



Notes:

Next Speaker's Meeting will be **Saturday, November 5 at 11:30 am**, at the 12 Step House, during the normal Sat. morning meeting. Bring a potluck item to share!

Something to Ponder...

For the month of November, try making a gratitude list every night. It doesn't have to be long, just write down whatever comes to mind. It becomes easier and by the end of the month, you'll be surprised at just how much is good in your life.

"Make today the time when you express long-overdue gratitude to the human angels in your life.

--Morning Light."

From the Editor...

November is my favorite month. The fall colors and crispness are still in the air yet the holidays are right around the corner.

In fact, my 2 favorite holidays are in November – my birthday (yes this should be a National holiday!) and Thanksgiving. I love Thanksgiving because it is all about family, good food and gratitude.

Being grateful can be hard sometimes, particularly when we're in the midst of chaos, depression, confusion or turmoil. We feel like God has abandoned us and life is just too hard. But it's at these times that we need to stop and practice gratitude the most.

Oftentimes, taking a moment to remember what it is that is right and good in our lives helps to negate that "bad stuff" we're going through. It's a light in the fog.

Try it this month. Take a moment to have some gratitude and see how much it helps!

- In service, Sarah T.

Inspiration...

Using today's tools

Are we becoming stuck in the "if only's"? "If only I had more money." "If only I were more attractive." "If only my parents had listened to Dr. Spock." The "if only's" will get us nowhere. We would do better to think about what we have to work with today.

Do we remember that we are fortunate just to be alive? Are we grateful that, one day at a time, we are clean and sober? Do we keep in mind that we have at our disposal the Twelve-Step program and all its tools? When we dwell in the "if only's," we get stuck in yesterday. But what we have to work with today are "today's tools," and if we use them well, we'll have no need for the "if only's."

Am I using the tools I have today?

God, help me to recognize today's tools and to become willing to use them.

-From Day by Day - Second Edition, by Anonymous

You Can Heal Your Life!

From the book by Louise L. Hay

Chapter 2: It is safe to look within

My body doesn't work

It hurts, bleeds, aches, oozes, twists, and so on. Plus whatever else you may have created. I've heard them all.

My relationships don't work

They are smothering, absent, demanding, unsupportive, unloving, nagging, controlling, and so on. Plus whatever else you may have created.

My finances don't work

They are nonexistent, never enough, just out of reach, won't pay the bills, slip through my fingers, and so on. Plus whatever else you may have created.

My life doesn't work

I never know what to do, I can't please anyone, there is never enough time for me, my needs are never met, nobody cares, nothing ever works and so on. Plus whatever else you may have created.

Whenever I ask a new client what is going on in their life, I usually get one of the above answers. Sometimes more than one. They know the problem. But I know these complaints are only outer effects of inner thought patterns. Beneath the inner thought patterns is another deeper more fundamental pattern that is the basis of all the outer effects.

No matter what your problems are, there is only one thing I ever work on with anyone and this is loving the self. Love is the miracle cure. Loving ourselves works miracles. This is not talking about vanity or arrogance or being stuck up for that is not love, it is fear. I am talking about having a great respect for ourselves and a gratitude for the miracle of our bodies and minds. "Love" is an appreciation to such a degree that it fills our heart to bursting and over flowing.

The problem is rarely the real problem.

The bottom line for most of us is that we feel we're not good enough. Thinking this way creates all the side effects of body problems, relationship problems, financial trouble or lack of creative expressions. We can put all our energy into dissolving the cause of the whole thing and start loving ourselves.

Exercise

Power Points

1. We are responsible for our experiences
2. Every thought we think is creating our future.
3. Everyone is dealing with the damaging patterns of self-hatred
4. These are only thoughts and can be changed.
5. We need to release the past and forgive.
6. Self-approval and acceptance in the "now" are key
7. The point of power is always in the present moment.

Heal Your Body

Ailment: *Influenza*

Probable cause:
response to mass negativity and beliefs. Fear.

New thought pattern: *"I am beyond group beliefs or the calendar. I am free from all congestion and influence."*

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

Be grateful for where you are now.

"It doesn't take as much faith to believe that everything happens for a reason as it does to embrace the belief that I am who and where I am now, today, for a reason - even if I don't know what that reason is and even if I don't particularly like who or where I am today," a friend said to me.

"When I can take that in, my dissatisfaction and negativity disappear, and I can proceed calmly and gratefully with my life. To me," he said, "that's what spirituality is all about."

Faith and hope aren't just for the future. Try using them on today.

Could it be that you're who you are and where you are now for a reason? Thank God for your life, exactly as it is, right now.

God, give me enough faith to believe in today



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!

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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)

In the infinity of life where I am, all is perfect, whole and complete. I am always Divinely protected and guided. It is safe for me to look within myself. It is safe for me to look into the past. It is safe for me to enlarge my viewpoint of life. I am far more than my personality – past, present and future. I now choose to rise above my personality problems to recognize the magnificence of my being. I am totally willing to learn to love myself. All is well in my world.

What I see in my world, is a mirror of what I have in my mind.

Every Day I Pray By Iyanla Vanzant

Morning Prayer

This is the day that you have made and I am so grateful to be a part of it.

This is a day unlike any other and I am so grateful for the opportunity to begin again. This is the day I will place myself totally in your care.

This is the day that I will use to serve you in faith and joy. All of my spiritual and karmic debts are canceled.

On this day, I now declare that I am free of fear! Free of doubt! Free of anger! Free of shame! Free of guilt! Free of unproductive thoughts and actions!

On this glorious day that you have allowed me to see, I am divinely determined and dutifully dedicated to live the life you have created for me. A life of peace, joy, fulfillment, abundance and creative activity.

This is the day!

Your day!

My day!

And for this day I am so very, very grateful!

And so it is!

We can act ourselves into right thinking easier than we can think ourselves into right acting.

--Anonymous

The best thing for us to do in our 12 Step Program is to be honest in how we act and think. We must be true to that belief.

We can't think for others, and they can't think for us. Friends can tell us the lessons they have learned from their experiences. If those lessons fit us, we can use them to help guide us and our thinking. We often hear, "Take what you need and leave the rest."

As good for us as our ideas are, we must not force them on others. We can only offer them. And we won't be true to ourselves if we are jealous of other people's ideas. We never know what we can do until we try, and we can't be sure what ideas are best for us until we test them.

Am I dedicated to the beliefs that are best for me in my recovery?

- Easy Does It by Anonymous

Back to the Basics

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

The 12 Steps

1. We admitted we were powerless over others - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other co-dependents, and to practice these principles in all our affairs.

It is easy to be intimidated by the 12 Steps. They appear to be a larger than life list of things we must do that we can't possibly imagine doing. But they are here for a reason: they work.

Be gentle with yourself. Start small and easy. Work each of them as you are able and willing. The key is to be willing. If you work the steps just because someone told you to, and do it begrudgingly, you won't put your all in to it. You have to have an open mind and heart.

Take your time. Don't rush through them. It's good to have a goal of perhaps working one step a month, but be realistic with yourself too. If you need longer with one step over another, that's fine. It is your path.

Meditate on them. Practice them. Journal. Find resources to help you, like Melody Beattie's "Codependent's Guide to the 12 Steps" or the CoDA workbook. Talk about how each step makes you feel.

Working the Steps helps us to focus and heal. They give us direction and help clean up our past. It may not be fun or easy, but it's worth it. You owe it to yourself and your recovery to give it a try.

Next Month's Topic: The 12 Traditions

Nobody can change my thoughts but me.

The first of the Twelve Steps asks us to admit we are powerless. Our first question might be, *Why?* Shouldn't we try to change the conditions in our lives? If we put ourselves in good hands in this fellowship, we will begin to appreciate Step One. We will begin to understand that we are indeed powerless over other people. We will also begin to understand that we are not powerless over ourselves. Not today.

It may seem simplistic to blame our problems on how we ourselves think. But only we have the power to interpret the experiences we're having. And we can decide to accept every experience as an opportunity for growth and adventure, as God's will.

I can't change anyone else; all I can change is my mind. I will carefully watch my thoughts today.



"If we let go our vice-like grip of self, only then can we be truly free."

—Reed Murphy

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>