



Notes:

Donations needed! If you have used books you'd like to donate to the CoDA book sale, contact Jason!

There will NOT be a separate newsletter for the month of July. Have a safe and wonderful Independence Day!

From the Editor...

Summer is here, though you wouldn't know it by the weather we've been having. It's rainy and cold, then hot and humid.

Those ups and downs remind me of what my life used to be. One minute I was on Cloud 9, the next I was in deep despair. After awhile, the roller coaster stopped being fun and I ended up dizzy and sick.

But I found help and change in CoDA. I learned that life doesn't have to be so chaotic. We can get rid of the chaos by simply changing our attitudes, outlooks, thoughts and choices. Many of the hills and valleys came because I chose the drama over the peace. I gravitated toward the negative instead of the positive. I had to be in control instead of letting go.

Upon realizing the chaos was my own doing, and learning how to make changes, my life began to smooth out. I found happiness in the serenity.

Now it is so ingrained in me to have peace that the chaos is very uncomfortable and I immediately figure out how to stop it. Life doesn't have to be so crazy. You can find peace where there used to be turmoil. All you have to do is keep coming back and work the program.

Have a great summer!

- In service, Sarah T.

Inspiration...

Relaxing

So, the boyfriend calls, says he's going hiking with his buddies, cancels your date and says he hopes you won't be mad.

Or the bank calls and says you're overdrawn.. You've been trying to carefully watch your deposits and checks. This can't be right!

What do you do when life seems to force you to react? You can panic, become anxious, and respond with a counterattack. But that probably won't solve the problem..

Or you can calm down. Breathe deeply. Tell yourself to relax. Say as little as possible, if that's possible, while you're upset and disturbed. If a problem or disturbance that's not fair interrupts your life, try responding by saying *hmmm*. Then calm down and decide what you need to do.

God, help me start sailing through life with more ease by learning to relax and let life be.

- "More Language of Letting Go" by Melody Beattie

Something to Ponder...

What areas of your life are in chaos? How are you contributing to that? What one change can you make today to get to serenity?

"Spring is when you feel like whistling, even with a shoe full of slush."

-Doug Larson

Creating the Best Year of Your Life...Live it!

From "The Best Year of Your Life" by Debbie Ford

Aspiring To Excellence

We live in a world where it's so easy to be ordinary. Mediocrity is the language of the land and most of us are resigned to living that way. It's important to realize we weren't always this way. There was a time in our lives when we aspired to excellence. We knew we could be whatever we set our minds to. We had the courage. We believed in ourselves.

To make this life great, you must reclaim your innate desire for excellence. Muster up the courage to go out and make the most of every day. We must take the time to listen to the cries of our own soul and have the faith to make changes and take risks. We must open our hearts where they've been closed and find forgiveness and compassion for those in need.

You will have to step in new territory. It's going to be scary. If it feels easy or safe, you are probably underachieving. To leave your mark you have to stand some place you've never been willing to stand before.

Living your best life requires you to take a moment each time you're about to make a move – whether you are about to deliver a communication, make a decision, or put something into your body – and make sure that move reflects the very highest choice you could make. This commitment will lift you out of ordinary action and empower you to take extraordinary action.

When you're excited and energized about your life, the world and everyone in it is gorgeous. You see solutions and possibilities. You are in the flow; you're enthused, passionate and in love. You're at peace. You will naturally feel inspired.

The universe can give us only what we give ourselves. If you are unwilling to make the effort, to show up completely and give your all, it is impossible for the world around us to give us what we want.

When we are living each day to its fullest, our appreciation for life explodes and we find joy in the moment. We recognize that this is our only opportunity to live today and express ourselves completely. There is no dress rehearsal here on earth so we can do our best or sit idly by.

At the end of the day our life is in our hands. What will you do with yours?

Do It!

Recall a time when you were passionate about a cause, put forth your best effort and aspired to excellence. What commitment will you need to make today in order to bring forth this degree of excellence in every area of your life?



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

Accepting Our Best

We don't have to do it any better than we can - ever. Do our best for the moment, and then let it go. If we have to redo it, we can do our best in another moment, later. We punish ourselves and make ourselves feel crazy by expecting more than our reasonable best for now.

Striving for excellence is a positive quality. Striving for perfection is self-defeating.

Did someone tell us or expect us to do or give or be more? Did someone always withhold approval? There comes a time when we feel we have done our best. When that time comes, let it go. There are days when our best is less than we hoped for. Let those times go too. Start over tomorrow. Work things through, until our best becomes better.

Empowering and complimenting ourselves will not make us lazy. It will nurture us and enable us to give, do, and be our best.

Today, I will do my best, and then let it go. God, help me stop criticizing myself so I can start appreciating how far I've come.

"Excellence is not a skill. It is an attitude."

-Ralph Marston

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)



Meditations

Random meditations picked from 3 sources to see what our Higher Power wants us to hear!

"Meditations to Heal Your Life" by Louise L. Hay

I am perfect, whole and complete.

No little baby ever says, "Oh my hips are too big." Or "My nose is too long." Babies know how perfect they are, and once we were all like that. We accepted our perfection as normal and natural. As we grew up, we began to doubt our perfection, and we tried to become perfect. We cannot become what we already are. We can only accept it. There is nothing wrong with us. So let us once again affirm and know that we are Divine, magnificent expressions of Life and that, really, all is well in our world.

I am completely happy with myself – body and soul.

Every Day I Pray

By Iyanla Vanzant

Thank you Higher Power for Faith!

Thank you for the gift of faith. When I am alone and frightened, faith is there.

When it appears that my resources are diminished, faith is there.

When my friends turn their back, faith is there.

When I make poor decisions, faith is there.

When my world is in turmoil, faith is there.

When my mind can no longer see the goodness you have for me, faith is there.

I am so grateful for the gift of faith.

I cannot buy it. I cannot borrow it. I need only to acknowledge you in all my ways and faith is there.

I am faithful. I know you are watching over me and paving my way.

Thank you Higher Power.

For this I am so grateful.

And so it is!

Intuition is a spiritual faculty and does not explain, but simply points the way.

--Florence Scovel Shinn

Should we make this move? Should we change jobs? Should we talk to others about our feelings? We are seldom short on prayers when we're filled with fear and indecision. We are, however, short on answers. Our worries block them out.

No prayer ever goes unanswered. Of this we can be certain. On the other hand, the answer may not be what we'd hoped for. In fact, we may not have recognized it as the answer because we were expecting something quite different. It takes willingness on our part to be free of our preconceptions--free to accept whatever answers are offered.

Our answers come unexpectedly, a chance meeting on the street, a passage in a book or newspaper, a nagging feeling within. God speaks to each of us throughout the day. Our prayers are answered, our problems find solutions, our worries are eased, if we but attune ourselves to the messages. They are all around.

- Each Day a New Beginning by Karen Casey

Back to the Basics

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

God as We Understand God

God is subtle, but he is not malicious.

—Albert Einstein

Many of us come in to the program resisting the idea of God or a Higher Power. What has he done for me lately? He abandoned me when I was in need. Why should I trust him now?

You have the choice to create your own vision of a Higher Power and what that means. Your Higher Power can be male or female; young or old; loving and nurturing or strong. And it doesn't have to be religious.

"Recovery is an intensely spiritual process that asks us to grow in our understanding of God. Our understanding may have been shaped by early religious experiences or the beliefs of those around us. We may wonder if God is as shaming and frightening as people can be. We may feel as victimized or abandoned by God as we have by people from our past.

Trying to understand God may boggle our mind because of what we have learned and experienced so far in our life.

We can learn to trust God, anyway.

I have grown and changed in my understanding of this Power greater than myself. My understanding has not grown on an intellectual level, but because of what I have experienced since I turned my life and my will over to the care of God, as I understood, or rather didn't understand, God.

God is real. Loving. Good. Caring. God wants to give us all the good we can handle. The more we turn our mind and heart toward a positive understanding of God, the more God validates us.

The more we thank God for who God is, who we are, and the exact nature of our present circumstances, the more God acts in our behalf.

In fact, all along, God planned to act in our behalf.

God is Creator, Benefactor, and Source. God has shown me, beyond all else, that how I come to understand God is not nearly as important as knowing that God understand me.

Today, I will be open to growing in my understanding of my Higher Power. I will be open to letting go of old, limiting, and negative beliefs about God. No matter how I understand God, I will be grateful that God understands me."

- *The Language of Letting Go, by Melody Beattie*

Take some time this month to figure out just what you need in your Higher Power. Then start to trust.

Next month's topic: Meditation/Prayer

Do your best and leave to God the rest.

-- **Proverb**

There comes a time in facing a challenge when we have done all that we can, and still the situation remains unresolved. This is the time to turn the problem over and release our cares into the hands of spirit. When we let the Universe take charge, anything becomes possible. God can do for us what we could not do for ourselves.

If you find that you have reached such an impasse, try the following -- in your mind's eye place the problem upon an imaginary altar. Then say, "I turn this over to you, spirit. From now on, you are in charge." As you walk away from the altar, feel the inner peace which comes from knowing that all is in Divine hands.

It is good to realize that we do not have to do everything alone. Help is available. Invisible hands come to support us at the right time.

"Listening to Your Inner Voice" by Douglas Bloch



"My trust in a higher power that wants me to survive and have love in my life is what keeps me moving forward."
-Kenny Loggins

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	11:30am	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>