

# The Lone Star



## CoDA Courier



September 2013 Volume 9 Issue 3

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

### *Texas Business*

#### **State Assembly**

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



#### **CoDA Texas Board Openings**

Three new officer positions are opening in Oct: Vice Chair, Treasurer, and Junior Delegate. Officers attend two board meetings a year (Fall and Spring). Officer's rooms are paid for at State Assembly (reimbursement is ½ of the room rate per night). Since business between Board meetings is conducted via e-mail, it is necessary for each Board member to have an e-mail account. It is advisable for volunteers to have at least one year in CoDA and to be actively attending meetings. Term of office begins at the end of the business meeting in the year elected through the year to the following business meeting until the term of office expires. Each term of office is 2 years. CoDA Texas strives to stagger the terms of office so at least one person continues in one of the positions to prevent having all new people on a Board. The Chair, Secretary and Senior Delegate are returning for the second year of their terms.

#### *Vice Chair*

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 Assembly 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.

#### *Treasurer*

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. Duties include:

- Keep accurate financial records for CoDA Texas.
- Provide a report at the biannual business meetings regarding income, expenses, and prudent reserve in relation to the budget. Provide a breakout of delegate's expenses to Conference in the Treasurer's Report for State Assembly.
- 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 in conjunction with Chair or other assigned Board member. Inform Board when paper receipts are received if electronic methods are used to begin the reimbursement process for Delegates.
- Update signatory information at bank after elections.
- Provide past records to the new Treasurer. Support the new Treasurer after his/her term of office

### *Junior Delegate*

Delegates represent CoDA Texas at the International CoDA Service Conference, which is held in July. CoDA World posts the motions, reports, and Voting Entity issues on the CoDA website ([www.coda.org](http://www.coda.org)) prior to Conference. Delegates need to download the motions, review them, and ask for feedback about the motions from the Texas Fellowship so they can vote the Group Conscience of Texas. The feedback request is sent via the Texas E-mail Messenger List. This should be done as soon as the motions are posted (around May). Each voting entity gets two votes; so both delegates have voice and vote at Conference.

After Conference, Delegates provide a report of what happened at Conference for the Texas Fellowship. This report may be distributed to the Fellowship via the Texas E-mail Messenger and/or posted on the CoDA Texas website. The Delegates present their report at the State Assembly, which can be a summary of the important decisions (what motions passed/failed, important discussion, etc.). Delegates' airfare and hotel are reimbursed (hotel at ½ room rate/night). There is an agenda item for the Fall Board Meeting at State Assembly to discuss delegate reimbursement. Each delegate is currently allocated \$850, and we ask you to be as prudent as possible. You do not have to spend the entire \$850.

The Delegates should work together and vote the Group Conscience of Texas. Additional information may be available at Conference that was not available to members of CoDA Texas when they provided their vote so ultimately, the Delegates must seek Higher Power's guidance when voting.

### **Voting Entity Issue**

The Texas Voting Entity issue to write a document explaining the group inventory process was submitted at CSC to the CoDA World Literature Committee for consideration.

## *Growth and Service Work*

*by Karen G.*

CoDA exists because people are willing to do service work at the meeting, Intergroup, Voting Entity (Texas is a voting entity) and World levels. Without these volunteers there would be no meetings, no recovery activities (e.g., Texas Retreat and campouts, or World Convention), no CoDA literature to purchase, no web site with information for the newcomer and member, no meeting database for newcomers to find meetings, no easy way to update meeting information (I remember how difficult it was to get meeting information and how out of date the meeting info was before the web database was created), no CoDA book program for people in institutions, no translation management committee to help other countries translate CoDA literature, and little outreach to the codependent who still suffers.

Sometimes I hear people say "Why send donations to CoDA World? I want to see the 7th Tradition donations used to help people locally." There is nothing wrong with a group earmarking money for recovery related activities at their local level, but even these projects do not happen without volunteers to support them.

Newcomers are not in a position to do much service work in the beginning because they are still raw and suffering the unmanageability of their disease. They need to focus on healing for at least the first six months to a year. How do you get recovery? Using the tools of the program (getting a sponsor, going to meetings, journaling, etc.) and after getting some balance in your life doing service work. Start small by chairing a meeting or ordering literature. Doing different service work allows for different growth opportunities. I know everyone is busy with day-to-day life and it can be hard to find the time to attend meetings let alone do service work and yet without volunteers with some recovery willing to give their precious time, CoDA will suffer. Service work provides growth opportunities in an environment outside of the work and home life and yet the lessons learned can be applied to home and work. Healthy service means there is rotation of service.

If you feel a tug or whisper from your Higher Power to volunteer, CoDA Texas has openings for the following Board positions: Vice Chair, Treasurer, Junior Delegate as well as Newsletter Editor. New members for the State Assembly, Retreat, and Campout Committees (see Service Opportunities section for more info) are also needed.

Officers will be elected at the State Assembly in Oct. for a two-year term. Houston is scheduled to host the State Assembly next year. Board members attend two Board meetings (Spring and Fall at State Assembly). Junior Delegates attend the CoDA World Conference (set for Orlando, Florida next July) to represent CoDA Texas and move to the Senior Delegate position the following year.

For more information about any of these positions or to volunteer, please attend the State Assembly or contact the Board (e-mail [kkg1456@yahoo.com](mailto:kkg1456@yahoo.com)).

## *Procedure Manual*

The Board is creating a procedure manual that provides information on how CoDA Texas business is conducted, officers and delegates' duties, delegate reimbursement, etc., as well as how to plan a State Assembly. We'd like to eventually incorporate information about how the retreat works too. If you have ES&H to contribute, please review the manual. It will be sent out soon through the Texas e-mail list.

## *CoDA Texas Service Opportunities*

### **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](mailto:Mbarn1230@gmail.com).

### **Newsletter Editor**

The newsletter editor's term will end in October. If you like to write/edit, please consider taking on this service for one or two years. The newsletter is a forum for keeping the Texas fellowship informed about business and activities within CoDA and is an avenue to express your creative side.

### **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](mailto:cstephensn@sbcglobal.net) or 972-977-4550.

### **State Assembly Committee**

The State Assembly Committee organizes and operates the annual State Assembly; the purpose is two-fold: 1) Handle state business, such as elections, budgets, new/old business, etc. and 2) Provide enlightening workshops, speakers and fellowship for our members from around the state.

## *Texas 7<sup>th</sup> 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 7<sup>th</sup> 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<sup>a</sup> traducción.  
De la Tesorera CoDA, Calista M.

TX006 – Austin	\$30.00
TX046 – Houston	\$150.00
TX051 – Kingwood	\$55.00
TX074 – Tyler	\$20.00
TX149 – Oaklawn	\$75.00
TX341 – Unity Ft. Worth	\$283.05

TX419 – Bryan	\$80.00
TX452 – CoDA Vive	\$30.00
TX454 – MH Professionals	\$29.00
TX459 – Austin	\$20.00
TX470 – Woodlands	\$192.65
TX471 – Tyler	\$20.00

TX484 – Tyler	\$14.50	Spring Board Meeting	\$17.50
Spring Retreat	\$25.50		

<b>Total 2013 Contributions as of 8/17/13</b>	<b>\$1042.20</b>
<b>Total 2012 Contributions as of 11/20/12</b>	<b>\$1229.95</b>
<b>Total 2011 Contributions as of 12/31/11</b>	<b>\$1575.37</b>

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

<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>Oct</b>	State Assembly	Oct 18-20	Dallas, TX	Lisa J. 214-207-0271 Cindi S. 972-977-4550
<b>Mar 2014</b>	Retreat	Mar 21-23	La Grange, TX	Terri S. 817-271-7570 tismitty@hotmail.com

### *CoDA Texas Website*

The CoDA Texas website URL is [www.codatexas.org](http://www.codatexas.org). E-mail John D. at [jrda@rocketmail.com](mailto: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](mailto: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](mailto: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 !**

## **Workshop descriptions and times pages 2 & 3**

**Friday Night:** Meet and greet plus surprises

**Saturday:** Business meeting and workshops

**Saturday Evening:** Speaker panel discussion

**Sunday Morning:** Speaker meeting and spiritual closing session

### **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](http://www.holidayinn.com/parkcitiestx)**

Questions? Contact Lisa J. at 214-207-0271 [lisakjohnson@yahoo.com](mailto:lisakjohnson@yahoo.com) or  
Cindi S. at 972-977-4550 [cstephensn@sbcglobal.net](mailto: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**



# "Harvesting the Fruits of Recovery"

CoDA Texas State Assembly October 18-20, 2013

## Join us for the following workshops!

### Friday, October 18

6:30 pm	Registration	Park Central Rm.
	Raffle begins - see what great prizes are available!	Park Central Rm.
7:00 pm	Welcome & Ice Breakers	Park Central Rm.
7:30 - 8:00 pm	Conference/Convention report?	Park Central Rm.
8:00 - 10:00 pm	Fellowship & other fun	Park Central Rm.

### Saturday, October 19

8:00 - 9:00 am	Registration & Raffle	Park Central Rm.
8:30 - Noon	State Business, Chair to provide agenda	Park Central Rm.
Noon - 1:00 pm	Light lunch served, BYOB or water provided	Park Central Rm.
	Raffle	

### Afternoon Workshops

1:00 - 2:30 pm	Harvesting the Fruits of Recovery Part 1, Harvesting the Fruits of Recovery (Español) Harvesting the Fruits of a Recovering Relationship	<b>Rooms TBD</b> Ken S. Ede R./Yara R. Nate F./Jo F.
2:45 - 4:00 pm	God Box Achieving a Healthy Relationship Using CoDA Tools Equal Partners in Trust, Navigating Your Way Through "Powerlessness to Trustworthy Relationships"	Denny H. Terri S./David Mc. Tina P.
4:15 - 5:30 pm	Part 2, Harvesting the Fruits of Recovery in Español 4th Step Workshop Sponsorship, A Recovery Tool	Ede R./Yara R. Marilyn B. Judy C./Cathy G.
5:30 pm	Raffle	Park Central Rm.

### Evening Activities

6:00 - 7:30 pm	Dinner, on your own or in groups	Local restaurants
7:30 - 9:00 pm	Speaker Panel Discussion*	Park Central Rm.

\*All speakers will be available to expand on what we learned during the day or if you missed a session, you can learn a little about that workshop from others. Bring your questions, experience, strength & hope for this interactive discussion!

### Sunday, October 20

8:30 - 10:00 am	State business, if needed	Park Central Rm.
Rm.10:00 - 11:00 am	Speaker Meeting, Martina V., Richardson CoDA	Park Central Rm.
11:00 - 12:00 Noon	Closing Ceremony	Park Central Rm.

**Description of Workshops on page 3**

# "Harvesting the Fruits of Recovery"

CoDA Texas State Assembly October 18-20, 2013

Join us for the following workshops!

## Harvesting the Fruits of Recovery

Ken S. from Red Oak will discuss life before and after recovery (of course, there is no "after") --life in the state of codependency (before) and after significant recovery. How our lives, relationships and personalities change as a result of working the program as we "Harvest the Fruits of Recovery."

## Harvesting the Fruits of a Recovering Relationship

Nate and Jo began their journey of recovery over 25 years ago in the founding CoDA group in Phoenix, AZ. Married 50+ years, they will speak on some of the fruits they have harvested and the things they've learned that help the fruits ripen in their journey of recovery together.

## Making a "God Box" Utilizing Step 3

Denny H. from Dallas will offer a definition and purpose of a God Box while also providing an interactive discussion and materials for participants to visualize and build their own "God Box" using Step 3 as a guideline. (Some materials will be available for construction of a God Box which participants may wish to finish on their own.)

## Equal Partners in Trust, Navigating Your Way Through Powerlessness to Trustworthy Relationships

Tina P. from Austin will provide information to evaluate relationships and move from powerlessness to empowerment by balancing trust and boundaries in relationships. Individuals will learn what trustworthiness is and what damaged trust can look like and how that damaged trust can be rebuilt.

## Sponsorship, A Recovery Tool

Judy C. and Cathy G. from Dallas will present an overview of the blessings of Sponsorship, using sponsorship guidelines found in CoDA Literature and their experience, strength and hope. They will discuss the responsibilities of both the sponsor and the sponsee and present possible interactions along with the rewards of sponsorship.

## Achieving a Healthy Relationship using CoDA Tools

David Mc. and Terri S. from Ft. Worth will share how they individually and collectively as a couple use various CoDA

tools including boundaries, the Traditions, the Steps, prayer and meditation to foster a healthy partnership/marriage.

## Harvesting the Fruits of Recovery in Espanol

Ede R. and Yara R. CoDa Vive from Dallas will share about our belief's system (Sistema de Creencias). This could be considered a powerful "round up" to help get rid of "weeds" that prevent us from Harvesting the Fruits of Recovery (self-sabotage ). **Part 1** will be explained using concepts and examples of these "weeds" and how our recovery is sabotaged. **Part 2** will include interactive exercises and an opportunity to practice the theory explained in the first session.

## Cosechando Los Frutos de La Recuperacion.

Ede R. and Yara R. CoDa Vive from Dallas Primera Parte. -Por que Creemos lo que Creemos? Como estas ideas o pensamientos influncian tus sentimientos? Como tus sentimientos resultado de tus pensamientos pueden sabotear tu recuperacion. Asistir a este taller te proporcionara elementos que pudieran apoyarte a erradicar "la maleza" o "Malas Hierbas" que crecen en el jardin de tu mente.Sera como usar ROUND UP. Segunda Parte. -En esta segunda parte del taller te invitaremos a participar en dinamicas y ejercicios practicos que complementaran la informacion recibida en la session teorica.

## 4th Step Workshop

Marilyn B. from Houston will present Step 4 based upon two simple documents she has compiled using the "CoDA Book." The first is a general description of the step, with instructions and an Assets and Liabilities checklist. The second is a worksheet for the 4th Step Inventory exploring not only unhealthy codependent behaviors, but also healthy behaviors.

## About Sunday's Speaker

Martina V. has over 20 years of CoDA recovery as a "grateful, recovering co-dependent" as you will usually hear her say. Originally, she started in the Garland and Mesquite CoDA groups in the 1980's, Martina now attends the Richardson CoDA group. Her priority in life is family and friends, with everything else coming second. Martina is a cancer survivor, an avid gardener and traveler whose outlook on life and recovery will inspire you!