



## Editor's Corner... Sarah T.

### Something to Ponder...

What areas of your life could be improved just by changing how you think about them?



### EVENTS!

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

*NOTE: there will not be a board meeting in May! 6/27, 7/25, 8/29, 9/26, 10/31, 11/28, 12/26?*

**Upcoming Speaker's Meetings:**

Sunday May 16, 2010 (→)  
Sunday, August 15, 2010 –  
CoDA Roundup!

I've been trying to lose weight for months and have hit a plateau. I tried everything and could make no progress. I blamed work, I blamed my genetics, I hated myself, I said it couldn't be done, I quit, I started over...

I mentioned my frustration to a friend who lent me a book that had helped her. I figured it was another fad diet book but started reading anyway.

The first chapter hit me like a ton of bricks. It wasn't a book about how to eat; it was a book about how to *think!* I realized that my problem was

rooted in the fact that my thought process was messed up! I was sabotaging myself by negative and backward thinking. If I ate one cookie, I'd feel tremendous guilt, beat myself up, and then figure the whole day was ruined so I might as well have another. Or if I stepped on the scale and gained a pound, I'd get frustrated and give up all together.

What I needed to do was relax, be kind to myself, and turn my thoughts around.

What I needed to do was retrain my brain to help myself

instead of hurt myself.

How does one retrain their brain to think differently? I believe that it is a slow process. You can't change a thinking pattern overnight that you've had for your whole life. But you can start with small changes. Start with just one change to a thought pattern and then figure out how to change it. Eventually your thoughts will turn around.

It takes practice and determination but as the saying goes, you can do anything that you set your mind to!

## Notes from the Board...

Mark your calendar with the following upcoming events!!

**Speaker's Meeting**

Sunday, May 16, 2010, 6pm at the 12 Step House basement (7306 Grant St)!

Speaker will be Karin F.

Bring a potluck item to share!

CoDA birthdays from March – May will get chips!

We will have a raffle for 3 "surprise" gifts! Don't miss out! Tix are \$1 each or 6 for \$5.

**Memorial Day Picnic –**

Monday May 31, 2010, 11:30 a.m. – 3 p.m. at the Elmwood Park Pavilion (behind UNO).

CoDA will have burgers, hot dogs and veggie burgers for sale, \$1.50 each, as well as pop for \$.50.

Please bring a side dish to share and your own chair! If you have any fun outdoor games, bring those too!

CoDA will provide the tableware.

**NOTICE: Newcomer's Meeting**

Starting Thursday, June 3, the Newcomer's meeting will move to a new location – St. Paul United Methodist Church at 5410 Corby St. (same church where the Tuesday women's meeting is held).

The time will also be moving back to 7 p.m.

As always, if there are not any newcomers, it will be a regular meeting.

# Inspiration...Intention...Information



**The most important thing we are doing right now is thinking nice thoughts.**

--Jim and Marie Burns

Just thinking nice thoughts sounds so simplistic, doesn't it! Surely there is more in life to contemplate than that. But the power of nice thoughts, the impact just such a simple decision can have on our lives and the lives of everyone around us, is awesome.

Having nice thoughts and only nice thoughts is a significant departure for most of us. Far more commonly we quietly or vocally judged every man, woman, and child in our presence. Stopping ourselves from judging, in fact, stopping a judgment in its tracks, will reveal how swamped our thinking has been by the critical, mean-spirited side of us.

Seldom do we cultivate a quiet, peaceful mind. Seemingly out of control, our minds race from one idea, one judgment, and one negative opinion to another one of equal harm to ourselves and the entire human community. Perhaps we didn't realize that every thought we harbor has an impact, whether it's voiced aloud or not. We can't lay the blame for this violent, mean world solely on others. We've had a part in it, too. Every time we favor a nasty thought rather than a nice thought, we add to the turmoil around us. The good news is that we can choose between the two at will.

**Though we be sick and tired and faint and worn--  
Lo, all things can be borne.**

--Elizabeth Chase Akers

What bothered us most a year ago? A month ago? Even a week ago? It's probably that whatever it was, we were obsessed with it, certain that our futures were ruined, that there was no reasonable solution. It's also probable that we feared we simply couldn't survive the complexity of the situation. But we did. And we always will be able to survive any and all difficulties. We are never, absolutely never, given more than we can handle. In fact, we are given exactly what we need, at any given time.

We have many lessons to

learn. Fortunately, we have the structure of the Twelve Steps to guide us through the lessons. We need mainly to remember what we are powerless over, that there is a power greater than ourselves, and that life will become simple; we'll need no extra homework when we've turned it over to the care of God.

Whatever my problem today, I will let God have it. A solution is in the making. I'll see it just as quickly as I can let go of the problem.

-From, "Each Day a New Beginning", by Karen Casey

*Attitudes are contagious. Is yours worth catching?*

*~Dennis and Wendy Mannering*

## Quiet My Mind

Dear Lord,

Teach me to quiet my mind.

Stop my thoughts from racing from one thing to another.

Stop me from the obsessive thinking about the lives of others.

Help me rest and quiet my mind.

Help me let go of trying to control the lives of others.

Free my mind to be at rest.

This I pray.

- *The 12 Step Prayer Book, vol. 2 by Bill P. and Lisa D.*

## A new Series!

# Creating the Best Year of Your Life - Dream it!, part 1

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

### [Do It!]

Take at least 3 minutes at the beginning and end of each day to close your eyes and affirm. Remind yourself of your intent by posting visual reminders – like notes and signs – in every room of your home and office. Send e-mail messages to yourself or attach a note to your phone so that you will be reminded to take a moment to recommit to yourself and your intent.

*"Cherish your visions and your dreams, as they are the children of your soul – the blueprints of your ultimate accomplishments."*  
--Napoleon Hill

Just imagine waking up in the morning with an excitement you haven't felt in years. Imagine going through each day, enjoying the moment, feeling purposeful and fulfilled. This is what you can expect if you show up at each moment with the commitment to use all of your gifts, talents and brilliance.

It is your choice, here and now. Just think about it: this life is available to you whether you are alone, sick, fat, poor, busy, depressed, or addicted. It can be yours even if you've done some bad things in the past, even if you have flaws in your personality, even if you were abandoned or abused. Having the best year of your life is about developing those parts of yourself that are yearning to be expressed. It's about becoming inspired by yourself, loving who you are and the choices you're making. It's about making peace with your past so that you can create a future that is unlike anything you have ever experienced.

### Creating a Powerful Intent

Like all great accomplishments, this journey must begin with a single step. *You must create conscious intent for this to be the best year of your life.* This is a commitment to you to bring into existence a particular result. This will guide you to make powerful choices.

You must understand that you are being guided either by a conscious intent that you create on a daily basis or by an unconscious intent from your past. There is always an intent operating behind the scenes, whether you are aware of it or not. If you are like most people, you are probably unaware of the intent that is currently guiding your choices, actions and behaviors. The intent you are using right now was probably created early in your life before you began making conscious decisions. That's ok. All you need to know is that if you aren't experiencing the life you want; if you aren't making the best possible choices for yourself, your intent is most likely old and not working for you.

In order to ensure your success, you will have to first insert your conscious intent and then revisit it on a daily basis. Studies show that it takes 28 days to permanently change a behavior or habit and I suspect that the same is true of inserting a new belief. You must be diligent and make a commitment to consciously choose to have the best year of your life.

Your intent will become more powerful when it is openly shared with the world. If you're truly committed, all those around you will know. It will pour out of every cell of your being. In the simplest terms, your intent forms your behaviors, actions, choices and words. It becomes your personal operating system. To get started, all you have to do is commit, right now, to the intent to create and experience your best life. Then each day, wake up, remember your intent and recommit to creating a year beyond your wildest dreams.

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

### Week 47: Commitment

After my son died, I began to lose my will to live. I sat down and wrote out an unconditional commitment to life. It was one of the most freeing things I did. I didn't have to waver in my commitment from that moment on. I don't know whether life cared or not about the

agreement I made, but making the commitment helped me.

What commitments have you made so far in your life? How do you feel about them now? How did you feel when you made them?

Sometimes we only need to commit once and that commitment lasts for life. Other times it helps to renew and remind ourselves of our vows.

Committing to sobriety, values or self-care and

responsibility is a decision we can make each day.

Thank God when we believe in ourselves enough to finally commit.

Saying "I will" is a powerful thing. It carves a path through life.

### Secrets to Help Keep you Going When You Feel Like Quitting

**Attitude, the way you respond** to life and all of its circumstances, is more important than anything. It is more important than the past, than struggle or success, than education or experience. It is more important than how much money you have, how much you owe, what you would like to do, or where you would like to go.

While I have never actually experienced them in person, I've seen pictures of the cables leading to the top of Half Dome in Yosemite National Park. Those I know who have completed the climb tell me the final ascent up the sheer granite surface of that majestic landmass is by far the most challenging. The cables are there to make sure climbers reach the top safely.

Once you begin the last leg of the journey and finally see the cables, you stand there, tilt your head to the sky, view the final hundred yards or so that lead to the top, and experience terror like you've never known. You realize you have no choice but to finish the trip.

At that moment, you are more thankful than you could ever imagine for the cables that will become the guardrails you need to pull yourself to the top, not only for a spectacular view, but also for the feeling of accomplishment.

The secret for how to keep going when you feel like quitting is to erect "cables" in our lives ahead of time, before we need them, so that when we face difficult days and situations the help we need to make it to the top will be there waiting to protect us from our own fears and self-defeating attitudes.

One way to erect cables is to memorize a list of all the reasons you will not give in to [addiction or codependency]. Drill the reasons into your mind so deeply that you could repeat them in your sleep. That will give you those cables to hang on to when you feel weak and vulnerable. Once you have these truths planted deeply in your heart and mind, you will be able to call on them for strength in moments when you feel weak. You'll have the strength you need to crash through the quitting point and you'll be back on track in no time!

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#### The Dog's Diary:

8:00 am - Dog food! My favorite thing!  
 9:30 am - A car ride! My favorite thing!  
 9:40 am - A walk in the park! My favorite thing!  
 10:30 am - Got rubbed and petted! My favorite thing!  
 12:00 pm - Milk bones! My favorite thing!  
 1:00 pm - Played in the yard! My favorite thing!  
 3:00 pm - Wagged my tail! My favorite thing!  
 5:00 pm - Dinner! My favorite thing!  
 7:00 pm - Got to play ball! My favorite thing!  
 8:00 pm - Wow! Watched TV with the people! My favorite thing!  
 11:00 pm - Sleeping on the bed! My favorite thing!

#### The Cat's Diary:

Day 983 of my captivity.

My captors continue to taunt me with bizarre little dangling objects. They dine lavishly on fresh meat, while the other inmates and I are fed some sort of dry nuggets. Although I make my contempt for the rations perfectly clear, I nevertheless must eat something in order to keep up my strength. The only thing that keeps me going is my dream of escape. In an attempt to disgust them, I once again vomit on the carpet. Today I decapitated a mouse and dropped its headless body at their feet. I had hoped this would strike fear into their hearts, since it clearly demonstrates my capabilities. However, they merely made condescending comments about what a "good little hunter" I am. Jerks!

There was some sort of assembly of their accomplices tonight. I was placed in solitary confinement for the duration of the event. However, I could hear the noises and smell the food. I overheard that my confinement was due to the power of "allergies." I must learn what this means, and how to use it to my advantage. Today I was almost successful in an attempt to assassinate one of my tormentors by weaving around his feet as he was walking. I must try this again tomorrow, but at the top of the stairs.

I am convinced that the other prisoners here are flunkies and snitches. The dog receives special privileges. He is regularly released, and seems to be more than willing to return. He is obviously retarded. The bird must be an informant. I observe him communicate with the guards regularly. I am certain that he reports my every move. My captors have arranged protective custody for him in an elevated cell, so he is safe. For now.

## May Holiday Facts and Trivia!

### ➤ Cinco de Mayo: 5/5/2010

- Cinco de Mayo (the fifth of May) is a national holiday in Mexico and also celebrated in many areas of the U.S.
- It celebrates the legendary and victorious Battle of Puebla on May 5, 1862.
- A small, poorly armed group of about 4,500 men were able to stop the French invasion of a well-equipped French army that had about 6,500 or even 8,000 soldiers. The victory made the Mexican people very happy, and helped create a feeling of national unity.
- While Cinco de Mayo is a national holiday in Mexico, it is mainly observed in the state capital of Puebla. However, in the United States, it is becoming a popular holiday to celebrate Mexican culture. Kids and families can try delicious Mexican food, listen and dance to Mexican music, make and admire Mexican art, and shop for fun souvenirs and products at markets called "Mercado."
- The largest Cinco de Mayo event in the world is held in Los Angeles, California, where more than 600,000 people celebrate with music and food. The whole event is called Festival de Fiesta Broadway.
- Two other big festival are held far from Mexico, in Denver, Colorado, and St Paul's, Minnesota, but they draw hundreds of thousands of participants.
- The Mexican flag is green, white and red. The traditional meaning of the colors is thought to be that green stands for hope and the independence movement; white for purity and religion and red for Spain and union. The emblem in the middle consists of an eagle and a snake, based on an Aztec legend.



### 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.*

~

*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.

### ➤ Memorial Day, 5/30/2010

- Memorial Day is a day of remembrance of those who have died serving our country.
- General John Alexander Logan ordered the Memorial Day holiday to be observed by decorating the war dead.
- On Memorial Day, the flag should be at half-staff until noon only, then raised to the top of the staff.
- Red Poppies are recognized as the Memorial Day flower.
- "Memorial Day was first called "Decoration Day" because of the practice of decorating soldier's graves with flowers.
- New York was the 1st state to officially recognize Memorial Day.
- Flowers and flags are the two most popular items people use to remember soldiers.
- The south refused to honor the dead on Memorial Day until after World War I when the meaning of Memorial Day changed from honoring civil war dead to honoring Americans who died fighting in any war.
- Memorial Day was declared a federal holiday in 1971.
- Memorial Day was first celebrated on May 30, 1868.
- Years after the Civil War ended, on May 5, 1868, the head of the Grand Army of the Republic (GAR) established Decoration Day as a time for the nation to decorate the graves of the war dead with flowers. Maj. Gen. John A. Logan declared that Decoration Day should be observed on May 30. This date was chosen because flowers would be in bloom all over the country.



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

### **Step 5: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

#### **The Cleansing Step**

##### Purpose:

This Step allows us to begin practicing honesty in our relationships with others, ourselves, and God. It helps to have someone else accept each of us as we are – with all of our faults. It's not enough to *think* about who we are – whether that meant what we had done, felt, or believed. We had to get it out in the open. We need to tell it to God and most importantly we need to admit it and accept it ourselves. We also need to begin to practice honesty and vulnerability with other people and begin to break down the barriers we have built up that keep us from the relationships we so desperately want. We need to let our humanity out and let ourselves love and be loved which starts with being honest.

##### Essential points:

- Confession, honesty, and vulnerability and good tools to heal us and our soul.
- If God and another person can accept as we are, then we can accept and love ourselves as we are.
- We may find that our faults are shared by others and are not as big as we think.
- We need to be careful about the person we share our 4<sup>th</sup> Step work. That person may have an agenda and try to use shame and guilt to full fill that agenda.
- This Step is about sharing are deepest darkest secret – who we really are. Not who we think we are or hope we are or how we want others to think we are but who we really are.
- When we are honest, open, and vulnerable with our Higher Power, we can achieve the highest form of spirituality.
- Most of all, we learn that we make mistakes and should not be ashamed of them if we can grow and learn from them with God's help.

##### Activity:

Each morning for the next week, when you wake up, take a moment to notice what you are feeling. Check in with yourself emotionally. Continue this activity periodically throughout the day. Learn to honestly identify what you are feeling.



*"Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom"*

~ Victor Frankl

## Greater Omaha CoDA Service Board

- Chair – Jason G.  
[a95legend@gmail.com](mailto:a95legend@gmail.com), 402-677-8308
- 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 – Lisa, 402-218-9785
- State Delegate - Sharon F.  
[wabbitluy@yahoo.com](mailto:wabbitluy@yahoo.com)
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- 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	7:15pm	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
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	12:00pm	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.
- 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>