



Notes:

The Board needs YOU!

We are still looking for a State Delegate to serve the board by attending all Omaha-area meetings once a quarter. Contact a current board member with any questions.

Inspiration...

Owning Our Power

We need to make a distinction between powerless and owning our power.

The first step in recovery is accepting powerlessness. There are some things we can't do, no matter how long or hard we try. These things include changing other people, solving their problems, and controlling their behavior. Sometimes, we feel powerless over ourselves – what we feel or believe, or the effects of a particular situation or person on us.

It is important to surrender to powerlessness, but it's equally important to own our power. We aren't trapped. We aren't helpless. Sometimes it may feel like we are, but we aren't. We each have the God-given power, and the right, to take care of ourselves in any circumstance, and with any person. The middle ground of self-care lies between the two extremes of controlling others and allowing them to control us. We can walk that ground gently or assertively, but in confidence that it is our right and responsibility.

Let the power come to walk that path.

The Language of Letting Go – Melody Beattie

Learning new ways

Once we make a connection with our Higher Power, the ongoing problem is to hold on to it. Repeatedly we slip into our old ways of thinking and behaving. If not curtailed, eventually these will lead us back to that first fix, pill, or drink. We need only a word, thought, or familiar situation to get caught up again in an old habit.

We have to discover (and rediscover) that the old way of life has become impossible and the new one essential. We do this - and do it again - by praying, meditating, and working the Twelve Steps of recovery.

Ask yourself - Am I living the program?

Higher Power, help me avoid being smug and complacent in my new life. Remind me that old ways of living have become impossible for me.

Day by Day – Second Edition by Anonymous

"We all have lessons to learn...If things are easy for us, then they are not lessons, but are things we already know...If you think of the hardest thing for you to do and how much you resist it, your looking at your greatest lesson at the moment.

Surrendering, giving up the resistance, and allowing yourself to learn what you need to learn, will make the next step even easier."

--Louise L. Hay



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)

"We admitted we were powerless over others – that our lives had become unmanageable." – Step One of CoDA

Our lives are different and rewarding when we are willing to work this Step. We experience freedom, personal integrity, and self-empowerment. Developing a genuine interest in taking care of ourselves and honoring our intuition becomes a priority. As we let go of the need to control others, we begin to focus on that which we can take care of: OURSELVES. We can take our time and act with grace and dignity. When we are connected with ourselves and this Step, we begin to have faith that we are capable of changing, and we learn to release our fears. We begin to recognize we are worthwhile and valuable. We can say "thank you" and give ourselves positive affirmations daily.

The Twelve Steps & Twelve Traditions Workbook of Codependents Anonymous

I'd like to get away from earth awhile. And then come back to it and begin again.

-- Robert Frost

Do we think it's weak to need a break? Do we ignore the need to recharge our batteries? Responsibility for our own lives requires us to recognize the need to restore our energy. Maybe our former escape from the world was by using food, or drugs, or spending money, or being preoccupied with another person.

Now, since we are developing the ability to be with ourselves, we can take a break from the world and come back restored. This meditation time generates more energy for our lives. Recreation with friends, a walk, a movie, or a concert does the same. Taking responsibility to get away is a good cure for self-pity and exhaustion.

Today, I will be aware of my need to restore my energy.

You are reading from Touchstones by Anonymous

Came to believe that a power greater than ourselves could restore us to sanity.

--Step Two of CoDA

We will be restored. We will be renewed. We will be lifted out of our present circumstance and into a solution, whether that involves a change of heart, a change of attitude, a new path, a new feeling, or a new vision of what we are to do. Sometimes this happens quickly. Sometimes it takes a while.

Open ourselves to the belief that a new and better way will appear, and it will. Open ourselves, for one moment, to the possibility that a Higher Power can create a new way or a new situation or a solution, and we have set the stage for that to happen. Open ourselves to the possibility that we can be restored, and we shall begin that journey.

For many of us, taking the First Step – facing and admitting the unmanageability, pain, and loss in our lives – felt dark and hopeless. The Second Step takes us out of the darkness and into the light of hope and promise.

This Step offers hope, not the false hope many of us have clung to for years, but real hope in a real recovery. Take it whenever we need to.

Codependents' Guide to the Twelve Steps by Melody Beattie

Greater Omaha CoDA Service Board

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- Literature: Jaim
- State Delegate: OPEN
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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
Adventures in Recovery UNMC, 42nd and Emile (the Durham Research Tower I - north tower - room 1006, until the first week in June)	Friday	7:30pm	Doug: dougabarnes@hotmail.com Chelsea: chelaj_enie@live.com
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>