

The Lone Star



CoDA Courier

June 2010 Volume 6 Issue 2

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

Texas Business

Texas 2010 Voting Entity Issues

Texas did not submit any new Voting Entity issues this year; however, for the first time CoDA World is posting the motions to the web site at <http://www.coda.org/dp/index.php> to allow the Fellowship to provide input about the issues to their delegates. Send comments to d.zerilli@gmail.com. Dephny will compile the comments and ensure they are sent to the Texas Delegates (Martha R. and Brandi). Your opinion counts! This is a bottom down organization, which means the Board members are Trusted Servants; they do not govern. The Board serves the will of the Fellowship and our delegates need to know what that will is to make an informed decision on our behalf.



Texas 7th Tradition Donations

THANK YOU to all CoDA Meetings and Individuals for the 2010 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 2010. De la Tesorera CoDA, Robert G.

TX046 – Houston	\$101.50	TX419 – Bryan	\$40.00
TX051 – Kingwood	\$5.00	TX459 – Austin	\$10.00
TX074 – Tyler	\$60.00	TX471 – Tyler	\$60.00
TX149 – Oaklawn	\$120.00	TX472 – Domingo Central	\$30.00
TX150 – Oaklawn	\$100.00	TX475 – New Braunfels	\$50.00
TX208 – Richardson Fri.	\$176.77	Spring Board Meeting	\$16.64
TX341 – Ft. Worth Unity	\$50.00		

Total 2010 Contributions as of 5/31/10	\$819.91 Thanks everyone!
Total 2009 Contributions as of 12/13/09	\$683.00
Total 2008 Contributions as of 12/31/08	\$578.57

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>Jul. 2010</u>	CSC/Convention	July 13-18	Los Angeles, CA	www.coda.org
<u>Aug. 2010</u>	Camping	Aug. 20-22	Krause Springs, TX	Bob M. 903-262-7446
<u>Oct. 2010</u>	State Assembly	Oct. 8-10	Houston, TX	Terri S. 817-293-5568
<u>Oct. 2010</u>	Camping	Oct. 29-31	New Braunfels, TX	Bob M. 903-262-7446
<u>Dec 2010</u>	Camping	Dec. 10-12	Lake Buchanan, TX	Bob M. 903-262-7446

State Assembly

The dates for State Assembly will be Oct. 8-10 in Houston Texas at the Comfort Inn at 7887 W. Tidwell Houston TX 77040. The phone number for the Comfort Inn is 713-690-1493, and the web site is www.comfortinn.com/hotel/tx989. A registration flyer will be sent out in one of the next newsletters. Save the date! ***Hope to see you there for fun and Fellowship.***

Healthy Service Work and CoDA CSC Motions

By Karen G.

I have done service work for a number of years at the local, state, and World levels. I have grown tremendously from this work. Sometimes it's a lot of fun, sometimes it is hard work, and sometimes it is downright frustrating and painful. All of these things are part of the growth process. For the first time, CoDA has requested motions from committees prior to Conference and posted these motions on the CoDA web site to allow the Fellowship the opportunity to express their opinions. I know this is not the fun part of recovery, but it is still important. You have an opportunity to participate in the Fellowship in a way that has not existed in the past. I deeply appreciate the bottom down model and lack of hierarchy in this program, I deeply appreciate the fact that everyone has equal voice and vote, I deeply appreciate that anyone can ask a question and someone in this program will try hard to provide an accurate answer (or a range of answers) to the best of their ability, and I deeply appreciate the people who volunteer their time and energy to make this program work. Will CoDA die if each member of the Fellowship doesn't read the motions and provide a response to our delegates? No. Will our organization function better? Maybe. Will Higher Power speak more clearly because there are more people involved in the process? I'd like to think so, but I have no evidence to suggest that—only faith.

The CoDA web site was recently changed; information that was on the home page was moved to a second page so the home page only contains information for newcomers. Members/volunteers now click on a link on the left hand menu to find the information that used to be on the home page. Do you like that? Is the web site easier or harder to use? Tell your delegates (and send an e-mail to webcoordinator@coda.org). Do you like CSC and Convention being held the same week? Tell your delegates. Do you like the Quarterly Service Report? Have suggestions about how it could be better or questions? Tell your delegates. Do you like the CoDA announcement e-mail list? Tell your delegates.

CoDA service offers great joy and sometimes it offers great frustration. The program keeps rolling along so far despite whatever different opinions, disagreements (and in the past fights) the members of this Fellowship may have; however, a single person, or even a small group of people, making decisions that affect many people without getting feedback from at least some of those people does not follow the heart of the CoDA 12 Step program, in my opinion.

The CoDA program has taught me to speak my truth. Working on the Outreach Committee has taught me that disagreements do not have to be private. Disagreements are one of the hardest things for codependents to handle.

Growth is not always comfortable. Communication is not easy; it requires a lot of work and patience. E-mail loses all of the verbal and nonverbal cues we receive in a face-to-face discussion and face-to-face communication is hard enough! We are all perfectly imperfect human beings. Despite all of this and more, CoDA has dedicated volunteers that continue to move this program along to Higher Power's will.

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.

- *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 Braunfels* – 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.

June New Braunfels Camping Trip

By JudiAnn C.

Billy (New Braunfels), Bob (Tyler) and Melodie (Richardson) carefully planned our New Braunfels Fun & Fellowship Campout for June 11-13. On Wednesday the campsite at Camp Huaco Springs was closed and the area deemed a Disaster Area due to flooding. Thursday, e-mails flew as those preparing to drive packed extra board games just in case the rains continued. Bob and Genevieve drove over a day early joining Billy, Skip and Tonette to search for a campsite not affected by the floods. Skip & Tonette were so touched by this response that they graciously opened their home to those wanting to 'campout' in air conditioned comfort and cook breakfast in their beautiful kitchen.

Usually our campouts are fun & Fellowship only, but the Friday New Braunfels CoDA meeting is directly across I-35 from the Wal-Mart. Since everybody could GPS Wal-mart, we met there, joined the 7 PM CoDA meeting, enjoyed some Texas grub with live music then went to our chosen campsite (either at the AA campgrounds or at



Skip & Tonette's house). Tayna (Dallas) snapped this picture of Lucy, a local celebrity. Lucy is a male goose who chose a kayaker to taxi him around the river. Shortly after Tanya snapped this picture, Lucy began pecking his human and quacking instructions to get that kayak moving! Travis (Houston) captured some video while tubing down the San Marcos River. He will edit it and make the completed video available to those who are interested. Mostly, the footage includes quiet scenery along the river's edge while gently drifting toward the three rapids. Well, not exactly 'rapids', just a quick drop of 4-6 ft.

To get a copy of the video and to join the CoDA Texas email list contact Della at

dewmypart@yahoo.com.

The next Fun and Fellowship Campout is scheduled for August 20-22 at Krause Springs. Contact Bob at 903-262-7446 or Joe B. at 903-677-3079 for details.

Next Newsletter

The next newsletter will be sent out after Conference in July.

Texas Contact List

Anyone who wants to be added to the Texas e-mail list may write to Della at dewmypart@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.