. I know that I can do more through prayer than with my limited power. I am grateful that in my darkest hour, I can come to you. Thank you for this privilege. I am grateful that when I "can't", you can and do when I come in prayer. You inspire me, motivate me and help me take the most appropriate steps. Thank you for everything that you bring me and help me to remember that it all comes as a result of prayer.

And so it is!

### It is only with the heart that one can see rightly....

--Antoine de Saint Exupery

If we look at the world through suspicious or angry eyes, we'll find a world that mirrors our expectations - a world where tension will mount, arguments will abound, strife will be present where none need be. However, our experiences in some manner bless us, and we'll recognize that if we'll look upon them with gratitude. Everything in our path is meant for our good and we'll see the good when our hearts act as the eyes for our minds.

When we see with our hearts, our responses to the turmoil around us, the fighting children, the traffic snarls, the angry lovers, will be soft acceptance. When our hearts guide the action we can accept those things we cannot change, and change those we can. And the heart, as the seat of all wisdom, will always know the difference.

--Worthy of Love, by Karen Casey

## The A,B,C's of Recovery

# ~Acceptance~

**And acceptance is the answer to all my problems today. When I am disturbed, it is because I find some person, place, thing or situation - some fact of my life – unacceptable to me, and I can find no serenity until I accept that person, place, thing or situation as being exactly the way it is supposed to be at this moment. Nothing, absolutely nothing, happens in God's world by mistake. Until I could accept my alcoholism, I could not stay sober; unless I accept life completely on life's terms, I cannot be happy. I need to concentrate not so much on what needs to be changed in the world as on what needs to be changed in me and in my attitudes.**

~ from Alcoholics Anonymous, Big Book, pg449

*"If you find a path with no obstacles, it probably doesn't lead anywhere."  
—Keep Coming Back by Meiji Stewart*

*Dear God,  
Thank you for the  
baby brother, but  
what I prayed for was  
a puppy.  
--Children's Letters to  
God*

Sometimes we look around and decide what we think we need. We begin praying.

Out of the blue, our prayers get answered. But the answer isn't what we requested. We didn't get what we asked for.

Don't get so involved with feeling blue about not getting what you requested that you miss out on what you did receive. Wants and needs are closely connected. And all our needs, even the ones we're not completely aware of yet, will be met.

Sometimes when we pray, we get what we want. Sometimes we get what we need. Accept both answers with heartfelt gratitude. Then look around and see what your lesson and gift is.

*God, help me  
remember to be  
thankful even when  
the gift is not quite  
what I expected.*

*-More of the Language  
of Letting Go*



## Greater Omaha CoDA Service Board

- Chair: Jason G. , 402-677-8308  
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- Vice Chair: Chris, 402-639-9312,  
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Sarah T, 402-305-9052  
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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
<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 Susan F. – 402-738-9684
<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> , 402-677-8308
<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 Sarah T. – 402-305-9052 or codaomaha1@hotmail.com
<b>Saturday Serenity</b> 12 Step House, 7306 Grant St. (small room upstairs)	Saturday	11:30am	Sharon F. – 402- 321-3445 or wabbitluyv@yahoo.com
<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> , 402-677-8308

**\*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>