

The Lone Star



CoDA Courier

December 2008 Volume 4 Issue 4

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

[Experience Our Website: www.texascoda.org](http://www.texascoda.org)

Wanted: Expressions of Experience, Strength and Hope in prose or poetry. The Lone Star Courier will publish selections authored by CoDA members.

Texas Business

Officers

New officers were elected for the Chair, Treasurer, and Secretary positions (see officer list above) as well as two delegates. The Texas draft bylaws were reviewed and amended to be less specific about activities, which gives CoDA Texas more flexibility to change things as required depending on budget constraints. Amended bylaws were passed.

Texas Voting Entity Issues

Outcome of the Texas Voting Entity issues at the 2008 CoDA Service Conference in Chicago are as follows (see report in State Assembly Business Meeting Minutes for more information):

TX08001 acceptance “to substitute the term Higher Power for God when reading the literature.” The CoDA Board’s determination was that this is not an issue. All groups are governed by group consciousness and meetings may do anything as long as it does not affect CoDA as a whole. [08014]

TX08002 “translate only first 111 pages of blue book” was assigned to Translation Management and remains under their consideration. The consensus on the floor is that the book would translate effectively – codependence is codependence in any language.

TX08003 add the word “jobs” to the Coda Welcome was assigned to SSC. SSC did not support this issue. The list is not meant to include all, rather to be examples. SSC’s response was approved by CSC [08070].

Texas Website

Karen G. and Judi C. are going to check into different web site hosting options to reduce costs.

Voting Entity Issues for 2009

Because Conference is going to be in July this year, the voting entity issues are due in February. If anyone has any issues they would like to see submitted to the 2009 Conference, please send an e-mail to Karen at kkg1456@yahoo.com by January 25, 2009.

The 2008 CSC Conference voted to merge Conference (business meeting) and Convention (workshops and fun activities) in 2010. Convention was scheduled to be in Seattle, Washington this year and the Conference was added to test the merging concept. The Events Committee currently scheduled the Convention and Conference to be simultaneous rather than consecutive events (or at least without business meetings and workshops overlapping), which means Delegates are not going to be able to attend many Convention workshops. If you have

an opinion on this action, please send an e-mail to events@coda.org. Texas can submit a voting entity issue that the workshops and business meeting not overlap. For more information about the Conference and Convention go to www.coda.org/events.php.

Texas 7th Tradition Donations

THANK YOU to all CoDA Meetings and Individuals for your 2008 7th Tradition contributions to CoDA Texas From the outgoing CoDA Texas Treasurer, Sharon M.

Gracias a todos las reuniones CoDA y los individuos por sus contribuciones de la 7^a tradición del 2007. De la Tesorera CoDA, Sharon M.

TX006 –	\$100.00	TX419 – Bryan	\$102.95
TX008 – Houston	\$21.57	TX436 –	\$24.00
TX051 –	\$9.00	TX445	\$24.00
TX149 –	\$50.00	Spring Board Meeting (4-26-08)	\$22
TX150 –	\$50.00	Individuals	\$48.55
TX207 – Richardson	\$25.00	State Assembly	\$40.00
TX341 –	\$24.00		

Total 2008 Contributions as of Nov. 1, 2008	\$183.57
Total 2008 Contributions as of Dec. 12, 2008	\$506.07

Sharon M. passed out copies of the 2008 Treasurer's Report as of November 1, 2008. The checkbook balance as of 1 November 2008 is \$4,578.15, which includes the 2006 CoDA Convention net of \$3,731.81 (Bank Balance – Convention income = \$846.34). The remaining Senior Delegate's 2008 CSC expenses (\$405.50) were paid during the State Assembly. 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**

SCHEDULED UPCOMING EVENTS, WORKSHOPS AND GATHERINGS. CALENDARIO DE EVENTOS, CURSOS Y CONGREGACIONES

<u>Month</u>	<u>Event</u>	<u>When</u>	<u>Where</u>	<u>Contact</u>
<u>Mes</u>	<u>Evento</u>	<u>Cuando</u>	<u>Donde</u>	<u>Contacto</u>
<u>Jan 2009</u>	Houston Birthday Party	1/17/09 Sat 6:00 p.m.	Houston, TX	David L., 713-460-8317
<u>Feb 2009</u>	CSG Birthday Party	2/21/09 Sat.	Dallas, TX	Kay's Restaurant, 8010 N. Stemmons Fwy, 75247
<u>Mar 2009</u>	Texas Retreat	3/27/09 Fri 7:00 p.m.	La Grange, TX	Judi C., 713-854-2710
<u>July 2009</u>	CoDA Convention and Conference	7/9 to 7/12/09	Seattle, WA	www.coda.org/events.php
<u>Fall 2009</u>	State Assembly	TBD	TBD	

(Submit your event to the editor in the same format as you see above and like magic you will see it listed)

2008 CoDA Texas State Assembly

By Karen G.

The workshops at the 2008 CoDA Texas State Assembly were excellent. Thanks to the Dallas Fellowship for putting on such a great event. The Puppet workshop was great. What a creative and wonderful idea to get in touch with the inner child. Thanks also to the people who agreed to be the new Texas officers. A panel discussion about

sponsorship at the State Assembly was enlightening. The moderator, Amy, asked questions of the panel, and audience members provided feedback/questions as well. It was interesting to hear different people's perceptions and methods. We tend to sponsor the way we were sponsored and there isn't a lot of discussion about the processes or methods. One of the panel members from Dallas mentioned sponsorship guidelines they passed out to people who asked her to sponsor them. Cindi S. provided two documents entitled *The Responsibilities of Sponsorship* and *Twelve Steps of Sponsorship*. Thanks to Amy for acting as moderator and asking excellent questions.

The Responsibilities of Sponsorship

Sponsor is Responsible For:

1. Guidance

A sponsor is a guide through the Twelve Steps for the sponsee. This requires an understanding of the Twelve Steps and the CoDA program of recovery.

2. Listening

A sponsor is there to listen. A sponsor is there for a recovering person to give his/her Fifth Step. A sponsor may be involved with helping the sponsee to develop his/her Fourth Step inventory, as well. Intimate knowledge of the sponsee's recovery story is essential to these processes.

3. Appropriate Feedback

A sponsor mirrors a sponsee, and gives back the image he/she receives. In this way, a recovering person has a perception of him/herself as seen through the eyes of another. The result is usually an important insight. A relationship of trust must be developed and maintained so that the mirroring results in reassuring messages. Without trust, the messages seem attacking or advice-giving.

4. Accessible

A sponsor needs to be accessible enough to meet the sponsee's critical need for sharing his/her story. Physical presence is usually a pre-condition for this sharing communication. A sponsor should make reasonable efforts to be available for the sponsee.

5. Boundaries

The sponsor is responsible for establishing and maintaining boundaries on his/her time availability.

Sponsee is Responsible For:

1. Willingness to Work the Twelve Steps

Working the steps creates a need for sponsorship. The sponsee should exhibit a willingness to do the work needed in the CoDA program of recovery. The first step in this process is telling the sponsor your story honestly and openly.

2. Initiating Communication

It is the sponsee's responsibility to make the initial contact with a potential sponsor. It is thereafter the sponsee's responsibility for asking for what he/she needs. Nobody can read your mind.

3. Respecting Sponsor's Boundaries

Sponsees should acknowledge the boundaries set by the sponsor. Respect for boundaries helps make the relationship safe.

4. Fulfilling Obligations

The sponsee should honor obligations made to the sponsor, such as showing up on time for planned meetings.

Twelve Steps of Sponsoring

1. I will not help you stay and wallow in limbo.
2. I will help you grow and become more productive by your own definition.
3. I will help you become more autonomous, more loving of yourself, freer to become the authority of your own living.
4. I cannot give you dreams or “fix you,” simply because I cannot.
5. I cannot give you growth or grow for you. You must grow yourself, by facing reality, grim as it may seem at times.
6. I cannot take away your loneliness or pain.
7. I cannot sense your world for you, evaluate your goals, or tell you what is best for you in your world; you have your own world.
8. I cannot convince you of the necessity of choosing the scary uncertainty of growing over the safe misery of staying stuck.
9. I want to get to know you as a growing friend, yet I cannot get close to you when you choose not to grow.
10. If I begin to care for you out of pity, I will become toxic and inhibiting to you and you to me.
11. I must tell that my help is conditional. I will hang in there with you as long as you give me even the slightest hint that you are trying to grow.
12. If we can both accept all of this, then we may be able to help each other become what God meant us to be—mature adults, leaving childishness forever to little children.

CoDA Fellowship

By Bob M.

My program and I grew this past year. Sometimes I forget recovery is a process and there is not a perfect way of working it. An old cowboy once told me that some days are chicken salad and some days are chicken sh--. I'm seeing mostly chicken salad these days. It works if you work it, and if you don't it won't! Our meeting's closing jingle is true.

Reflecting on my program's growth these past few years, I can see the role that fellowship has played in it. There are four parts to the program of Co-Dependents Anonymous as stated in the Newcomer's Handbook (p10-12). Part One is attending meetings. Part Two is Sharing and Fellowship. Part Three is working the Steps and Part Four is Sponsorship. I've been attending CoDA Birthdays, CoDA Christmas Parties, and the CoDA Spring Retreat the past three years and through this attendance I have met new recovery friends and my CoDA family has grown. Last year, I attended my first CoDA Camp Out and had fun. I got the camping bug there and this year made three Camp Outs. These Camp Outs are Fellowship opportunities that allow me to work the expanding edges of my program. Being an introvert, my initial reactions to social events have been steeped with fear and uncomfortableness. Today my Higher Power and I can handle anything. I'm changing thought patterns and processing my feelings. These Fellowship gatherings are my opportunities to practice my recovery program among recovering people who understand recovery. I am accepted as I am and that is important. There is nurturing too and we all need that.

The CoDA Camp Outs are adventures and have been held in different areas of the state. The first camp out in 2008 was held at Huntsville State Park in late spring. Some camped and others came down or up for the day.

Walks, swimming, bike riding and two classes were the activities. The classes were on alligators and campfire cobbler cooking. There were CoDA meetings too.

The summer camp out was at Ray Roberts State Park near Denton. It was held in August and there was a mix of day-trippers and campers too. The campsite was shady and had a lake breeze so the heat was tolerable! Swimming, hiking, walking and mountain biking, CoDA meetings, campfires, and guitar playing were the activities. The group motorcycle ride was a highlight.

The fall camp out was at Lake Whitney State Park near Hillsboro. The lakeshore was rich with fossils. Hiking, motorcycle rides, cooking, good food, campfires, so'mores, starry nights, moonlight, cool nights and warm campfires were all enjoyable. There was time for solitude too.

CoDA camp outs are great opportunities for program and recovery growth!! I'm ready for a winter camp out! Any takers?

Next Newsletter and Board Meeting Minutes

The next newsletter will be sent out after March (electronic copies). A draft copy of the 2008 State Assembly minutes, approved Bylaws, as well as the final 2008 Spring Board meeting minutes will be posted on the new CoDA Texas web page once it's up.

Texas Contact Lists

Anyone wanting to be added to the e-mail list write to judiann104@yahoo.com. To **opt out**, send an e-mail to the same address. To correct or change an address for the postal mailings send an e-mail to danw1212@gmail.com or a letter to Dan W., 813 Rock Creek, Irving, TX 76039.