

The Lone Star



CoDA Courier



Electronic and Special Mail Edition May 2013 Volume 9 Issue 2

CoDA Texas Officers: Chair-Karen G., Vice Chair-Tina P., Treasurer-Calista M., Secretary-Katharine H.

Texas Business

Spring Board Meeting

Draft meeting minutes should be posted on the CoDA Texas web site (www.codatexas.org) in the next 30 days.

State Assembly

State Assembly will be at the Holiday Inn Dallas Park Cities hotel Oct 18-20. This hotel was recently renovated and the photos of the hotel on the web look fabulous. Rooms are \$79/night plus tax (\$10 extra for the 3rd and 4th person), which is a great price for such a nice hotel! Hotel reservation link is <http://www.ihg.com/holidayinn/hotels/us/en/dallas/dfwhi/hoteldetail?groupCode=COD>

See registration flyer at the end of the newsletter.

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.

July World Service Conference Motions—Input Needed

The annual CoDA Service Conference will be in Las Vegas, NV in July. Each Voting Entity (CoDA Texas is a voting entity) is allowed two delegates at Conference. Our delegates are Dephny Z. and Gwen F. Motions were posted to the CoDA World Web site in May. Delegates are asked to vote the group conscience of their Voting Entity membership, which means that before the delegates can vote for you, they need you to share your group conscience with them.

You can download the most current delegate packet with all motions that have been received here:

www.codawa.org/CSC_2013.zip

or go to the CoDA World web site and read them individually here: www.coda.org/dp/DP%20docs.htm

Of special interest are the Ad Hoc Committee motions as this committee is suggesting major changes to the structure of CoDA.

Please ensure that this information is read aloud at your next meeting and, if possible, we ask that you provide the links or print the motion documents, and make them available for members to read and review. We ask that each meeting hold a business meeting and report the group conscience decisions to the Texas Chair, Karen G. (kkg1456@yahoo.com), no later than June 30th. If clarification is needed on a motion, please contact Karen G. (817-891-2579) within enough time to take a Group Conscience prior to the June 30th deadline. If there is interest, we can schedule a teleconference for discussion. Time is short so we need to move on this quickly.



It is important that each meeting provide a group conscience and is represented. Thank you for your attention and help in carrying the message to our fellowship.

Yours In Service -- CoDA Texas Board

2013 CoDA Texas Retreat

What a Retreat!

The retreat was a wonderful, relaxing, uplifting, and FUN recovery event. The committee did an outstanding job planning and preparing the retreat. Congratulations on a job well done. The workshops were excellent. The playful item for the raffle sold lots of tickets (I was a little surprised these items were such a hit but apparently our inner children LOVE to play). Thanks to everyone who contributed items for the raffle and thanks to Terri, Clint, and Cindi for their enthusiastic salesmanship. Many people brought photos of themselves as children and it added a whole new dimension to the mailboxes.

The hardest part for me was deciding which workshop to attend as I wanted to go to all of them. Nate's keynote on Learning to Love Ourselves shared a lot of information about codependency and recovery tools. I presented a workshop the same time as the puppet workshop so I have no experience to share on that but from attending past workshops, I've found it to be a unique and fun way to get in touch with my feelings and create a physical representation of a feeling. The Fear of Our Feelings workshop looked at the intimate interconnections between the mind, spirit, emotions, and body and some physiological factors that can contribute to emotional upheaval. Each person was asked to read the Patterns and Characteristics and write about one that resonated with them in terms of using that pattern to avoid his/her feelings. The sharing was powerful and moving. There was also information about resources that have helped the speaker. Tina's talk on Equal Partners in Trust provided a method to evaluate relationships and move from powerlessness to empowerment by balancing trust and boundaries in relationships. We learned what trustworthiness is and what damaged trust can look like and how that damaged trust can be rebuilt. An assessment tool was provided with characteristics and qualities of trustworthy relationships that would help to rate our relationships with the people we feel are the closest to us.

I attended the writing workshop Sat. afternoon and happened to go outside as the Discovering Your Inner Child through Play workshop folks were coming back from playing outside wearing bunny ears, tiara's and pulling a wagon full of toys. My inner child was a bit unhappy with me at that moment because it looked like so much fun. Writing Your Way through Recovery was amazing. Each person was asked to think of a codependent characteristic, a location, and a mythical (or not as the case may be) character and write a story that included time before recovery and during and/or after recovery. I ended up going in a totally different direction than the notes I jotted down, but it flowed pretty well—I surprised myself. A few people read their creations and I was impressed by the creativity and joy they expressed in their stories!

Everyone participated or watched the "Claim your Creative Self" activity on Sat. night instead of attending a meeting. There are some very talented people in CoDA (wonderful singers and artists—who have found ingenious outlets for their creative side). There were door prizes for the person who came the farthest, the newest attendee (this person had not even been to a CoDA meeting yet!), the person with the longest time in CoDA, and the person who had come the most/been the longest. As the person who won this last category, I was surprised it was me as I had not thought about it in that context. I came to my first Texas retreat in 1996 or 1997. I got to thinking how many wonderful people I've met at the retreat over the years that I haven't seen in a long time. I don't know why they haven't come, but I do know I miss them. I am grateful for their presence in my life as they were part of my journey.

The affirmation circle was moving and uplifting as usual. A 30 second limit for affirming was set and often ignored, but we did finish the circle in record time. The closing ceremony on Sunday was powerful and spiritual, as usual. Two people would alternate between reading the Step, Tradition, Service Concept, and Step Prayer and then one of them would light the candle. CoDA literature is truly inspiring. Every time I participate in this ceremony, I feel the presence of Spirit and Love. After completion of the closing, some of us shared a bit about the retreat experience.

As always, the retreat just wouldn't be the same without everyone who attended and participated. Each individual sharing his or her presence, energy, heart, and soul makes the retreat a special event. Thanks to everyone. Hope to see you at State Assembly in Oct or next year at retreat March 21-23, 2014!

More Sharing about the Retreat

You can't give what you don't have. Tough Times Happen—it takes what it takes. When the student is ready, the lesson/message will happen. Learn how to live—not just survive life. I need to learn about what I think about me. Feelings bring gifts if I just experience them. Have the anger so I can have forgiveness. I'm as good as I need to be today. We can't teach a pig to sing (*editor's note: a referral to Nate's presentation*), but I can let the singer in me sing and the child play! I am responsible for the effort not the outcome! You've gotta do do do—what must be done. Loss is a part of life—the ability to grieve and process brings acceptance and the loss loses its power.

Give it away to keep it.

A Grateful Participant of the 2013 CoDA Texas Retreat

New Retreat Volunteers Needed

The Retreat Committee is looking for new volunteers. If you feel even the slightest Higher Power inner vibe to add your creative energy to plan the CoDA Texas annual retreat and help this wonderful recovery event continue, then contact Cindi S at cstephensn@sbcglobal.net or 972-977-4550.

Recovery Poetry

by John D

Recovery
Difficult, Important
On-going, Changing, Sharing
Meetings, Service Work, Truth, Acceptance
Living, Enjoying, Loving
Calm, Happy
Serenity

DIAMANTE POEM FORMAT:

Line 1: Noun or subject - one word

Line 2: Two Adjectives that describe line 1

Line 3: Three 'ing words that describe line 1

Line 4: Four nouns - the first two are connected with line 1; the last two are connected with line 7

Line 5: Three 'ing words that describe line 7

Line 6: Two adjectives that describe line 7

Line 7: Noun Synonym for the subject

John
Responsible, Smart and Perfect
Brother, Son, Friend
Who loves Sci-fi, Food and Knowledge
Who does not love himself
Who seeks Forgiveness, Acceptance and Love
Who volunteers and helps others
Who fears loneliness and abandonment
Who'd like to see his Mom again
Who dreams of acceptance
A student of Life
Me

AUTOBIOGRAPHICAL POEM FORMULA:

- Line 1: __ Your name
Line 2: __, __, __ 3 personal characteristics or physical traits
Line 3: __, __, __ 3 types of relationships you have (familial, friends, etc)
Line 4: Who loves __, __, and __ 3 people, things, ideas
Line 5: Who does/does not love _____
Line 6: Who seeks __, __, and __ 3 things you need
Line 7: Who gives __ and __ objects you share
Line 8: Who fears __ and __ 2 items
Line 9: Who'd like to see, __ 1 place, or person
Line 10: Who dreams of __ 1 item or idea
Line 11: A student of __ your school or teacher's name
Line 12: __ Nickname or repeat your first name

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, Calista M.

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

TX006 – Austin	\$30.00
TX046 – Houston	\$150.00
TX149 – Oaklawn	\$75.00

TX452 – Coppell	\$30.00
TX459 – Austin	\$10.00

Total 2013 Contributions as of 2/25/13	\$295.00
Total 2012 Contributions as of 11/20/12	\$1229.95
Total 2011 Contributions as of 12/31/11	\$1575.37

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

Month	Event	When	Where	Contact
Mes	Evento	Cuando	Donde	Contacto
July	Conference	July 9-12	Las Vegas, NV	www.coda.org
July	Convention	July 12-14	Las Vegas, NV	www.coda.org
Oct	State Assembly	Oct 18-20	Dallas, TX	Lisa J. 214-207-0271 Cindi S. 972-977-4550

CoDA Texas Website

The CoDA Texas website URL is www.codatexas.org. E-mail John D. at jrda@rocketmail.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.

"Harvesting the Fruits of Recovery"

CoDA Texas State Assembly October 18-20, 2013

"The purpose of the State Assembly is to provide enlightening workshops, speakers and fellowship for the CoDA community from across the State of Texas"

Join us for workshops, fellowship and fun !

Friday Night: Meet and greet plus surprises

Saturday: Business meeting and workshops

Saturday Evening: TBD

Sunday Morning: Speaker meeting and spiritual closing session

Final agenda to be announced at a later date

Advance Registration for Workshops

\$35 (advance registration*) \$45 (at the door registration)

*NOTE: \$35 credit card reservations will be accepted if box is checked and mailed in advance with payment accepted at the door.

All other on-site registration is \$45 at the door regardless of payment method.



Reservations: 214-750-6060

\$79/night plus tax +(\$10 extra for 3rd & 4th person)

Ask for the CoDA rate. Code(COD) Deadline Sept. 27th.

6070 North Central Expressway Dallas, Texas 75206

www.holidayinn.com/parkcitiestx

Questions? Contact Lisa J. at 214-207-0271 lisakjohnson@yahoo.com or
Cindi S. at 972-977-4550 cstephensn@sbcglobal.net

Deadline for advance registration & hotel reservation: September 27, 2013

Name _____

Address _____

City/St/Zip _____

Phone _____

E-Mail _____

Group Name/NO. _____

**Mail Registration Form
and Payment to:**

CoDA Texas State Assembly
PO Box 836433
Richardson Texas
75083-6433



**Paying with credit
card at door**

