

Editor's Note:
As you've probably noticed, I have been focusing on a different Step in each issue of the Serenity Pages this year. As I come to the higher Steps, I am increasingly in need of guidance from my fellow CoDA members who have worked these Steps. If you have any readings or quotes that you've found particularly helpful in understanding and working Steps 5 to 12, please share them with me, either at a meeting or via email codaomaha1@hotmail.com
Thank you.
Debbie S.



**Hope is a thing with feathers
that perches in the soul
And sings the tune without the words
And never stops at all
- Emily Dickinson**

We often hum and sing to ourselves because it makes us feel content. It is the melody itself that makes us feel good--words and thoughts do not matter.

Having hope for ourselves and for our universe is like having a melody always moving inside us. The melody may be calm or exciting, but most of all it brings with it beauty and a sense of peace. Hope can overcome the need for words and thoughts and promises. Hope is the melody that keeps us going, the hum that continues even when there are no words to the song. Hope is not a melody we think about--it must come when we believe in the goodness of our world. If we have faith in a power greater than ourselves, we will be able to find the melody of hope inside us at all times.

Today's Gift by Anonymous

Having hope makes every day easier, more gentle.

From our first introduction to other men and women who have faced firsthand the illness of codependency, we sense the spirit of hope in their words and in their faces. Some of us have had little or no hope for many years. It's no wonder we initially doubt that our lives can change. We're certain our struggles are different from the struggles that brought other people to this Twelve Step program. But we listen to their stories anyway. And slowly we learn that our paths are similar. Our problems are not unique, after all.

Having hope, we come to understand, is a decision. Other men and women have made this decision. We can too. In time we will also understand that hope makes it possible for us to expect more positive outcomes to our problems. It's so often true that what we expect is just what we get. Looking on the bright side of life can't make our struggles worse!

Having hope will open the door to my Higher Power today. Help is the by-product of hope.

A Life of My Own by Karen Casey

The next CoDA Speakers meeting is May 4th. See the attached flier for more details.
CoDA Round Up will take place in August. The Board is looking for a CoDA member to tell his/her story. See a board member if interested.

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

Meditations

Being open

Sometimes we think we're supposed to have more recovery under our belts. Perhaps we feel the need to impress our peers with our success in staying off mind-altering chemicals. But perhaps we are really just trying to convince ourselves. We know how difficult recovery is, and surely our Higher Power is not fooled by our pretense of well being.

If we try to hide our problems, we cannot get help for them. To get help we must tell people where we're really at. No one can read a closed book.

Am I open with others?

Higher Power, help me believe in the saying, "Ask and you shall receive."

Day by Day – Second Edition by Anonymous

Being willing

People often ask, "How does the program work?" The **how** of this program is Honesty, Open-mindedness, and Willingness. Often we must pray for willingness; sometimes we even have to pray to be willing to be willing!

We have very stubborn wills. If surrendered daily, however, they can accomplish much good for others and ourselves. Surely those who say, "I will, I will" and don't are not as close to the heart of God as those who say "I will not," but do!

Am I really willing?

God, help me realize that to do your will for me today, in however small a way, I must let go of my own will.

Day by Day – Second Edition by Anonymous

Quotes

Our ultimate freedom is the right and power to decide how anybody or anything outside ourselves will affect us. – Stephen Covey

Man can alter his life by altering his thinking. – William James



Step 4

Step 4 of Co-dependents Anonymous Made a searching and fearless moral inventory of ourselves.

Facing Our Darker Side

By the time we get to the Fourth of the Twelve Steps, we are ready to face our darker side, the side that prevents us from loving ourselves and others, from letting others love us, and from enjoying life. The purpose of Step Four is not to make ourselves feel worse; our purpose is to begin to remove our blocks to joy and love.

We look for fears, angers, hurt, and shame from past events – buried feelings that may be affecting our life today. We search for subconscious beliefs about ourselves and others that may be interfering with the quality of our relationships. These beliefs say: *I'm not loveable...I'm a burden to those around me...People can't be trusted...I can't be trusted...I don't deserve to be happy and successful...Life isn't worth living.* We look at our behaviors and patterns with an eye toward discerning the self-defeating ones. With love and compassion for ourselves, we try to unearth all our guilt – earned and unearned – and expose it to the light.

We perform this examination without fear of what we shall find, because this soul-searching can cleanse us and help us feel better about ourselves than we ever dreamt possible.

God, help me search out the blocks and barriers within myself. Bring what I need to know into my conscious mind, so I can be free of it. Show me what I need to know about myself.

The Language of Letting Go by Melody Beattie

Until now, we've focused on establishing or renewing our relationship with God as we understand God. In Step Four, we begin a spiritual journey of healing our relationship with ourselves.

We remember that our courage to complete this Step doesn't come from the absence of fear but our willingness to walk through it. We work toward understanding our strengths and weaknesses, our internal assets and liabilities, who we are and what we've become as a result of our codependence. We look for understanding, not fuel to fire self-condemnation.

We must remember not to use our strengths and positive behaviors to minimize our feelings about our codependency. We must maintain accountability and responsibility for these behaviors and our feelings about them in order to change them. Today, we're not victims. We can't blame people, places or things for our problems or codependent behaviors anymore.

We become more humble as we explore our relationship with ourselves through the work of Step Four. It helps us open the door to see, accept and begin loving ourselves as we are. From this place of humility, we've become ready to complete Step Five.

The Big Book of CoDA by Co-Dependents Anonymous, Inc.

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

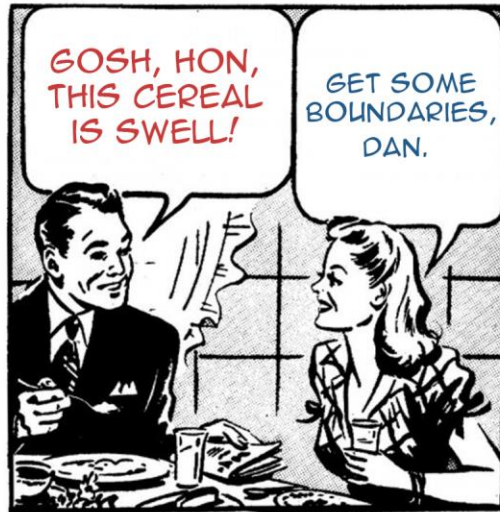
We suggest you reach out and call other people in CoDA and Keep Coming Back!

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 cecil_lisa@yahoo.com
CoDA and Beyond – Women Only St. Paul's Methodist Church, 5410 Corby St.	Tuesday	7:15pm	Amy – 402-932-5077
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 Don - rdonald1956@yahoo.com
Wednesday 12 Step House, 7306 Grant St. (large room upstairs)	Wednesday	8:00pm	Bill K. – 402.573-5933
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 , 402-739-1057
Saturday Serenity 12 Step House, 7306 Grant St. (small room upstairs)	Saturday	11:30am	Julia: 402-208-8008
Sunday Meeting Room 2755, second floor, UNMC Lied Transplant Center (large glass building, campus of UNMC, approximately 41st and Emile) This is a non-smoking meeting. You can also park in the covered lot below the Lied Transplant Building itself. Click here to view a map of the campus Take elevator up to level 1, then either take another elevator up to floor 2 or take the stairs.	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 , 402-739-1057

*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>



May 2013 CODA Speaker's Meeting

DATE: SATURDAY MAY 4, 2013
PLACE: 12 STEP HOUSE, 7306 GRANT ST
TIME: 11:30 BIG ROOM, SPEAKER AT NOON
SPEAKER: JAIM H.



* Please note: This is not a real family

Drinks provided by CODA Service Board, bring a potluck item to share

Last names A - I Bring a Main Dish

Last names J-R Bring a Side Dish

Last names N-Z Bring Dessert