**Lancaster SC Coda Online Newsletter**

Volume 1  **August 12** Issue 4

**Welcome**

 This is my very first newsletter so please forgive me for my mistakes. In this issue I have included various articles and some materials from my website. This is because I believe in having the capability of being able to print out what you see and reading it later. So feel free to go to my website and let me know what you think of my first newsletter.

**My mission**

 Welcome to Lancaster SC CODA Online. I wanted to start this online CODA group to benefit those of you that need someone to talk to but yet do not want to go to a group meeting. Here you can talk one on one or with others. I will offer to anyone wanting to talk one on one by phone the opportunity to do so. In Co-Dependents Anonymous we share our problems and work on ourselves through a [*12 Step program*](file:///C%3A%5CUsers%5CJames%20J%20Honeycutt%5CDocuments%5CMaterials.html). We offer materials to anyone who wishes to have a copy online or it can be mailed to you. I plan to have all materials here on this website alone with areas of fun stuff like games, puzzles, and a section for recipes. And you are welcome to share your own also here on this website. I tend to make this website fun and comfortable. Through myself and you, let’s make this a great program. Thanks, Joel, Administrator.



**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 (Higher Power) as we understood (Higher Power).

4. Made a searching and fearless moral inventory of ourselves.

5. Admitted to (Higher Power), to ourselves, and to another
human being, the exact nature of our wrongs.

6. Were entirely ready to have (Higher Power) remove all these
defects of character.

7. Humbly asked (Higher Power) 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 (Higher Power) as we understood (Higher Power), praying only for knowledge of (Higher Power'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 codependents, and to
practice these principles in all our affairs.

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**12 Traditions**

**The Twelve Traditions of Co-Dependents Anonymous**

*1. Our common welfare should come first; personal recovery
depends upon CoDA unity.*

*2. For our group purpose there is but one ultimate authority -- a
loving higher power expressed to our group conscience. Our
leaders are but trusted servants; they do not govern.*

*3. The only requirement for membership in CoDA is a desire for healthy and loving relationships.*

*4. Each group should remain autonomous except in matters
affecting other groups or CoDA as a whole.*

*5. Each group has but one primary purpose --to carry its message to other codependents who still suffer.*

*6. A CoDA group ought never endorse, finance, or lend the CoDA
name to any related facility or outside enterprise, lest problems
of money, property and prestige divert us from our primary
spiritual aim.*

*7. A CoDA group ought to be fully self-supporting, declining outside contributions.*

*8. Co-Dependents Anonymous should remain forever non-
professional, but our service centers may employ special
workers.*

*9. CoDA, as such, ought never be organized; but we may create
service boards or committees directly responsible to those they
serve.*

*10. CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.*

*11. Our public relations policy is based on attraction rather than
promotion; we need always maintain personal anonymity at the
level of press, radio, and films.*

*12. Anonymity is the spiritual foundation of all our traditions; ever
reminding us to place principles before personalities.*

**Happiness and Well-Being: How It Feels**

Being emotionally healthy is a huge plus. People with good emotional health:

* *Believe that there is a good balance to their life between leisure time, activity, and work.*
* *Feel good about them-selves, and don't suffer from self-esteem issues.*
* *Believe that there is a purpose to their lives.*
* *Are able to accept changes better and just go with the flow.*
* *Enjoy living, and know the value of fun and laughter*
* *Have less stress, and are better equipped to deal with* [***stress***](http://www.everydayhealth.com/emotional-health/strategies-for-de-stressing.aspx) ***.***
* *Have better* [***relationships***](http://www.everydayhealth.com/emotional-health/strengthening-your-social-bonds.aspx) *with others.*
* *Are contented with their lives.*

**Happiness and Well-Being: Why It's Important**

 Emotions are one aspect of a person's health that often get neglected. But if your [emotional health](http://www.everydayhealth.com/emotional-health/index.aspx) is suffering, your physical health will too.

 Your emotional health is just a term for how you feel — your overall happiness and well-being. Are you stressed? Unhappy? Unsatisfied? Worried and anxious? Then your emotional health needs some serious attention, or your body will start paying the price.

* *(Your Higher Power), grant me the Serenity to accept the things I cannot change,
Courage to change the things I can, And Wisdom to know the difference.*

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**Meditations**

**Accepting or best**

We don’t have to do it any better than we can – ever. Do our best for the moment, then let it go. If we have to redo it, we can do our best in another moment, later.

 We can never do more or better than we are able to do at the moment. We punish ourselves and make ourselves feel crazy by expecting more than our reasonable best for now. Striving for excellence is a positive quality. Striving for perfection is self-defeating.

 Did someone tell us or expect us to do or give or be more? Did someone always withhold approval? There comes a time when we feel we have done our best. When that time comes, let it go.

 There are days when our best is less than we hoped for. Let those times go too. Start over tomorrow. Work things though, until our best becomes better. There is a time for constructive criticism, but if that’s all we give ourselves, we’ll give up.

 Empowering and complimenting ourselves will not make us lazy. It will nurture us and enable us to give, do, and be our best.

*Today, I will do my best, then let it go. (Higher Power), help me stop criticizing myself so I can start appreciating how far I’ve come*.

*From: “More Language of Letting Go” by: Melody Beattie*

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| **Across**1. Not barefoot5. Cards with 1 symbol9. Hornwort10. Not under11. Not a single one12. Bacterium13. Church bench14. Soup server16. Big fuss18. Operatic solo21. Weight to be borne23. Dry riverbed24. Unshaken25. Disguise26. Oceans |  |

**Down**1. Plod along2. Apiary3. Overburdens4. Skin layer5. Barley bristle6. Join forces7. Sea eagle8. Goulash15. Yards of grass16. Astringent17. Spanish lady19. Bright thought20. Helps22. East Indian tree |  |