

# The Lone Star



## CoDA Courier



February 2008 Volume 4 Issue 1

**CoDA Texas Officers:** Chair-Cindi S., Vice Chair-Noreen M., Treasurer-Sharon M., Secretary-Janice S.

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

**Wanted:** Expressions of Experience, Strength and Hope in prose or poetry. The Lone Star Courier will publish selections authored by CoDA members. Have a question about CoDA? The editor will post 1 or 2 of the most common e-mails with a response in the next newsletter. Maximum 20 lines as space may be limited. Send articles/questions to [kkg1456@yahoo.com](mailto:kkg1456@yahoo.com).



### *CoDA Texas Spring Board Meeting*

The Texas officers, delegates, Group Service Representative, and any interested CoDA member will meet at the Waco library April 19<sup>th</sup> Spring Board meeting to discuss the CoDA Texas budget and craft Voting Entity issues to submit to the 2008 CoDA Service Conference (CSC). It is part of the duties of a Group Representative to represent their meeting at the Spring Board meeting and the State Assembly business meeting (see the next topic). For more information, contact Karen G. at [kkg1456@yahoo.com](mailto:kkg1456@yahoo.com).

### *Typical Meeting Service Positions*

Typical service positions of a CoDA Group as suggested in the Fellowship Service Manual are:

- \* Chairperson
- \* Secretary
- \* Treasurer
- \* Literature person
- \* Refreshment person(s)
- \* Phone list person
- \* Group Service Representative

Group Service Representative (GSR) is the link between the CoDA group and CoDA as a whole. Ideally, a GSR is an established member of the group, with experience, knowledge, and understanding of CoDA's Twelve Steps and Twelve Tradition (usual term is 2 years):

- \* Attends the local CoDA Intergroup or Voting Entity service meetings.
- \* Carries the group conscience to the local CoDA Intergroup, Voting Entity service meeting; and then reports to the group on the outcomes.
- \* Notifies the group of any local or CoDA, Inc. updates, announcements, and flyers.

### *Texas Business*

Sharon M. and Janice S. were voted to new terms of office as Treasurer and Secretary, respectfully. Karen G. agreed to be back up Secretary. Noreen M. is the new Vice Chair. Martina V. is the new Junior Delegate. Thank you for your service! Anyone wanting to be on the Texas e-mail list to receive event and business announcements, write to [judiann104@yahoo.com](mailto:judiann104@yahoo.com).

## Texas 7<sup>th</sup> Tradition Donations

**THANK YOU** to all CoDA Meetings and Individuals for your 2007 7<sup>th</sup> Tradition contributions to CoDA Texas From the CoDA Texas Treasurer, Sharon M.

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

TX006 – Austin \$238  
 TX008 – Houston \$54.23  
 TX009 – Houston \$10  
 TX051 – Kingwood \$5.33  
 TX087 – Irving \$20  
 TX089 – Richardson \$82  
 TX149 – Dallas \$100  
 TX150 – Dallas \$80  
 TX207 – Richardson \$50

TX341 – Fort Worth \$34  
 TX367 – Katy \$10.29  
 TX419 – Bryan \$54  
 TX436 – Fort Worth \$33  
 TX443 – Ft. Worth \$33  
 Spring Board Meeting (4-28-07) \$25  
 Individual donations: \$60 total  
 State Assembly donations: \$146

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**Total Contributions as of July 31, 2007**                    **\$414.29**  
**Total Contributions as of Dec. 31, 2007**                    **\$1054.85**

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, 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

| <b>Month</b>             | <b>Event</b>       | <b>When</b>     | <b>Where</b>                             | <b>Contact</b>   |
|--------------------------|--------------------|-----------------|--|--|
| <b>Mes</b>               | <b>Evento</b>      | <b>Cuando</b>   | <b>Donde</b>                             | <b>Contacto</b>  |
| <b><u>March 2008</u></b> | Retreat            | 3/14/08 Fri-Sun | 6:00 p.m.<br>LaGrange                    | Della B. 512-243-0884<br>Marilyn B. M-F 281-364-2297<br>713-854-7282 (c)<br>Judi C. 713-854-2710 (c) |
| <b><u>April 2008</u></b> | Board Meeting      | 4/19/08 Sat     | 10:00 a.m.<br>E. Waco Library<br>901 Elm | Cindi S. (e-mail above)<br>Karen G. 979-823-2482   |
| <b><u>Sept 2008</u></b>  | Service Conference | 9/9/08 Tues     | TBA<br>Chicago                           |  |
| <b><u>Nov 2008</u></b>   | TX State Assembly  | TBD             | TBD<br>Dallas                            |  |

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

### *March Retreat by Karen G.*

I've lost count of how many Texas retreats I've attended. I think it's around 8 or 9. I've felt various feelings during these weekends: sad, anger, anxious, peace, joy, frustrated, shy, embarrassed, depressed, ashamed, happy, serene, etc. Retreats are bridges that connect me with my inner self and to my Higher Power. I also have an opportunity to connect with other codependents on a level that is different than my day-to-day life. I always get something out of the weekend. The setting is peaceful; there is a lake behind the building with lots of trees and land to "walk about." A massage is \$50 to \$70 for only an hour. This is a whole weekend for \$130 to \$140, and it includes workshops, meals, and fellowship with other recovering codependents. What a deal! Hope to see you there! Registration flyer is included with this mailing. For more information, send an e-mail to [mbarnes@tetrathec.com](mailto:mbarnes@tetrathec.com) or [judiann104@yahoo.com](mailto:judiann104@yahoo.com).