

# The Lone Star



## CoDA Courier

September 2010 Volume 6 Issue 3

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

### CoDA Conference/Convention

The following motion was passed at the 2010 CSC with the goal of providing sufficient time for our CoDA communities to Group Conscience & submit feedback to their Conference delegates on all voting issues before Conference.



Items must be submitted to events committee and web-coordinator by cutoff date

- 60 days (before CSC) for VE Issues, Motions (must also be sent to Board)
- 75 days (before CSC) for By-Law changes (must also be submitted to Board Secretary)

Della B. provided this feedback about Conference: Most diverse conference ever. Not only were there attendees from the Continental US, but Hawaii, United Kingdom, Germany, Italy, Mexico, Japan, Canada and French Canada were represented. New CoDA International Board includes members from the US, United Kingdom, Italy, Germany, and Mexico.

### 2010 Convention CDs Available

Eleven CDs or MP3s of the keynote speakers (Ken and Mary, Melodie B., and Anita F.) and workshops (three in Spanish) are available for \$8.00 each at <http://www.vwtapes.com/codainternational2010.aspx>. These are not yet Conference approved and are being sold by a third-party. The amount of time they will be available is unknown.

### Texas Business

Texas did not submit any Voting Entity issues to the 2010 Conference. State Assembly is scheduled for Oct. 8-10 in Houston. See the registration flyer in this newsletter. Houston opted to make a \$250 7<sup>th</sup> Tradition contribution to Texas CoDA in lieu of having a raffle at State Assembly in October. This check has been received at the post office but not deposited yet so it's not in the tallies below. Texas has 49 meetings listed in the CoDA database.

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

**THANK YOU** to all CoDA Meetings and Individuals for the 2010 7<sup>th</sup> 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<sup>a</sup> traducción del 2010. De la Tesorera CoDA, Robert G.

TX008 – Houston	\$77.30	TX341 – Ft. Worth Unity	\$50.00
TX046 – Houston	\$101.50	TX419 – Bryan	\$40.00
TX051 – Kingwood	\$10.00	TX459 – Austin	\$10.00
TX074 – Tyler	\$70.00	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. (IA)	\$176.77	2010 Spring Board Meeting	\$16.64
IA = Inactive			

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<b>Total 2010 Contributions as of 8/31/10</b>	<b>\$912.21</b> <i>Thanks everyone!</i>
<b>Total 2009 Contributions as of 12/13/09</b>	<b>\$683.00</b>
<b>Total 2008 Contributions as of 12/31/08</b>	<b>\$578.57</b>

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 FOR CODA TEXAS CALENDARIO DE EVENTOS, CURSOS, Y CONGREGACIONES PARA CODA TEXAS

Month Mes	Event Evento	When Cuando	Where Donde	Contact Contacto
<b><u>Sept 2010</u></b>	Speaker Meeting	Sept. 18, 2-5 pm	Dallas, TX	Sharon M. 972-661-9843
<b><u>Oct. 2010</u></b>	State Assembly	Oct. 8-10	Houston, TX	Terri S. 817-293-5568
<b><u>Oct. 2010</u></b>	Camping	Oct. 29-31	New Braunfels, TX	Bob M. 903-262-7446
<b><u>Nov 2010</u></b>	Speaker Meeting	Nov. 13	Tyler, TX	Bob M., 903-262-7446 Joe B. 903-677-3079
<b><u>Dec 2010</u></b>	Holiday Party	Dec. 4, 6:30 pm	Dallas, TX	Sharon M. 972-661-9843
<b><u>Dec 2010</u></b>	Camping	Dec. 10-12	Lake Buchanan, TX	Bob M. 903-262-7446

### *CoDA Texas 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.

- o *October 29-31 2010 New Braunfels* – In town RV Park -Best at Camping and Dancing, WurstFest 2010. Contact Bob M. (Tyler) 903-262-7446.
- o *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.

### *Online Store for CoDA Literature*

In case you haven't heard, CoRe (the publishing entity for CoDA) has an E-store now! The URL is <http://www.coda.org/estore/>.

### *New Stories Being Solicited for CoDA World Literature*

In order to create more literature for CoDA, the CoDA Literature Committee (CLC) is looking to gather a wide array of recovery stories. There are several ways you can help.

- Send us your recovery stories, focusing not so much about what happened before you joined CoDA, but more about your experience, strength, and hope as a result of being in CoDA. For example, you might share what has been helpful to you, what motivates you, and what keeps you coming to meetings.
- Help us showcase diverse cultural perspectives in recovery. For example in some cultures, women are expected to be submissive; men are expected to exhibit machismo. In others, codependent behavior is encouraged, praised, and expected. What is your experience in blending codependence recovery with your particular culture?
- Share with us your particular issues and resolutions. We encourage stories from codependents who are gay, lesbian, bisexual, and transgendered.

- Tell us your issues as a parent. Do you find your codependence interfering with rearing your children? Are you raising another generation of codependents? What about single parenting issues? How have codependency and recovery impacted your relationships with your adult children and their families?
- If you have had a substance abuse problem, been incarcerated or institutionalized, or have a mental illness, what impact has codependence recovery had on your life?

Thank you for your willingness to share your story. All submissions will be kept confidential. In order to facilitate submissions, CLC will accept hard copy, electronic submissions, and audiotaped versions. Electronic submissions can be sent to [lit@coda.org](mailto:lit@coda.org). Hard copies should be sent to the CoDA Literature Committee, c/o Codependents Anonymous, Inc. P.O. Box 33577, Phoenix, AZ 85067-3577, 602-277-7991.

Please include the copyright assignment form (<http://www.coda.org/service/index.php> and click copy right assignment in left menu) with your submission. All submissions become the property of CoDA and may be edited for content, length, and clarity.

## *Krause Springs Campout*

*By Karen G.*

About a dozen or so recovering codependents braved the heat to camp out at Krause Springs. The springs were **cold** and delightful. The conditions were prime for getting a bad sunburn, but everyone managed to avoid that experience as far as I know. It was obviously a favorite place to cool off for many locals. Several CoDA members came for a dip Sat. afternoon. I must admit by Sunday morning I was tired of being hot and wet and happy to head home (and we rented a tier drop camper [basically a bed on wheels] with air conditioning to sleep in!). Thanks Bob and Joe for organizing a great schedule of camping events this year. Look forward to the last two for the year.

## *Revised Patterns and Characteristics Available Online*

Conference approved the revised Patterns and Characteristics (<http://www.coda.org/tools4recovery/patterns-new.php>) submitted by the Literature Committee. Avoidance patterns were added and the other patterns were updated/revised so it's now two pages long. The Patterns are not one of the four foundational documents so reading them at a meeting is optional, but they can be a reminder of where I came from and can provide a great topic for a meeting.

## *Step Study Information by New York City Intergroup*

The CoDA Book and 12 Step and Tradition Workbook are excellent resources for working the steps; however, the New York City Intergroup posted a guide to Working the 12 Steps of Codependents Anonymous at this URL: <http://www.codependentsnyc.org/program/programmored.html> that is a little more detailed than the CoDA book or workbook for anyone interested in working the Steps.

## *Next Newsletter*

The next newsletter will be sent out around Dec. 2010.

## *Texas Contact List*

Anyone who wants to be added to the Texas e-mail list may write to Della at [dewmypart@yahoo.com](mailto: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](mailto:danw1212@gmail.com) or a letter to Dan W., 813 Rock Creek, Irving, TX 76039.

**HOUSTON TO HOST CoDA TEXAS STATE ASSEMBLY,  
OCTOBER 8-10, 2010**



**CELEBRATE  
THE PROMISES - A HARVEST OF RECOVERY**

**Comfort Inn and Suites  
U.S. 290 at 7887 Tidwell, Houston, 77040**

**\$80 plus tax**

Room Reservations at 713-690-1493

Deadline: September 15, 2010

Join us for workshops, Fellowship and Fun!!  
Entertainment on Friday Night, Business Meeting and Workshops on Saturday,  
Saturday Evening Speaker Meeting, and Sunday Morning Spiritual Closing  
Session

**Would you like to present a workshop:**

Around theme only, please

Contact David L, [delphine\\_david@msn.com](mailto:delphine_david@msn.com)

Advance Registration is only \$25/ After September 15, \$35

Lipsmackin' Good BBQ, Saturday night, \$12

.....Registration Form.....

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

BBQ Dinner \_\_\_\_\_ Group Name/# \_\_\_\_\_

Make Checks Payable to "CoDA Texas"  
and Mail to: CoDA State Assembly, P.O. Box 300511, Austin, Texas 78703-0009