



The March Greater Omaha Service Board Meeting will be held on Sunday, March 24th at 12:30 p.m. so as not to interfere with the Easter holiday on the 31st. Everyone is welcome!

"I have held many things in my hands, and have lost them all, but whatever I have placed in God's hands, that I still possess."

--Martin Luther

Inspiration...

Divinely Led

The good news of surrendering ourselves and our life to a Power greater than ourselves is that we come into harmony with a Grand Plan, one greater than we can imagine.

We are promised Divine Guidance if we ask for it, if we work the Twelve Steps. What greater gift could we receive than knowing our thoughts, words, and actions are being directed?

We aren't a mistake. And we don't have to control or repress ourselves or others for life to work out. Even the strange, the unplanned, the painful, and those things we call errors can evolve into harmony.

We will be guided into understanding what we need to do to take care of ourselves. We will begin to trust our instincts, our feelings, our thoughts. We will begin to trust our instincts, our feelings, our thoughts. We will know when to go, to stop, to wait. We will learn a great truth: the plan will happen in spite of us, not because of us.

I pray today and each day that my thought, words, and actions may be Divinely led. I pray that I can move forward in confidence, knowing my steps are guided.

You are reading from: **The Language of Letting Go by Melody Beattie**

The twilight, in fact, had several stages, and several times after it had grown dusky, acquired a new transparency, and the trees on the hillsides were lit up again.

--Henry David Thoreau

There are small candles of light we can bring into our lives to take away some of the darkness. These are the candles of the program - soft, warm lights given to us each time we open our faith and trust to the fellowship.

There is the candle we can take home from a meeting, kindled by the caring and sharing of those around us. There is the candle given to us by our sponsors and friends, which burns brighter each time we ask for help. And there is the candle given to us by our Higher Power - an eternal light reflecting strength, hope, and salvation.

It's true that it's darkest before the dawn, but we have countless candles to brighten our night.

You are reading from: **Night Light by Amy E. Dean**

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!



Step 3

Step 3 of Co-dependents Anonymous

Made a decision to turn our will and our lives over to the care of God as we understood God.

CoDA Third Step Prayer

God, I give to You all that I am and all that I will be for Your healing and direction. Make new this day as I release all my worries and fears, knowing that You are by my side. Please help me to open myself to Your love, to allow Your love to flow through me and from me to those around me. May Your will be done this day and always. Amen

The CoDA Big Book

How Do We Find God's Will?

"A sponsor used to say to me, 'Trust God, trust me, and do the dishes.' I'm a great analyzer. So now I trust, I pray, and I do what's in front of me. I trust my recovery people to give me reality checks.

"And I trust me."

We do not have to look around us too long or too hard to find God's will for us and our lives today. It is not hidden from the eye. God's plan for us today is taking care of ourselves the way we want and choose, within the framework of what's happening in our lives today. When it's supposed to be something different, we'll know. We'll get interrupted. We'll be lead into a new circumstance. Or a new circumstance will find us.

Codependents' Guide to the Twelve Steps by Melody Beattie

Fearful as reality is, it is less fearful than evasions of reality.

--Caitlin Thomas

We've become much less fearful of reality since we've come to know the principles of this program. Just about anything could have made us fearful in past years. No doubt practicing our addictions gave us a false courage for a while. But then we could no longer keep the fears away.

How do we keep fear at bay now that we're free of our addictions? Most of us have begun to rely on our Higher Power for courage, understanding, and acceptance. The challenges that we're offered are opportunities from God for our advantage. When we're in God's care these challenges are manageable, and we need no longer fear them.

We can conquer our fears as we take advantage of the help, guidance, and courage that come from God.

I know that God will be there for me through every challenge today.

You are reading from: **In God's Care by Karen Casey**

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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>