

CoDependents Anonymous (CoDA)

Portland OR, Metro Meetings Pacific time (updated 9-22-2021)

These meetings use the Twelve Steps and Twelve Traditions of CoDependents Anonymous ("CoDA") (as adopted from Alcoholics Anonymous) as a program of recovery from codependency. No childcare provided. Send any updates to codapdx@gmail.com

Portland CoDA email: codapdx@gmail.com **Local Website:** coda-pdx.org **National Website:** CoDA.org

MEETINGS ARE QUICKLY MAKING CHANGES. CONTACT THE MEETING TO GET VIRTUAL ACCESS AND FIND OUT IF RETURNING TO IN-PERSON OR HYBRID FORMAT (both)

PEOPLE WHO LOVE TOO MUCH - In Person - NW Portland OR027 **Sunday 10:00-11:30 AM**
Meeting Type: Open, Topic, Literature; 3rd Sunday of each month is Speakers Meeting Meeting Place: Portland Alano Club
Address: 909 NW 24th Ave., Portland, OR Special Instructions: NW 24th at Kearney, Third Floor, Loft Room
Contact: AJ (503) 890-6217 (text) ajbarnett@hg-wt.com or Ray (503) 643-7308 Meeting room not wheelchair accessible.

PEOPLE WHO LOVE TOO MUCH (PWLTM)- Online CoDA **Sunday 10:00-11:30 AM**
Zoom ID: 882 4605 2135, PW 984371. Call in at (253) 215-8782 participant ID is just #.
Contact: Heather B. pacificnorthwestheather@yahoo.com

QueerToo CoDA Zoom (Online) Meeting (LGBTQIAP+ affinity group) - WW274 **Sunday at 4:00-5:30 PM**
Contact: q2coda@gmail.com or text: 323-834-2667 for access to the meeting.

Online Sunday CoDA Blue Book - WW529 **Sunday 6:30-7:45 PM**
Contact: Bob E. (360) 901-3060 bob.aerofun@gmail.com Meeting Type: Open, Steps, Share
Teresa L. onlinesundaybluebook@gmail.com
Zoom: <https://us02web.zoom.us/j/87967799919?pwd=anRxcW8vdzhpemlmVzdFcFhJbEVQRQT09>

CoDA - DESIRE FOR HEALTHY RELATIONSHIPS - Vancouver WA185 Still Online **Tuesday 5:00-6:00 PM**
Meeting Place: Recovery Resource Center Address: 9317 NE Hwy 99, Suite M, Vancouver, WA (behind Enterprise Rent-A-Car)
Ann C (360) 991-1256 codapdx@gmail.com Contact Mark (425) 299-5632 markclark39@gmail.com Meeting Type: Open, Share

CANBY CoDA - Canby OR166 In Person **Tuesday 5:30-6:30 PM**
Meeting Place: American Legion Hall (enter side porch gated area) 424 NW 1st Street, Canby, OR 97013
Contact: Liz (562) 682-9214 elisam77@yahoo.com or Carlee (503) 915-2965 carleefrances@gmail.com Meeting: Literature study

JOYFUL AWAKENINGS - Beaverton OR170 In Person **Tuesday 6:00-7:00 PM**
Meeting Place: Unity Church of Beaverton Meeting Type: Newcomers - Teens welcome
Address: 12650 SW 5th Street
Contact: Elaine (503) 810-2393 (text) elainej713@msn.com Special Instructions: Meeting is held in church sanctuary

SOJOURNER'S CoDA GROUP - Beaverton OR095 In Person **Tuesday 7:00-8:00 PM**
Meeting Place: Unity Church of Beaverton Meeting Type: Open, Share, Adults Only - Teens welcome
Address: 12650 SW 5th Street Contact: Russell (503) 887-4113 or themasteroftoast@gmail.com Meeting is held in sanctuary

EASTSIDE FUNCTIONAL RELATIONSHIPS - SE Portland OR139 Still Online **Wednesday 7:00-8:00 PM**
Meeting Place: Mount Tabor Presbyterian Church Meeting Type: Open, Share
Address: 5441 SE Belmont St., Portland, OR Special Instructions: 1st floor parish house. Enter thru Belmont doors, left thru double doors past offices, then right into Muir Hall.
Contact: codapdxeastside@gmail.com, Sarah (971) 221-3096 Zoom: <https://us02web.zoom.us/j/85495251823> no passcode needed, Call in: 253-215-8782,, 85495251823#

QUEER CoDA - NE Portland OR150 Still Online **Thursday 7:00-8:00 PM**
Meeting Place: Westminster Presbyterian Church Meeting Type: LGBTQIA+, Open, Share
Address: 1624 NE Hancock St., Portland, OR Note: Meeting is in the Fireside Room
Contact: Jameson (541) 870-1943 or qcodapdx@gmail.com Call contact person if wheelchair access is needed

GRESHAM CoDA Group - Gresham OR158 In person **Thursday 7:30-8:30 PM**
Meeting Place: East County Alano Club Meeting Type: Open, Share
Address: 1015 NE Roberts Ave., Gresham, OR 97030 Contact: Susie G at Coda.gresham@gmail.com

FRIDAY MORNING BLUE BOOK CoDA - Vancouver WA170 Still Online **Friday 9:00-10:00 AM**
Meeting Place: PeaceHealth Southwest Medical Center Meeting Type: Open, Blue Book reading, Share
Address: 600 NE 92nd Ave. (Mill Plain Campus), Vancouver, WA Note: Meeting is in Health Education Center
Contact Lorretta R. (209) 600-2948 or sunnygracie4@yahoo.com Check room # on schedule in lobby.

CoDA NEWCOMER'S MEETING - Aloha OR Still Online **Friday 6:00-7:00 PM**
Meeting Place: Aloha United Methodist Church Meeting Type: For NEWCOMERS who want to learn more about codependency and CoDA. Open discussion.
Address: 2270 SW 198th Ave., Aloha OR
Contact: Elaine (503) 810-2393 (text) or elainej713@msn.com

CoDA STEP/SHARE - NW Portland OR130 In person **Friday 6:30-8:00 PM**
Meeting Place: Portland Alano Club Meeting Type: Open, Drop-in Step discussion meeting
Address: 909 NW 24th Ave., Portland, OR Special Instructions: NW 24th at Kearney, First floor, Clock Room
Contact: Elin (612) 703-4006 or elinmichelmidelfort@gmail.com Note: Meeting room is not wheelchair accessible.

Online CoDA STEP/SHARE - WW579 **Friday 6:30-8:00 PM**
Contact: pdxfridaycoda@gmail.com or text: HR at 503-841-0169 for Zoom access

What is CoDependence?

Co-Dependents Anonymous is a fellowship of men and women who have a common purpose. The only requirement for membership is a desire for healthy and fulfilling relationships.

We gather to support and share with each other in a journey of self-discovery—learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.

We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with others and ourselves.

In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege. This renewal process is a gift of healing for us. By actively working the program of Co-Dependents Anonymous, we can each realize a new joy, acceptance, and serenity in our lives.

Many of us struggle with the question: What is codependence? Am I co-dependent? We offer no definition or diagnostic criteria for co-dependence. What we do offer from our experience are characteristic attitudes and behaviors that describe what our co-dependent histories have been like.

We believe that recovery begins with an honest self-diagnosis. We came to accept our inability to maintain healthy and nurturing relationships with others and ourselves. We began to recognize that the cause lay in long-standing destructive patterns of living.

Patterns, Characteristics and Behaviors

These patterns and behaviors are offered as a tool to aid in self-evaluation.

Denial Patterns

- Have difficulty identifying feelings
- Minimize, alter or deny feelings
- Perceive themselves as being completely unselfish and dedicated to the well-being of others

Low Self-Esteem patterns

- Have difficulty making decisions
- Judge thoughts, words and actions harshly, as never being good enough
- Embarrassed to receive recognition, praise or gifts
- Unable to ask others to meet their needs or wants
- Value other people's approval of their thoughts, feelings and behaviors over their own self-approval
- Feel unworthy or unlovable

Compliance Patterns

- Compromise values and integrity to avoid rejection and other people's anger
- Are very sensitive to other people's feelings and assume the same feelings
- Are extremely loyal, remaining in harmful situations too long
- Place a higher value on others' opinions and feelings
- Are afraid to express differing viewpoints or feelings
- Put aside personal interests and hobbies in order to do what others want
- Accept sex as a substitute for love

Control Patterns

- Believe most others are incapable of caring for themselves
- Attempt to convince others what they should think or feel
- Become resentful when others refuse their offers of help
- Freely offer advice and guidance without being asked
- Lavish gifts and favors on those they care about
- Use sex to gain approval and acceptance
- Have to be needed in order to have a relationship with others

Codependent Behaviors

- Dishonesty: making up excuses or withholding the truth to avoid other's anger
- Talking about others - gossip
- Obsessing
- Controlling and manipulative behavior
- Interpreting others' behaviors instead of asking
- Anticipating the reactions of others
- Self-neglect
- Comparisons statements like "I can't do it as well as you do" or "He's better than I am".
- Blaming others or refusing to take responsibility for your actions
- Polarized thinking: No gray areas. Things are good or bad, right or wrong.
- Perfectionism

The path to recovery lies in identifying these and other behaviors, acknowledging their power, and learning new ways to relate to the world.

The Promises

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions...

1. I know a new sense of belonging. The feelings of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity, and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of others and myself. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible for me to mend, to become more loving, intimate and supportive. I have the choice of communicating with my family in a way, which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust a guidance I receive from my Higher Power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.

Meetings Elsewhere in Oregon (limited due to space)

Note: Some of these listings may be outdated. Call to verify meeting or go to CoDA.org to check for meetings in your area.

Monday, 6:00 to 7:00 P.M., on Zoom, "Living in the Solution" CoDA. Open meeting. Contact James at James_4213@mail.com, or Debra D. at 541-505-2956. (OR 164 Eugene)

Tuesday, 7:00 - 8:00 P.M., on Zoom, CoDA Men's Meeting. Men Only. Contact David H. at 541-913-9356, or Debra D. at deb2you@hotmail.com. (OR 114 Eugene)

Wednesday, 6:00 - 7:00 P.M., on Zoom, CoDA Wednesday Women's Step-Study. Women only. Contact Debra D. at 541-505-2956 or deb2you@hotmail.com. (OR 106 Eugene)