

The Lone Star



CoDA Courier



May 2009 Volume 5 Issue 1

CoDA Texas Officers: Chair-Terri S., Vice Chair-Noreen M., Treasurer-Robert G., Secretary-Dephny Z.

Experience Our Website: www.texascoda.org

Wanted: Expressions of Experience, Strength and Hope in prose or poetry. The Lone Star Courier will publish selections authored by CoDA members.

Texas Business

Texas 2009 Voting Entity Issues

The Spring Board meeting was held at the Waco library on April 25th. The 2008 State Assembly minutes were reviewed and approved with corrections as well as the Treasurer's Report. Three Texas voting entity issues and one concern were defined by the attendees and will be submitted to the CoDA Board in May:

1. Texas requests that the following phrase (or something similar) be added to the wording in the Fellowship Service manual (FSM) regarding reading the four Foundational documents as written: "...as written, with the exception of substituting Higher Power for God."



Intent: While many old timers are comfortable substituting Higher Power for God when reading the Foundational documents out loud at a meeting, newcomers and newer Codependents can be black and white in their thinking. Many states have few meetings and/or are unable to send delegates to Conference where they may gain insight and understanding of CoDA issues. "As written" was added about 8 years ago by a member who attended a meeting in Delaware and was dismayed to find that the Foundational documents had been altered and/or were not all read. To uphold CoDA unity (Tradition 1), a motion was made that all four Foundational documents be read as written. Some people have interpreted "as written" to mean that Higher Power cannot be substituted for God when reading the documents out loud during meetings. Adding a caveat to "as written" in the FSM helps a greater number of the Fellowship understand that it is the God of each person's understanding. Adding this information in the FSM provides clear concise communication about an issue that comes up repeatedly and provides a more welcoming atmosphere to agnostics, atheists, and other religions that have a different name for God, as Higher Power is a generic term.

At the 2008 CSC, the CoDA Board determined this Texas voting issue was not an issue, as all groups are governed by the group conscious process and meetings may do anything as long as it does not affect CoDA as a whole. [08014] Now some members who perform service for CoDA World are interpreting the Board's statement to mean that CoDA cannot force anyone to comply with the requirement of reading the four foundational documents as written but it is up to the Group to make this decision. If CoDA World has no power to enforce meetings to read the Foundational documents as written, there is no reason to have "as written" in the FSM or on the web page. Given the experience that generated the original motion, we think there is need for guidance about what is appropriate when reading the four Foundational documents. Some Texas members believe substituting Higher Power for God is a personal choice and not a decision to be made by the group. In addition, since there was no request to change the CoDA World Bylaws, Texas believes the Board was premature in making a decision about this VE issue. The appropriate process for changes to the FSM is for the issue to be sent to the Service Structure Committee for deliberation. Texas requests the proper procedure be followed.

2. Texas requests that CSC business/committee meetings and Convention workshops not overlap if CSC and Conventions are held together in the future.

Intent: The members who volunteer to do service work at Conference are penalized when Convention workshops overlap with CSC business, because they are entrusted by their Voting Entity to represent them at the business meeting and cannot attend the workshops. At this time, there are only a few workshops offered at Conference and it is unfair to those who do service not to be able to attend all of the workshops. Texas believes overlapping the workshops and business meetings will reduce the number of people willing to volunteer as delegates and other service positions at Conference, as indicated by some of our active members.

3. Remove CoDA Teen Committee from Sections 9 and 10 on page 6 (or any other place it may be referenced) of the Fellowship Service Manual.

Intent: CoDA Teen was disbanded at the 2007 CSC. CoDA documentation needs to reflect current information.

4. Texas is concerned that the CoDA World Board members are losing sight of the Board’s duties. Per the Second Tradition: “Our leaders are but trusted servants; they do not govern.” In addition, Texans who have served as CoDA Board members or in other service positions at past Conferences have reiterated the statement that Board members do not perform committee work.

Intent: Texas appreciates the service each member of the Board performs for CoDA. Over the last few years Texas has observed the Board members performing committee work and making decisions (e.g., making motions to change processes like the motion to combine the CSC and Convention without input from past Convention volunteers, a survey of the Fellowship, and/or research of the issues and problems associated with this change). Per the FSM: “Trustees are responsible for the legal and business needs of CoDA or CoRe. Each board has but one purpose: to serve the Fellowship.” This is not a motion; Texas wishes to gently remind the Trustees of these basic principles as it is easy to lose sight of policies as Trustees fulfill their terms of office and leave.

Texas Website

This project was delayed. We are looking for suggestions on possible companies that will accept prepayment to host our web site; please contact Karen G. (kkg1456@yahoo.com).

Texas 7th Tradition Donations

THANK YOU to all CoDA Meetings and Individuals for the 2009 7th Tradition contributions to CoDA Texas From the CoDA Texas Treasurer, Robert G.

Gracias a todos las reuniones CoDA y los individuos por sus contribuciones de la 7^a traducción del 2009. De la Tesorera CoDA, Robert G.

TX006 – Austin	\$30.00	TX074 – Tyler	\$10.00
TX008 – Houston	\$24.00	TX140 – Austin	\$30.00
TX020 – Houston	\$50.00	TX207 – Richardson	\$30.00
TX046 – Houston	\$73.00		

Total 2008 Contributions	\$578.57
Total 2009 Contributions as of Apr. 1, 2009	\$247.00

According to the 12 Traditions, CoDA is self-supporting through its own contributions. Seventh Tradition donations help CoDA Texas send Delegates to CoDA Service Conference, provide seed money for the annual retreat, pay for the CoDA Texas web site, state PO Box, provide seed money for State Assembly, and pay for postage to mail these newsletters! Suggested donations above prudent reserves are 60% to the city community, 30% to CoDA Texas, and 10% to CoDA World. Send Texas donations to: **CoDA Texas, P.O. Box 300511, Austin, TX 78703-0009. Please provide the meeting number with your donation.**

**SCHEDULED UPCOMING EVENTS, WORKSHOPS, AND GATHERINGS.
CALENDARIO DE EVENTOS, CURSOS, Y CONGREGACIONES**

Month Mes	Event Evento	When Cuando	Where Donde	Contact Contacto
<u>May 2009</u>	CoDA Texas Camping	5/15 to 5/17/09	Fairfield Lake State Park	Bob M. 903-262-7446 bomo54@yahoo.com
<u>June 2009</u>	CoDA Texas Camping	6/19 to 6/21/09	Krause Springs	Bob M. 903-262-7446
<u>July 2009</u>	CoDA Convention and Conference	7/9 to 7/12/09	Seattle, WA	www.coda.org/events.php
<u>Fall 2009</u>	State Assembly	TBD (Oct or Nov)	Ft. Worth, TX	

(Submit your event to the editor in the same format as you see above and like magic you will see it listed)

What is Thirteenth-Stepping?

From the CoDA Book

“This term originated in several other Twelve Step programs to describe unhealthy and inappropriate sexual behaviors that take place within the Fellowship. One person could be taking advantage of another when they’re in a vulnerable or painful spot, or someone may be using a nurturing hug for sexual gratification. It could apply to sexual innuendoes or sexual joking in order to control, embarrass or subtly negotiate sexually with another. Thirteen-Stepping also occurs in meetings where members flirt, dress inappropriately, or attend just to find dates.

In an attempt to approach the subject without shame and blame, (because many people are unaware of these behaviors), some members of the Fellowship will make announcements or engage in discussions concerning Thirteenth Stepping and the potential damage it can cause. Whether we’re engaging in inappropriate behaviors, receiving or witnessing them, we must all work together to create and maintain CoDA meetings where the Fellowship can feel safe to be vulnerable, share their thoughts and feelings, and receive support for their recovery without manipulation or control.”

Why Do I Need to Attend Meetings?

From the CoDA Book

“The CoDA pamphlet, “Attending Meetings,” describes the “building blocks” of recovery: meetings, working the Steps, sponsorship and service. It also lists how we gain the most benefit from attending meetings: speaking, sharing and listening.

Meetings are where we hear the experience, strength and hope of other recovering codependents. We learn to join the camaraderie of people supporting each other in healing. We learn to listen and experience being heard. We find out how others have worked the Twelve Steps and how the Twelve Traditions have influenced their lives.

We learn about ourselves and our relationships with others by hearing other people share about growth and change. We can be present, loving and supportive of ourselves and each other in healthy and fulfilling ways. As we attend meetings and apply what we learn to our daily lives, we become more loving, caring, accountable and responsible. Most importantly, meetings remind us from where we’ve come and how far we’ve grown. They provide us with a continuous support network throughout our recovery process.”

2009 CoDA Texas March Retreat

The bluebonnets were the prettiest I've ever seen them at Camp Lone Star! Paula S., David C., and Marilyn B. led workshops at the retreat on Saturday. The Puppet workshop was a creative and wonderful way to get in touch with the inner child, and they were so colorful and expressive.

Bluebonnets



Workshop Puppets



By Paula S.

With tongue in cheek, Paula S. (puppet workshop leader) provided the following funny text after the retreat (take what you like and leave the rest):

In the retreat category, we thank the three Divas (Judi C., Della B., and Marilyn B.) so much for an outstanding performance in organizing the retreat! It went smoothly. All three Oscars are the same, so please don't fight over getting the shiniest one.

In the workshop category, Marilyn gets two Oscars, one for the first 3 Steps and another for the 4th Step because it is so big. David C. gets two Oscars, one for Boundaries and another for Meditation (I heard people were levitating at the end, but staying in the room because they had boundaries). Way to go David C. and Marilyn B.!

For the workshop *Learning to Love the Self, Inner Child Puppet*: The Oscar for design and wardrobe goes to Judi C. for designing and making the puppet stands and extra puppet bodies used during the workshop.

An Oscar for Photography goes to Della B. and Marilyn B. each for taking and printing pictures and organizing the puppets on the table for the final group puppet picture.

Oscars go to Cindi S. and Della B. for leading the women's group and Bob M. for leading the men's group. Also Oscars go to the kitchen staff and management of Camp Lone Star.

An Oscar for innovation goes to Paula's Creative Inner Child and Straight A Student for their ingenuity and courage in manifesting Paula's dream.

Camping Trips

Bob M. is organizing two camping trips: **May 15** in Fairfield Lake State Park and the second in June at Krause Springs. Fairfield Lake State Park is off of I-45 about 2 hrs south of Dallas. Krause Springs is west of Austin. Join us for the weekend or the day for meetings and Fellowship! See Event Calendar on p. 3 for contact information.

Next Newsletter and Board Meeting Minutes

The next newsletter will be sent out after July (mail and electronic copies). Send an e-mail to kkg1456@yahoo.com to receive a copy of the final 2008 State Assembly minutes.

Texas Contact List

Anyone who wants to be added to the Texas e-mail list may write to judiann104@yahoo.com. To **opt out**, send an e-mail to the same address. To correct or change an address for the postal mailings or opt out of the mailing, send an e-mail to danw1212@gmail.com or a letter to Dan W., 813 Rock Creek, Irving, TX 76039.