

The Lone Star



CoDA Courier



Dec 2011 Volume 7 Issue 4

CoDA Texas Officers: Chair-Bob M., Vice Chair-Peggy F., Treasurer-Calista M., Secretary-Marilyn B.

CoDA Texas Business

Thanks to Tyler for a great State Assembly and the beautiful roses!

Voting Entity

David Mc reported that the Literature Committee decided against the Texas Voting Entity Issue #2 (publish Chapter 5 of the latest version of the Co-dependents Anonymous Book as a supplemental document for sale).



Delegates

Robert G. became the Senior Delegate and David Mc. was elected as the Junior Delegate. Alternate Delegates are:

1 st Alternate	Tina P.
2 nd Alternate	Clint M.
3 rd Alternate	Dephny Z.
4 th Alternate	Karen G.
5 th Alternate	Darlene V.

A motion was made and passed to increase the Delegates' Conference reimbursement to \$850, which would not include Conference registration. Delegate Conference registration will be paid by CoDA Texas as a separate line item.

Budget

Calista reported income from January 1 through September 1, 2011 was \$1,987.50. Expenses were \$1,894.06 for a net income of \$93.44. These amounts do not reflect the income or costs of the State Assembly. The account balance as of January 1, 2011 was \$4,916.12 and the ending balance as of September 30, 2011 was \$5,009.56 with a Prudent Reserve of \$1,000.

Retreat (*Save the date!!*)

The Treasurer signed the contract with Camp Lone Star. The retreat dates are **March 30 to April 1, 2011**. Theme is "Springing into Recovery."

Suggested 7th Tradition Percentages

The Fellowship Service Manual 7th Tradition percentages suggest 60% to Intergroup, 30% to World, and 10% to the Voting Entity (e.g., Texas). Texas has suggested 30% to the Voting Entity and 10% to World in the past. CoDA World has many more meetings than Texas and Texas cannot perform its business with only 10% contributions from its meetings. This suggested donation percentage (30% to Texas) was officially passed at State Assembly.

Texas 7th Tradition Donations

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.**

THANK YOU to all CoDA Meetings and Individuals for the 2011 7th Tradition contributions to CoDA Texas
From the CoDA Texas Treasurer, Calista M.

Gracias a todos las reuniones CoDA y los individuos por sus contribuciones de la 7^a traducción del 2011. De la Tesorera CoDA, Calista M.

TX009 – Houston	\$76.00	TX452 – Coppell	\$20.00
TX046 – Houston	\$151.50	TX454 – Houston	\$23.00
TX051 – Kingwood	\$59.00	TX459 – Austin	\$35.00
TX074 – Tyler	\$60.00	TX471 – Tyler	\$70.00
TX089 – Richardson Sun.	\$5.00	TX475 – New Braunfels	\$68.00
TX149 – Oaklawn	75.00	TX484 – Tyler	30.00
TX150 – Oaklawn	\$100.00	2011 Spring Board Meeting	\$40.00
TX207 – Richardson Wed	20.00	Retreat	\$12.00
TX341 – Ft. Worth	\$210.33	State Assembly	\$100.70
TX419 – Bryan	100.00		

Total 2011 Contributions as of 12/31/11	\$1255.53
Total 2010 Contributions as of 12/31/10	\$1487.21
Total 2009 Contributions as of 12/31/09	\$826.00

SCHEDULED UPCOMING EVENTS, WORKSHOPS, AND GATHERINGS FOR CODA TEXAS CALENDARIO DE EVENTOS, CURSOS, Y CONGREGACIONES PARA CODA TEXAS

Month Mes	Event Evento	When Cuando	Where Donde	Contact Contacto
Mar	Retreat	Mar 30-Apr 1	La Grange, TX	
Mar	Spring Board Meeting	During Retreat-Time TBD	La Grange, TX	Bob M. 903-262-7446
Jul	CSC Convention	July 2012	North Carolina	

CoDA Texas Newsletter

By Karen G.

The May 2011 issue of *The Lone Star Courier* was not distributed via the Texas e-mail list because of health issues by the list manager. It is posted on the Texas CoDA website (www.texasco.org) for those interested in reading it.

"Suiting up and Showing up" via Online

By John D.

With the rising costs of gas and commuting time, a webinar was piloted by a Dallas CoDA Group to host a Step Study. The group is focusing on the 12 Steps - keeping it simple in this new venture! The announcement about the Webinar was sent out via the CoDA Texas e-mail list and was open to anyone seeking recovery.

The only requirements were to have a computer with internet access, microphone, and speakers or a telephone. People were instructed to contact John D. via email to get the registration link. Once a person registered for the Step Study, the only requirement was to click on the link a few minutes before the start time - Tue nights at 7:30. The webinar meetings are one hour.

Each meeting follows the same format: CoDA Opening Prayer, Preamble, 12 Steps, introductions, pre reading of the discussion questions for that step, the reading for the Step, actual sharing on the questions, and Serenity Prayer.

About 17 people started attending, but attendance has leveled out at a consistent core group of 7 to 11 that meet each week. Participants are from Tyler, Dallas, Austin, Bryan, and Houston and time in recovery ranges from a few months to 22 years. We all get to meet, share, and learn from one another in this virtual format. If another webinar is hosted in the future, it will be announced through the CoDA Texas e-mail list, so keep an eye out if you're interested in participating in the next one.

The old saying about "suing up and showing up" still applies - still have to want recovery - just a different venue.

What is a Webinar?

Think about a webinar as a way to attend a conference without leaving home. Using your computer and microphone/speakers or telephone, you can hear a presentation (like a conference call) and also see the presenter's slides (watching over an internet connection). You won't be able to see the presenter or the moderator, or others attending the program -- and they won't be able to see you (a plus if you want to attend in your pajamas!).

Some people now have the option of VoIP (voice over internet protocol), which allows you to hear the audio program over your computer's internet connection, without dialing in by phone at the same time. This is more likely available on newer computers. If you don't know for sure that you have VoIP, it's probably best to plan to use both your computer and the telephone to access the webinar.

For most webinars you need to register ahead of time in order to reserve your space and obtain instructions for how to join the program on the scheduled day and time. Keep the email confirmation handy because you'll need the information it provides at the time of the program.

Just before the scheduled time of the presentation, click on the hyperlink for the webinar in the confirmation email you receive. You'll have to download some software to your computer, so make sure to allow time for this download the first time. In most cases, before the program begins you'll also dial in to a conference call line using the telephone and passcode number provided for that particular program if you are not using the microphone with your computer. You'll probably hear music or silence until the program begins.

North Texas Starts Online CSG Meetings

The North Texas Community Service Group (NTCSG) now holds its quarterly meetings online via a webinar. You can participate from the comfort of your home - saving gas and commute time. If you have any questions, feel free to email John D.

- What is CSG? CSG facilitates education and service work opportunities in the North Texas CoDA community. Anyone is welcome to attend.
- What is a webinar? It is an online meeting where information can be viewed and heard by many people from any location. Participants need a computer with internet connection and speakers/microphone or a telephone. There is no fee to participate.

- How do I access the webinar? Send John D. an email stating you want to be invited to the CSG webinar. Email address is jrda@rocketmail.com
- When are the CSG webinars? The meetings for 2012 are: Apr 14th, July 7th and Oct 6th. All webinars are at 2 pm.

A Financial Bill of Rights

From the CODA Announcement List (an electronic medium CoDA World is using to keep people informed about CoDA activities at the World level), sent Nov 1, 2011:

We all have a Financial Bill of Rights that is connected with upholding Tradition Seven.

1. I have a right to ask where the money goes after I put it in the basket at a meeting.
2. I have a right to ask for a financial report from the group treasurer
3. I have a right to ask how much rent is being charged at the facility where the meeting is being held.
4. I have a right to have a voice in how the money is spent.
5. I have a right to donate my contribution directly to the levels within the structure: community, state, and CoDA World Fellowship.
6. I have a right to ask that a Treasurer be elected at my CoDA meeting, if there isn't one.
7. I have a right to individually confront any situation that leads to the misappropriation of CoDA funds.
8. I have a right to call for a group conscience regarding an expenditure of CoDA funds.
9. I have a right to ask the meeting to move to a new location, if I think the rent is too high.
10. I have a right to request a new Treasurer, if the person in the job has not been accountable.
11. I have a right to ask anyone acting as Treasurer to honor the suggested money divisions set as guidelines.
12. I have a right to trust the Seventh Tradition to provide prosperity for the continued existence of CoDA.

CoDA Texas Website

CoDA Texas website URL is www.texascoda.org. E-mail Della at dewmypart@yahoo.com to post information/events.

Online Store for CoDA Literature—Spanish Literature

Now available from CoRe - *Twelve Steps and Twelve Traditions Workbook* in Spanish! The CoRe E-store URL is <http://www.coda.org/estore/>.

Next Newsletter

The next newsletter will be mail and electronic versions sent out around the end of February.

Texas E-Mail and Mailing Lists

Anyone who wants to be added to or opt out of the Texas e-mail list may write to codatexasemailmessenger@gmail.com. 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.



**2012 CoDA TEXAS BLUEBONNET RETREAT
CAMP LONE STAR @ LAGRANGE, TX
March 30 – April 1, 2012**

Springing into Recovery

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 - *To ensure space, please register early!*

- ❖ Serene camp setting (scenic lake, canoes, gazebo, walking trails).
- ❖ 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)

- Ø **\$140 MUST BE RECEIVED BY February 27, 2012.**
Additional donations will be used for Scholarships, please specify amount of donation on check.
- Ø **A \$70 non-refundable deposit** will reserve a spot if **received by February 27, 2012** with the **\$80** Balance due at the Retreat. *Cash or check accepted at the door.*
- Ø **Contribute to our scholarship fund so another person may attend** – Please increase your Registration amount to: __ \$160, __ \$170, __ \$180, __ \$190, __ \$200, ___ or More \$ _____.

All Other Payments received after February 27, 2012: \$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:

Judi C. 713 854-2710 judiann104@gmail.com or Marilyn B. 713 854-7282 mbarnes@petrohawk.com
Terri S. 817 293-5568 tismitty@hotmail.com **Español** Maria G. 713-870-5567 lazosdeesperanza@yahoo.com

-----**Detach here and send below registration with your check**-----

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: _____ **STATE:** _____ **ZIP:** _____

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

E-MAIL: _____

Celebrate

CoDA's 25th Birthday

Join Us at Memorial-Hermann's PARC
3043 N. Gessner Houston 77080
Saturday, January 28th, 5 p.m. – 10 p.m.

Schedule

4:00 – Volunteer Setup

5:00 – Meet & Greet

5:00 Special Greetings LIVE from CoDA Rome, Italy – Via SKYPE

5:30 – 7:30 **Great Italian Food!**

Salad, Lasagna, Italian Sausage (Bring Your Favorite Italian Side Dish)

7:30 – 8:30 **Great Meeting Speakers!**

Monday – St. Martin's Episcopal

Monday – Kingwood CoDA – Kingwood United Methodist

Monday- Conroe CoDA Group – Conroe Regional Hospital

Tuesday – Spring Cypress Presbyterian Church

Tuesday – 12 Steps A Way Out

Wednesday – Noon - St. John The Devine Episcopal

Wednesday – Evening – Living The Steps – First Congregational UCC

Saturday – Morning – St. John The Devine Episcopal

Sunday – CoDA ONE – Unity Church

Mental Health Professionals - Houston

Dance to Great Songs You Love



8:30 – 9:45 Gary G., Spins The Great Hits from

40's 50's 60's 70's

Contacts: Judi Ann – 713-854-2710 - judiann104@yahoo.com

Janice – 713-299-3197, Marilyn B. – 713-854-7282

David L. – 713-460-8317

Maria G. - lazosdesperanza@yahoo.com 713-981-5517