

The Lone Star



CoDA Courier

January 2019 Volume 15 Issue 1

CoDA Texas Officers: Chair/Editor- Marilyn B., Vice Chair-Denise S., Treasurer-Brenda R., Secretary-Julie S.

CoDA Lone Star Courier

If you would like to contribute a recovery-related article or have any CoDA events you would like published, please email Marilyn at mbarn1230@gmail.com or call 281 782-8309. Also, if you would like to write a little something about your experience at Retreat, State Conference or Campouts, feel free to email them to me.

Mark Your Calendar – District, State and International Business

2019 Annual CoDA Texas Retreat, March 15-17, Camp Lone Star, LaGrange, TX

CoDA Texas Website

The CoDA Texas website URL is www.codatexas.org.

CoDA Texas E-Mail and Mailing Lists

If you are interested in receiving emails regarding CoDA Texas, anyone who wants to be added to or opt out of the Texas e-mail list may email/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.

CoDA Texas 2019 Retreat

The retreat will be March 15-17, 2019 at the beautiful Camp Lone Star in LaGrange, Texas. We will be needing lots of help. Retreat is a time to get away from day-to-day life, relax, fellowship with others, reflect and work on your recovery by attending workshops and meetings. Please contact Marilyn B. at 281 782-8309 or Cindi S. at 972 977-4550 if you are interested in helping with registration, workshops or speakers.

CoDA Texas Welcomes New Groups

Welcome to the new groups added to the San Antonio Area. We are in great need of Spanish Meetings and the Greater Houston Intergroup is working towards adding some Spanish Meetings back into their meeting lists as well. We also hope to see you at our meetings/events!

CoDA World

The 2018 CoDA Service Conference (CSC) was held in the Oct.9-12 in San Diego and the International Convention (ICC), workshops and speaker meetings was after that. The International Conference is where Voting Entity Delegates and CoDA Board Members meet to discuss and vote on VEI's (Voting Entity Issues), Motions and CoDA business at the World level. Mark M. from Waco and Kristi H/S. from League City are our Delegates for 2019. **It was voted at the last Conference and approved that only CoDA approved literature can be read at CoDA Meetings.**

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, provides seed money for the annual retreat, pays for the CoDA Texas web site, PO Box, provides seed money for State Conference, and pays 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 1331 Tomball, TX 77377. Please provide the Meeting number and Group Name with your donation.**

THANK YOU to all CoDA Meetings and Individuals for the 7th Tradition contributions to CoDA Texas From the CoDA Texas Treasurer, Brenda R.

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

TX500 – Anderson Mill Austin \$78.00
TX020 – CoDA Houston N. \$45.30

TX074 – Tyler Group \$25.00
TX006 – Austin, Shoal Creek \$103.65

Total Contributions As of 1/31/2019 \$251.95

Total 2018 Contributions as of 12/31/18	\$1407.55
Total 2017 Contributions as of 12/31/17	\$1474.48
Total 2016 Contributions as of 12/31/16	\$1522.96

Where do I send 7th Tradition Donations?

CoDA Texas, P.O. Box 1331 Tomball, TX 77377 **(This is the new P.O. Box!) NEW FORM ATTACHED!**

No. Texas Community Service Group, P.O. Box 83633 Richardson, TX 75083-6433

Greater Houston CoDA Intergroup, P.O. Box 1941 Tomball, TX 77377

CoDA World Fellowship Services, P.O. Box 33577 Phoenix, AZ 85067-3077

Did You Know?

CoDA groups all across Texas are desperately seeking male and female sponsors! If you are interested in sponsoring, please attend regular meetings in your area and offer to become a sponsor, even if it's just temporary! It's difficult to carry the message to others without adequate sponsors and newcomers need help and guidance.

CoDA Texas Reminders

As a reminder, Group Service Representatives are requested to attend their local Intergroup Meetings and anyone is welcome to attend the CoDA Texas Board Meetings. If there is no local Intergroup, please try to attend CoDA Texas Meetings or sign up for emails or the newsletter. There may be some money available for new groups from their Intergroup Office. Check with the Greater Houston CoDA or North Texas Community Service Group Offices for more details. Also, once new meetings get established, they can request a New Meeting Packet from CoRE free of charge. Once they are stable, it is suggested that they begin to contribute 7th Tradition money to District, State and CoDA World organizations from their basket money. Seventh Tradition donations help CoDA Texas send Delegates to CoDA Service Conference, provides seed money for the annual retreat, pays for the CoDA Texas web site, PO Box, provides seed money for State Conference, and pays for postage to mail these newsletters! Suggested donations above prudent reserves are 60% to the city Intergroup, 30% to CoDA Texas, and 10% to CoDA World. If there is no Intergroup Office in your city, it is suggested that 90% go to CoDA Texas and 10% to CoDA World. **Please be sure to include your Group Name and Number on the Check Memo! If you don't know your group number, logon to the coda.org website and search for your group.**

Each Group should update their meeting and verify all the contact and meeting information online at www.coda.org or it will be deemed inactive! It's an easy process if you will just go online, find your meeting, click on Update This Meeting at the bottom of the map, change anything that has changed and click on update or submit.

Texas 2018 State Assembly

It was approved that we change the name of this meeting from Texas State Assembly to Texas State Conference so that more people would show an interest in attending the meeting. A big thanks goes out to the N. Texas CSG for last year's conference and demonstration of service.

Texas 2019 State Conference - WE NEED YOU!

We need a Host City/Group for the 2019 State Conference (previously called State Assembly) to be held in the Fall. This is a very crucial meeting because this is where the Texas Officers give their Reports about Texas activities, the Delegates report on their experience at CSC and we discuss old/new business and elect new Officers. Friday evening, we have registration and a get acquainted meeting and the Business Meeting starts on Saturday morning until lunchtime. If there are any items left on the Agenda, the meeting is continued on Sunday morning before the closing ceremony. Anyone is welcome to attend and there will be plenty of good workshops and speakers on Saturday afternoon and evening. Closing ceremony on Sunday. Please contact Marilyn B. or the current Chair of CoDA Texas if you are interested in taking this service position.

CoDA Texas Open Positions – Please Consider a Service Position!!

CHAIR – *Special Election at Retreat, March 18, 2019*

Duties include the following:

- Create an agenda for the business meeting. Communicate with other Texas Trusted Servants and Committees along with group members to formulate agenda items for the business meetings.
- Facilitate the Fall and Spring Business Meetings according to the Fellowship Service Manual Guidelines.
- Reserve the Spring Board meeting facility if someone else is not assigned the task.
- Request Voting Entity issues by sending email to Texas E-Mail Messenger at least three weeks before the Spring and Fall Board meetings.
- Inform delegate candidates prior to elections what items CoDA Texas will reimburse to attend the annual CoDA Service Conference.
- Provide assistance to State Conference host city and keep abreast of host city's progress in making arrangements.
- Provide assistance to Retreat committee and keep abreast of retreat committee's progress in making arrangements.
- Act as Signatory on bank account and other legal documents; chair is back up on the bank account.
- Sign State Conference hotel and retreat facility contracts.
- Send Procedure document to new Officers after elections.
- Provide any documentation or information to the new Chair to provide continuity. Support the new Chair after his/her term of office by being available, if asked.
- Update Historian flash drive with current documents.

TREASURER – *Election at State Conference, Fall, 2019*

- Ability to keep accurate and timely financial records, clear sense of fiscal responsibility, honorable.
- Computer literate, access to a computer, and MS Excel or similar software other people can open.
- Provide a report at the biannual business meetings regarding income, expenses, and prudent reserve in relation to the budget.
- Provide a proposed budget for the State Conference Board Meeting for discussion.
- Provide a copy of the budget created at the previous State Assembly for review at the Spring Board meeting. Provide a breakout of delegate's expenses to Conference in the Treasurer's Report for State Conference.
- Keep scholarship amounts as separate line items for Retreat and State Conference.
- Deposit incoming funds in bank.
- Disburse funds as approved by CoDA. Checks require signature of Treasurer. Chair is a back-up person on the bank account.
- Review delegate expenses for Conference with Chair or assigned Board member for this task. Inform Board when paper receipts are received if electronic methods are used to begin the reimbursement process.
- Update signatory information at bank after elections.
- Provide past records to the new Treasurer. Support the new Treasurer after his/her term of office by being available, if asked.

VICE CHAIR – *Election at State Conference, Fall, 2019*

Vice Chair takes a leadership role if the Chair cannot fulfill his/her duties. Assists Chair as needed. Participates in votes and Board meetings. The Vice Chair shall perform such other duties from time to time as may be requested by the State Conference or Chairperson. Provide any documentation or information to the new Vice-Chair. Support the new Vice-Chair after his/her term of office by being available, if asked.

The next newsletter (Volume 15, Issue 2) will be distributed by electronically in May.

“Building Bridges Over Troubled Waters”

Finding Gateways to Making Amends

CoDA Texas Spring Retreat & Fellowship

March 15-17, 2019



Have you ever wondered how you are going to make that amend to that difficult family member or former friend? Or have you wondered why you relapsed because you were afraid to make that amend! We’re going to share some experience, strength and hope on how to make those difficult amends. We’re also going to be good to ourselves by allowing ourselves to have some fun and fellowship during the weekend in the beautiful Texas Hill Country at Camp Lone Star, 2016 Camp Lone Star Rd. in La Grange, TX.

- Please bring your mailbox/envelope from last year if you have one.
- Please bring a new or gently used silent auction item, proceeds to benefit CoDA Texas Scholarships. Also bring cash for the 50/50 Raffle & Auction.
- 2 Scholarships available if applied early & approved by Board, call Marilyn.
- Questions? Call Marilyn B. at 281 782-8309

Please make checks payable to CoDA Texas.

Mail to CoDA Texas c/o Brenda R., P.O. Box 1331 Tomball, 77377-1331

Early bird registration-before Mar 1: Deposit of \$80, refundable or transferable until Mar 10, 2019, remainder payable at retreat, cash or checks only.

	Check Option
Fri-Sun, 2 nights + 6 meals (Fri dinner through Sun lunch)	\$160 _____
After Mar 10:	\$170 _____
Saturday only + 2 meals, (lunch & dinner)	\$100 _____

My Name: _____ Phone: () _____ - _____
 Address: _____ Email: _____

2019 Spring Retreat Agenda - Proposed

Fri Mar 15, 2019

4:00 to 8:00 pm	Registration Desk Check-In
5:30 to 8:00 pm	Dinner-Soup and Sandwich bar for late arrivals
7:00 to 10:00 pm	Introductions, Ice-breaker, games, Mail Boxes, Karoake

Sat Mar 16, 2019

7:30 to 9:00 am	Registration Desk Check-In
8:00 to 8:45 am	Breakfast
9:00 to 10:15 am	Opening: Workshop: "Making Amends to Yourself" - Yumi M.
10:15 to 10:30 am	Break
10:30 to 11:30 am	Workshop: (How to do Step 9) - Marilyn B.
11:30 to 12:00 pm	CoDA TX Special Meeting: Elections and State Conference Discussion <i>All are encouraged to attend</i>
12:00 to 1:00 pm	Lunch
1:15 to 2:30 pm	Affirmation Game - Yumi M.
2:30 to 4:30 pm	Free Time - Just Have Fun!!!
4:30 to 5:30 pm	Open CoDA Meeting
5:30 to 6:30 pm	Dinner
6:45 to 8:00 pm	Speaker: Veronique C. followed by Q & A
8:00 to 8:45 pm	S'Mores & Singing at the Campfire
9:00 to 12:00 pm	Men/Women's Meetings followed by Games & Activities, Mailboxes and Support Notes

Sun Mar 17, 2019 990

8:00 to 8:45 am	Breakfast
9:00 to 10:15 am	Morning Meeting, Support Notes & Letters to Self
10:30 to 10:45 am	Break
10:45 to 11:45 am	Affirmations and Closing
12:00 to 1:00 pm	Lunch



CODA TEXAS

SEVENTH TRADITION CONTRIBUTION (NEW) FORM

This form will assure that your group is properly identified and credited with your contribution.

Date: _____

Group Number: TX _____
(as assigned by CoDA, Inc.)

Group Name: _____

Meeting Location: _____

Meeting Time: _____ Meeting Day: _____

Treasurer Name _____

Address _____

Phone # _____

Amount Enclosed: \$ _____ Check # _____ Money Order # _____
(Please, no cash)

ALWAYS PUT YOUR GROUP NUMBER ON THE MEMO OF YOUR CHECK!!!

MAIL TO:

**CoDA Texas
P. O. Box 1331
Tomball, TX 77377**

It is suggested that a copy of this form be kept for your records & original accompany your check to CoDA Texas