

The Lone Star



CoDA Courier



January 2010 Volume 6 Issue 1

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

Texas Business

Bob M. was voted into the Vice Chair office. Martha R. became the Senior Delegate and Brandi D. was elected as the new Junior Delegate (congratulations to all three). Thanks to Delphine for completing the Senior Delegate term for 2009 and thanks to everyone who does service.



Texas Retreat

It's that time of year again for newcomers and old timers to gather for Fellowship and Recovery at the Camp Lone Star Annual Retreat, March 12-14. See flyer at the end of the newsletter for registration information.

Service Opportunity: Texas Website

CoDA Texas spends about \$240/year to maintain the web site. We know there are much cheaper alternatives out there but we need a volunteer. We found a possible host company but we need a volunteer to set up the web site. Please ask your Higher Power if this is the right service work for you. Contact Karen G. at kkg1456@yahoo.com or 979-823-2482.

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	\$62.00	TX207 – Richardson Wed.	\$60.00
TX008 – Houston	\$52.00	TX341 – Ft. Worth Unity	\$50.00
TX020 – Houston	\$50.00	TX419 – Bryan	\$60.00
TX046 – Houston	\$73.00	TX459 – Austin	\$10.00
TX074 – Tyler	\$70.00	TX471 – Tyler	\$60.00
TX089 – Richardson Sun.	\$35.00	Spring Board Meeting	\$10.00
TX140 – Austin	\$30.00	May Campout	\$11.00
TX149 – Oaklawn	\$50.00		

Total 2008 Contributions	\$578.57
Total 2009 Contributions as of 12/13/09	\$683.00

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>Jan. 2010</u>	Camping	Jan. 29-31	Glen Rose , TX	Bob M. 903-677-3079
<u>Feb. 2010</u>	Spring Board Meeting	Feb. 13 11:00-3:00	Waco, TX	Terri S. tismitty@hotmail.com
<u>Mar. 2010</u>	Retreat	Mar 12-14 Fri 7:00 p.m.	La Grange, TX	Marilyn B. Karen G. 979-823-2482
<u>Apr 2010</u>	Camping/Fishing	Apr. 30-May 2	Eustace, TX	Joe B. 903-677-3079 jberry7870@aol.com
<u>June 2010</u>	Camping	Jun. 11-13	New Braunsfels, TX	Bob M. 903-677-3079
<u>Jul. 2010</u>	CSC/Convention	July	Los Angeles, CA	www.coda.org
<u>Aug. 2010</u>	Camping	Aug. 20-22	Krause Springs, TX	Bob M. 903-677-3079
<u>Oct. 2010</u>	Camping	Oct. 29-31	New Braunsfels, TX	Bob M. 903-677-3079
<u>Dec 2010</u>	Camping	Dec. 10-12	Lake Buchanan, TX	Bob M. 903-677-3079

Spring Board Meeting

At the State Assembly, a decision was made to move the Spring Board Meeting to February in response to the CoDA Service Conference being in July. Everyone is invited to attend the meeting. If you have any issues you would like Texas to consider as a Voting Entity issue, please submit the item in writing to the **State Chair**, Terri S. (tismitty@hotmail.com) or, even better, come to the meeting!

When: Feb. 13 at 11:00 a.m. to 3:00 p.m. (sometimes we get done sooner)
Where: Central Library, 1717 Austin Ave., Waco, TX 76701 (254-780-5941)

Preliminary Agenda:

Please submit any additional agenda items or voting entity issues in writing to the chair by Feb. 11th.

- 1) Review and approve State Assembly Board Meeting Minutes
- 2) Plans for the State Assembly in October 2010
- 3) Review Texas finances
- 4) Los Angeles Conference & Delegate plan
- 5) Determine Voting Entity issues to send to Conference
- 6) Texas Website update
- 7) Texas usage of CoDA toll free phone number with Phone.com

One of the duties of each Group Representative is to attend the State business meetings. Why you might ask? What difference does it make? Did you know that CoDA's structure is an inverted pyramid? The broad pyramid side (i.e., the bottom in a typical hierarchical system) represents the members of CoDA, and authority, power, and direction reside with them. Members of groups may exercise power through the group conscience. Authority and power flow down to and thru a group's trusted servants and area Intergroup (or community service groups), then on to the Voting Entity's (VE) Intergroup (i.e., the Spring and State Assembly Board Meetings in Texas) and the VE's delegates and eventually to the pointed end of the pyramid at the bottom where, we find our CoDA, Inc. boards, committees and service corporations. Your participation at any level in discussing CoDA business and issues makes this process work.

The group conscience process is used to make decisions at all levels of CoDA. The home group typically has a monthly business meeting to discuss issues affecting the group such as how to address crosstalk, what literature to buy, how to welcome newcomers, etc. A group conscience may also be asked for during a regular meeting, if a decision is needed right away and can't wait for the regular business meeting. Anyone may ask for a group conscience at anytime during a CoDA meeting, if and when immediate attention is needed to ensure the safety of an individual or the group, or to uphold the CoDA Traditions.

The group conscience process is also used to make decisions that affect CoDA as a whole and to elect trusted servants to carry out those decisions. The process of electing trusted servants begins with the group meeting. Each home group meeting may select a group service representative (GSR) to represent that group at Intergroup. The Intergroup (community, area, country, state, regional) elects delegates to represent them at CoDA, Inc. meetings. The GSR carries the group conscience of the home group meeting to Intergroup. Intergroup holds a group conscience and decides whether the item will proceed to CoDA, Inc., or the next level.

At the Country, State and Regional or other Voting Entity levels, group and community representatives select trusted servants to serve the members of that Voting Entity. Group representatives also select Delegates to represent them and carry their group conscience to the CoDA Service Conference, which is held annually. Each Voting Entity may send two Delegates to this Conference, which is the annual business meeting of CoDA. At the CoDA Service Conference, Delegates carry the group conscience of those they represent. Delegates also work together to make decisions dealing with CoDA Inc., and select trusted servants who will serve our Fellowship. This information is from Chapter 2 of the Fellowship Service Manual (<http://www.coda.org/serviceman.php>).

CoDA 2010 Camping/Fishing Schedule

By Bob M. and Joe B.

Mark your calendars! Take some time from your busy schedule to commune with nature, center yourself, and play.

- *January 29-31 2010* Dinosaur Valley State Park- Best for Hiking and side trips to Fossil Rim Wildlife Park and The Brazos Drive In movie Theater in Granbury. Contact Bob M. (Tyler) 903-262-7446.
- *April 30-May 2 2010* Purtil Creek State Park- Best for Privacy and Solitude Good fishing Side trip to Canton First Monday Trade Day. Contact Joe B (Tyler) 903-677-3079.
- *June 11-13 2010* New Braunsfels On the Guadalupe if water is high , in town RV Park if low. Contact Bob M (Tyler) 903-262-7446 (Billy is New Braunfels local conditions contact).
- *August 20-22 2010* Krause Springs – Best Springs and cold water! Side trip to Marble Falls Blue Bonnet Café – Best Pies.
- *Contact Bob M (Tyler) 903-262-7446.*
- *October 29-31 2010 New Braunsfels* In town RV Park -Best at Camping and Dancing WurstFest 2010. Contact Bob M (Tyler) 903-262-7446.
- *December 10-12 Lake Buchanan-Canyon of the Eagles-* Best for Fishing and Boating. Side Activity: Lake Cruise to view the eagles. Contact Bob M (Tyler) 903-262-7446.

Retreat Workshops

By Karen G.

The workshops at the State Assembly were good. So good in fact, we wanted to repeat them all at the Retreat. The workshops scheduled for the Retreat are:

- The Happy Family
- Review and Share Using the Peeling the Onion Booklet
- Are You a Highly Sensitive Person and Mind/Body Connections

I know I am looking forward to attending the *Peeling the Onion* workshop in March as the feedback at Assembly was quite intriguing. In fact the feedback I heard about the workshops at Assembly was overall positive with folks expressing feelings of awareness, enlightenment, and/or release.

It's hard to convey in a short title, or even a description, what a workshop is really about. I believe the goals are healing, finding greater acceptance of self, and improving serenity. Recovery happens at workshops because each person attending opens their hearts, minds, and souls and takes that scary risk to be vulnerable, even if it's just a little bit, to allow the love and acceptance to flow in. Some workshops resonate with me better than others and thus flow into my core in a deeper and/or more profound way. Sometimes my presence provides someone else

that experience. I may or may not be aware that has happened. I may even think I got “nothing” out of the workshop, but the reality is that I do not know what part I play in the grand scheme of things. Maybe the lesson is self awareness and care. Maybe the lesson has nothing to do with the workshop itself and everything to do with adding my energy and heart to the process. Participating in Fellowship, workshops, and service is a leap of faith for me—faith is not easy in some areas of my life—but **not** when it comes to the benefits I receive by participating in CoDA Fellowship and Service. There are many constraints on my time and money these days, and at some point I may not be able to attend CoDA functions but, while I can, I suit up, show up, and am open to the possibilities. I hope to see you there.

Updating Meeting Information

CoDA World initiated a meeting update policy about a 1-1/2 years ago, which is available on the web at this URL: <http://www.coda.org/meetings/meeting-policy.php>. Twice a year, the Web Coordinator prepares three lists of meetings:

- INACTIVE List 1: list of meetings that have been annotated as "INACTIVE?" by various processes during the last six months.
- INACTIVE List 2: list of meetings that have not been updated in 3 years from the beginning of the next six months.
- Deactivation List: list of meetings that have not been updated in 5 years from the beginning of the next six months.

It's always been important for groups to update their meeting information periodically, even if nothing changed, but unfortunately, when a meeting becomes inactive, letting CoDA know often doesn't happen. So after years of comments from people that there was no meeting as indicated in the meeting list and much discussion within CoDA, this policy was initiated.

If at all possible, please provide a contact person for your meeting to answer questions from newcomers. This service can be rotated often. Just send an e-mail to meeting@coda.org with as much meeting information as you can provide (the meeting number is particularly helpful) requesting a new contact **or** go to the meeting locator page (http://www.coda.org/ajax_control.php?action=load_translation&language=1) and click on the *Update Meeting* tab and enter your meeting number. If you don't know your meeting number, go to the meeting locator *US Meetings* tab and put in your state and city. There is also a proximity search that uses zip codes if you're traveling and want to know if there are meetings in the area.

Next Newsletter and Board Meeting Minutes

The next newsletter will be sent out after the Retreat in March and will include the Voting Entity issues Texas will submit to Conference. A draft of the 2009 State Assembly minutes was distributed in January 2010.

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.



**2010 CoDA TEXAS RETREAT
CAMP LONESTAR @ LAGRANGE, TX
March 12-14, 2010**

“How to Heal Ourselves”

Retreats are a time to get away from your normal life, relax, reflect, and work on your recovery while experiencing the fellowship of beautiful, loving, and accepting people who are striving to recover and heal through our spiritual program

- ❖ Serene camp setting (scenic lake, canoes, gazebo, walking trails).
- ❖ Facilities reserved and **limited to maximum of 60 people**. *To ensure space, please register early!*
- ❖ Pillows, blankets, towels, and linens are provided.
- ❖ 4 to 6 people per room; each room has a private bath.
- ❖ Camp-style hot meals provided: 3 meals on Saturday and 2 meals on Sunday.
- ❖ NOTE: Ample camp food. However, any Special Dietary Needs will be the individual's responsibility. Refrigerated storage will be available in the camp's kitchen for your use.

Registration and Cost:

Early Registration at “Discounted Price” (All Payments by Check Only)

- **\$140 MUST BE RECEIVED BY February 27, 2010.** Additional donations will be used for Scholarships, please specify amount of donation on check.
- **A \$50 non-refundable deposit** will reserve a spot if **received by February 27, 2010** with the **\$90** balance due at the Retreat. **Early registration also gets you 1 free raffle ticket.**

All Other Payments received after February 27, 2010: \$150 (Payments By Check Only)

An information packet will be mailed or emailed to you after receipt of payment in full or deposit.

For Additional information contact:

Karen G.	979 823-2482 (home)	kkg1456@yahoo.com
Kathi E.	817 999-7039	keslp@att.net
Marilyn B.	713 854-7282 (cell)	mbarnes@petrohawk.com

Make Check Payable To: “CoDA Texas” (Include this Registration Form) (Please Print)

Mail To: CoDA Spring Retreat P. O. Box 300511 Austin, TX 78703-0009

NAME: _____

ADDRESS: _____

CITY _____ **ST** _____ **ZIP** _____

PHONE (H) _____ **Other Phone #** _____

E-MAIL _____