

The Lone Star



CoDA Courier



February 2014 Volume 10 Issue 1

CoDA Texas Officers: Chair-Karen G., Vice Chair-Cindi S., Treasurer-Martina V., Secretary-Katharine H.

Retreat—March 21-23

It is less than 2 months until the 2014 CoDA Retreat! Camp Lone Star is a beautiful and peaceful setting, which allows folks an opportunity to enjoy nature in the comfort of a heated/air conditioned facility. The rooms are simple but clean. The staff members are helpful and welcoming. The typical number of attendees each year usually puts 2 to 3 people in a room. The Retreat flyer is located at the end of this newsletter.



Texas Business

Spring Board Meeting—Everyone Welcome

Provide feedback to CoDA Texas and CoDA World by attending the CoDA Texas Spring Board Meeting, which will be held on Saturday **April 26, 2014** at the West Waco Library and Genealogy Center from 10:00 to 4:00. Address is 5301 Bosque Blvd, Waco, TX. Library phone number is 254-745-6018. This library is in a strip mall off Bosque Blvd. near North Valley Mills Dr. All CoDA members are welcome. Voting Entity issues are discussed and voted on at this meeting. If you have any thoughts about issues you would like to see CoDA World address please come or send an email to txboard@yahoogroups.com but if you want to make a case for an issue, attending is better!

Lone Star Courier

This is my last newsletter as editor. The newsletter is a forum for keeping the Texas fellowship informed about business and activities within CoDA and provides recovery service to CoDA Texas members. It is a wonderful avenue to express your creative side, practice interacting with other recovering codependents, and share recovery. I have enjoyed performing this service work and I will miss it, but it is time for someone else to have the opportunity. If no one is interested in being the editor then the Lone Star Courier will be in hiatus (which won't be the first hiatus in its history). If you like to write/edit, please consider taking on this service for one or two years. I can provide additional information if you're interested (kkg1456@yahoo.com).

The newsletter distribution schedule is:

- Feb (electronic and print; there is a 4 page limit [i.e., 8 electronic pages as we use two sided copying] to stay within the weight limit for a single first class stamp). This edition contains the retreat flyer.
- May (electronic only)
- Sept (electronic and print; 4 page limit). This contains the State Assembly flyer.
- Dec (electronic only)

Retreat Future

The Retreat is a wonderful way to practice recovery, learn new tools, visit with old friends and meet new recovering people. Houston started the retreat over 18 years ago. When Houston started having trouble getting volunteers to run the Retreat around 10 (maybe 12) years ago there were enough people outside of Houston attending that new volunteers came forward. The Retreat is at a crossroads again as it has become difficult to get people to volunteer for the committee. CoDA Texas rolls the deposit money over to the next

year and sets the new date at or shortly after the Retreat. The committee needs new volunteers. It does not seem prudent to schedule a retreat for next year without volunteers to run it. Camp Lone Star will not refund the deposit once we sign the contract. After some preliminary discussion about this topic with the CoDA Texas Board and Retreat Committee, we have 3-4 volunteers for next year. One or two more would be ideal. In the past, the Retreat Committee has had 4-6 meetings over the course of 6 months to come up with a theme, agenda, workshop leaders, and a flyer.

Contact Terri S at tismitty@hotmail.com or 817-293-5568 or the CoDA Texas Chair (Karen G. kkg1456@yahoo.com) if you are willing to be on the committee for next year.

Wildman Retreat—May 9-11

A Wildman Retreat (men only) is scheduled for May 9-11 at Purtis Creek State Park near Eustace, TX. Please RSVP by May 5. A flyer was included in the Dec. 2013 newsletter and was mailed through the Texas Messenger in January. If you need more info, contact Clint T. at 214-235-1788 or codawildmanwken@aol.com.

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 7th Tradition contributions to CoDA Texas From the CoDA Texas Treasurer, Martina V.

Gracias a todos las reuniones CoDA y los individuos por sus contribuciones de la 7^a traducción. De la Tesorera CoDA, Martina V.

TX006 – Austin	\$30.00	TX452 – CoDA Vive	\$30.00
TX008 – Houston	\$67.00	TX454 – MH Professionals	\$53.00
TX020 – N. Houston	\$100.00	TX459 – Austin	\$20.00
TX046 – Houston	\$150.00	TX470 – Woodlands	\$236.65
TX051 – Kingwood	\$105.00	TX471 – Tyler	\$35.00
TX074 – Tyler	\$20.00	TX484 – Tyler	\$14.50
TX149 – Oaklawn	\$75.00	Spring Retreat	\$25.50
TX207 – Richardson	\$50.00	Spring Board Meeting	\$17.50
TX341 – Unity Ft. Worth	\$283.05	State Assembly	\$51.00
TX419 – Bryan	\$120.00		

Total 2013 Contributions as of 12/31/13	\$1483.20
Total 2012 Contributions as of 11/20/12	\$1229.95
Total 2011 Contributions as of 12/31/11	\$1575.37

Total 2014 Contributions as of 2/3/14 **\$130.00**

7th Tradition donations for 2014 were \$70 from Oaklawn (TX149) and \$60 from N. Houston (TX020).

CoDA Texas Service Opportunities

I am grateful for the support, acceptance, and love I have found in CoDA meetings and in doing service work. "Keep coming back, it works if you work it" and "if I want to keep what I have, I have to give it away!" Service work is another way to "give it away." Striving to be a balanced giver in service work (and in all areas of life) and not just a taker moves a person toward healthy balance in life. It also keeps CoDA going so it will be here for newcomers and old timers alike.

Campout Committee

If you like camping, please consider doing service work for CoDA Texas by joining the Campout Committee. The committee needs people who are willing to coordinate one campout as a healthy service work opportunity. If you are interested in organizing a campout for next year, please contact: Marilyn B., 713-854-7282, Mbarn1230@gmail.com.

State Assembly Committee

The State Assembly Committee organizes and operates the annual State Assembly; the purpose is two-fold: 1) Handle state business, such as elections, budgets, new/old business, etc. and 2) Provide enlightening workshops, speakers and fellowship for our members from around the state. State Assembly will be in Houston in 2014.

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
<u>Feb</u>	Campout	Feb. 28-Mar 32	Huntsville State Park	Bob M., 903-262-7446 rmoon@tylertexas.com
<u>Mar</u>	Retreat	Mar 21-23	La Grange, TX	Terri S. 817-293-5568 tlsmitty@hotmail.com
<u>April</u>	Campout	April 18-20	Caddo Lake State Park	Marilyn B., 713-854-7282 mbarn1230@gmail.com
<u>May</u>	Men's Retreat	May 9-11 Please RSV by May 5	Eustace, TX	Clint T. 214-235-1788 codawildmanwken@aol.com
<u>June</u>	Campout	June 20-22	Purtis Creek State Park	Joe B., 713-854-7282 jberry7870@aol.com
<u>Aug</u>	Campout	Aug 29-31	Palmetto State Park	Bob M., 903-262-7446 rmoon@tylertexas.com
<u>Oct</u>	Campout	Oct 10-12	Krause Springs	Marilyn B., 713-854-7282 mbarn1230@gmail.com

CoDA Texas Campouts

Please contact one of the campout volunteers listed above for more information.

CoDA Meetings Factoids

I was contacted recently by a man who had moved from California to Texas and he was surprised there was only one meeting in the town we live in. California has the most meetings of any state in the US (266). We aren't located in one of the major cities in Texas so I think we're doing well to support one meeting. I looked at the number of meetings in the United States and they fall in this order: California (266), Florida (87), Texas (58 [was 59; one in Addison is closing]), New York (53), Illinois (48), Arizona (41), Washington (36), Pennsylvania (27), Ohio (26), North Carolina and Oregon (25), New Jersey (22), and Nevada (21). All other states had less than 20 meetings. About 5 to 7 years ago a lot of states didn't have any meetings so I was happy to see that most states had at least one meeting.

Most of the Texas meetings are in the Dallas-Fort Worth (~21), Houston (~14), and Austin (6) metroplexes. Meetings are also in McLean, Midland, Waco, Killeen, Abilene, Buffalo Gap, New Braunfels, Bryan, Conroe, Tyler, Corpus Christie (may be inactive), Pecos, and El Paso.

CoDA Texas Website

The CoDA Texas website URL is www.codatexas.org. E-mail txboard@yahoogroups.com to post information/events.

CoDA 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.

The next newsletter (Volume 10, Issue 2) will be distributed in May if there is a new editor.



Co-Dependents Anonymous

**2014 CoDA TEXAS RETREAT
CAMP LONE STAR @ LA GRANGE, TX
March 21-23, 2014**

“Back to Basics II – Finding Our True Self”

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 like 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.
- ❖ Hot meals provided: 3 meals on Saturday and 2 meals on Sunday.
- ❖ NOTE: Ample food provided, however, any Special Dietary Needs will be the individual's responsibility. Refrigerated storage will be available in the camp's kitchen for our use.

Registration and Cost:

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

- **\$140 OR DEPOSIT MUST BE POSTMARKED BY March 1, 2014.**
- Additional donations will be used for Scholarships, please specify amount of donation on check.
- **NOTE: A \$70 non-refundable deposit** will reserve a spot if **postmarked by March 1, 2014** with the **\$70** balance due at the Retreat. **Early registration also gets you 3 free raffle tickets.**

All Other Payments postmarked after March 1, 2014: \$150 (Payments by Check or Money Order Only)

Cash or check accepted at the door – Please email if coming!

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

For Additional information contact: Cindi S. cstephensn@sbcglobal.net or Terri S. tismitty@hotmail.com

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

Mail To: CoDA Spring Retreat P. O. Box 836433, Richardson, TX 75083-6433

_____ enclosed, plus \$ _____ Additional for Scholarships

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

PHONE (H): _____ Other Phone #: _____

E-MAIL _____