



Howdy, y'all!

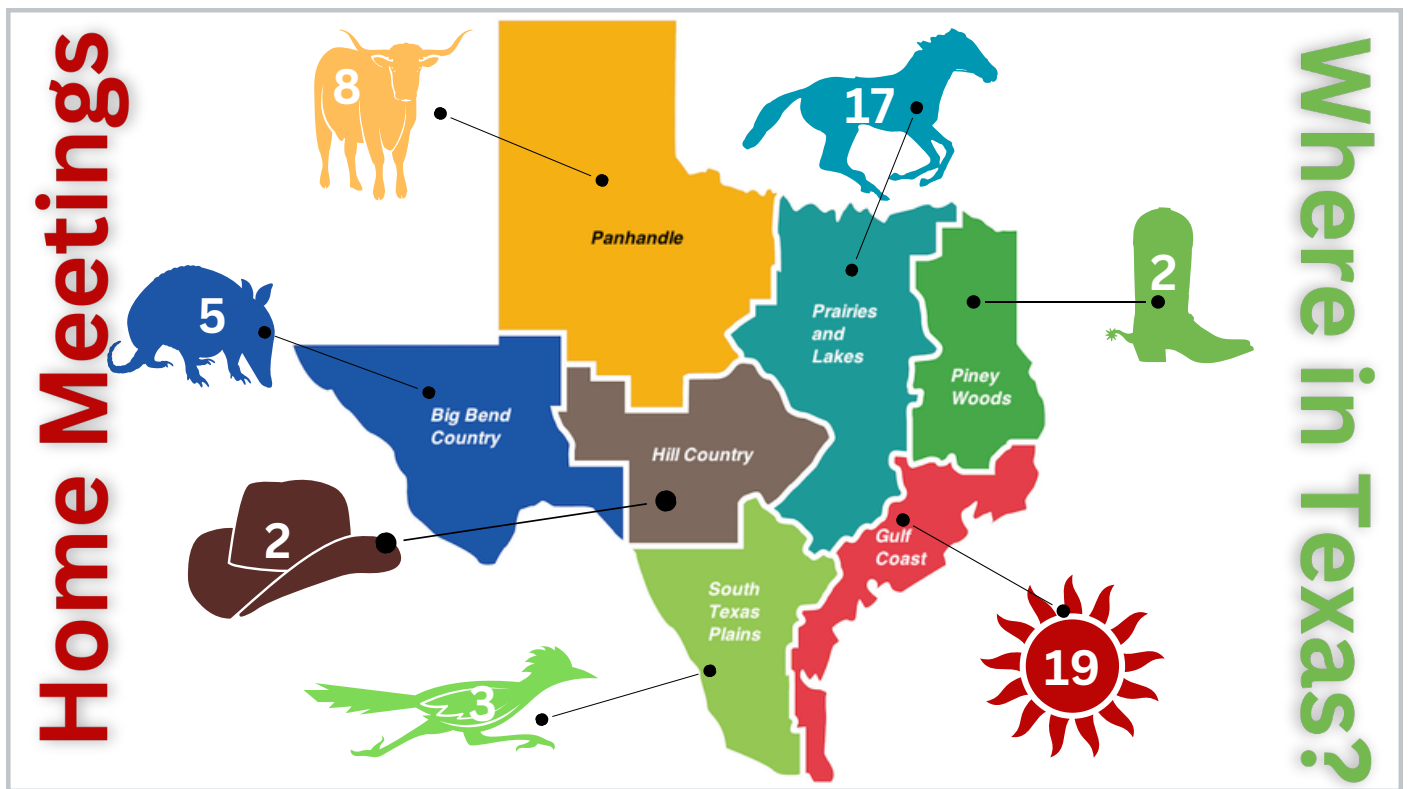
give a Texas yell...Yeehaw!

Howdy Houston! Where are my Texans?

Howdy to all of my CoDA compadres.

Howdy, CoDA World!

My name is Gwen Mc, I'm codependent and I'm the senior delegate of Texas serving as your welcome wagon and tour guide today.



CoDA Texas Fellowship is spread clean across the state. From El Paso (far west) to Tyler (in the East) from Denton (north central texas) to McAllen (far south). All 7 Regions of Texas boast about their membership in CoDA . The geography, the culture, the climate and vegetation are staggeringly different from region to region. Yet the principles of CoDA speak a language all of Texas understands.

Where in Texas are our home meetings?

(coast and north central)



Gulf Coast has 350 miles of coastline...beaches, estuaries, bays, tall woodlands, etc. The humidity is something to reckon with so drink your water! Hydration is paramount to survival here.

Note: I wanted to share the cities' names that have active CoDA meetings. Best way to accomplish this...look for the tall water supply towers. Every town in Texas has been named for their water towers and those structures make great indicators for ones location. Yes sir! Texas IS unique. Saddle-up! Eyes peeled for the water towers...

Gulf Coast



The Gulf Coastal Region has 19 active meetings in Houston...(say the city names as shown). Time constraints and photo accessibility prevented me from showing all cities. (If your city isn't pictured, apologies).

Gulf Coast



wildlife & natural beauty, as well as the home of America's space program. Discover the Beaches of the Texas Gulf Coast Region.

Gulf Coast



Gulf Coast



Gulf Coast



Gulf Coast





Following the Rio Grande River and the border of Mexico, we'll see the South Texas Plains region.

(describe region)

The famous Hunt Ranch is here (realize it's bigger than that of the state of R.I.)

Here you'll find San Antonio, the Alamo, and quaint border towns full of history and culture

Slide 1

Howdy, y'all!

give a Texas yell...Yeehaw!

Welcome to Texas!

Ask audience if they've heard the expression "Everything in Texas is....?" (Fill in that blank). Yes, BIGGER, louder, prouder and so much more. We'll come back to this idea, but I want you to know I had to live-up to this expectation...bigger, longer...my presentation will likely be longer. Shoot, we take-up 7% of the United States landmass. Being Bigger means that Texas is diverse. Let's look at all that....

South Texas Plains



the rich south-of-the-border heritage is shared with neighboring Mexico.

South Texas Plains



San Antonio
Elmendorf
and McAllen



Let's head northward to the hill country.

rolling, stoney hills
steep canyons,
vineyards & wineries
country music & wildflowers
dude ranches

If your canteen is getting low, refill it here in the fresh springs.

Hill Country



Hill Country

Rolling hills, spring fed rivers and lakes, diverse art and music offerings, specialty shopping

New Braunfels

Kerrville (isn't pictured)



TEXAS

Remote; the only region with mountains
Canyons, rock formations, rugged
plateaus and vast desert.

● **The Lone Star State** ●

Our terrain will be changing dramatically once again. The temperatures will be getting hotter as well.

region that's farthest west
most isolated region.

rolling hills to mountain, canyons, rock formations, plateaus and vast desert lands.

Big Bend Country



Big Bend Country;

pristine parklands
wide open skies,
hiking and camping
Davis Mountains

El Paso



Turn North. Head for the Panhandle which is actually the lands farthest north in Texas.
Easier trails mostly flat
treeless
grasslands and plains
ranches and farmlands

Historic Route 66 highway runs through the Panhandle.
Buddy Holly born in this area.

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Panhandle Plains



here we are: the Panhandle Plains:
Its got the Old West heritage, Wide open skies,
canyon lands,
oil derricks,
ranches and farmland.

CoDA meetings:
Midland,
Buffalo Gap
Lubbock
Abilene

Panhandle Plains



Gap

Panhandle Plains



Gap

Panhandle Plains



Lubbock.

I suppose you are wondering about my images of water towers.

Panhandle Plains



Lubbock.

I suppose you are wondering about my images of water towers.



TEXAS

Many freshwater lakes, forests,
gently rolling hills, and prairies.
Northern Central Texas & Central
Texas area
Vibrant Night Life of Metroplex.
● **The Lone Star State** ●

**Saddle-up!
Head a bit
South 'n East.**

Are you feeling the vastness of Texas in your backsides?

Let's head Eastward towards the central area of Texas known as The Prairies & Lakes Region.

Freshwater lakes
forests
gently rolling hills
prairies

Prairies & Lakes



Prairies and Lakes

prairies, rolling hills, beautiful lakes, fast-paced cosmopolitan excitement and laid-back country lifestyles here. Best shopping, dining, and entertainment.

Plano, Allen, McKinney

Bryan

Carrollton

Dallas

Denton

Ft Worth

Frisco

Killeen

Red Oak, Richardson, Waxahachie

The Colony

Waco

Garland

Austin

Prairies & Lakes



Prairies & Lakes



Prairies & Lakes



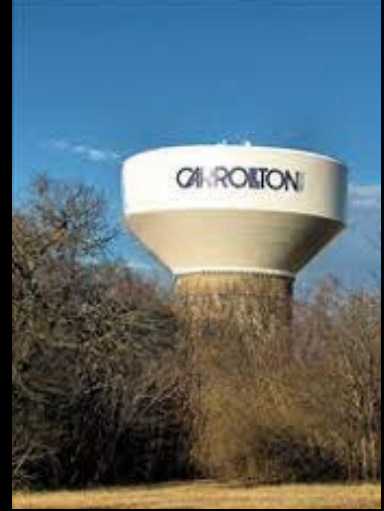
Prairies & Lakes



Prairies & Lakes



Prairies & Lakes



Prairies & Lakes



Prairies & Lakes



Prairies & Lakes



Prairies & Lakes



Prairies & Lakes





Last leg of our travels....the eastern-most region, the Piney Woods

-Runs the border of Louisiana
to the coastline.

pine tree forests and streams

lush meadows and cypress swamplands...

(known as the Big Thicket (far south in the Piney Woods) orchids, cypress, cactus and pine thrive.

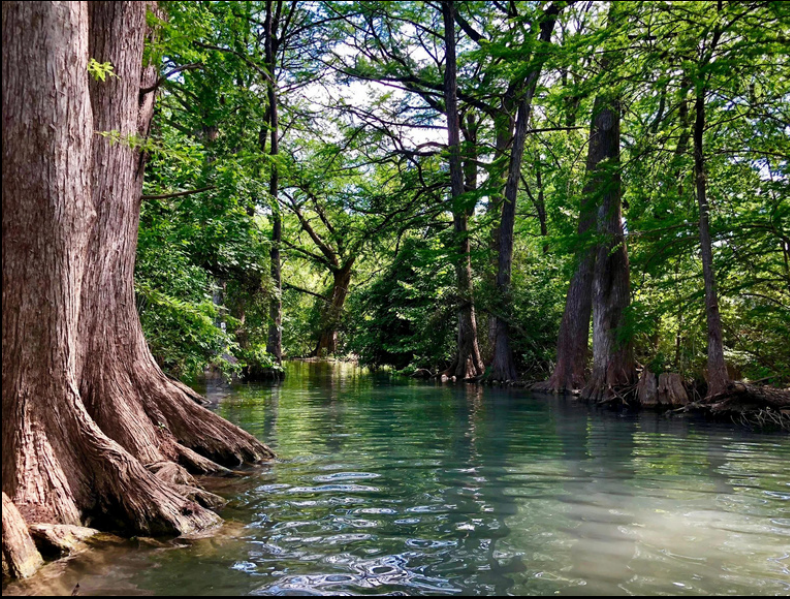
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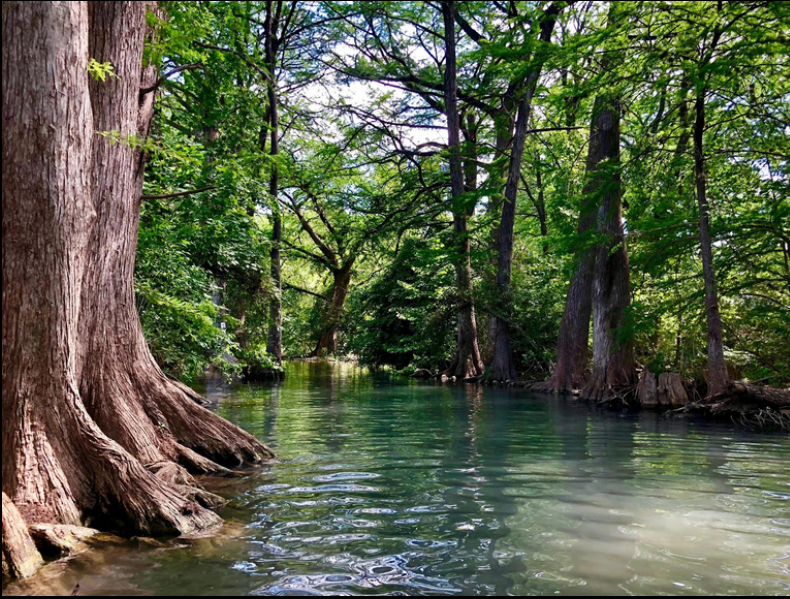
Piney Woods



Piney Woods...forest lands,
best fishing, down home cooking, southern hospitality, warmth

Tyler
Conroe

Piney Woods



WHERE do CoDA Texans Meet?



What'sApp



ZOOM



COMMUNITY
CENTER

CHURCH

TELEPHONE

OFFICE



CLUB



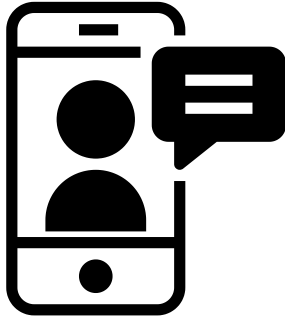
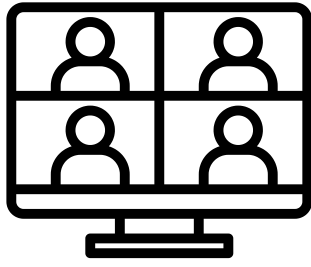
HOME

RESIDENCE
FOR THE HOMELESS

Where, specifically, are our meetings?

Texans meet in a Church or in a hospital, some gather at a residence for the homeless. Texans meet at clubs, community centers, in a home or an office.

WHAT Types of Meetings?



what types of CoDA meetings :

face-to-face, in-person meetings

hybrid

zoom, On-line only

Women Only

Men Only

Spanish

Farsi

English

Newcomer's Only

Phone Only

LGBTQQiAA friendly

Step & Tradition Studies- in-
person and online.

Discussion Meetings.

Literature Studies



Beginnings: CoDA came to Texas in 1987 - 36 years.

Dallas group created a Handbook which prompted the forming of CORE Publications.

today: delegates have developed info-presented to the state board, Intergroup reps and the Fellowship.

A cheat-doc similar to the old CliffNotes summarized and condensed a large amount of information in the proposed motions for Intergroup reps to peruse. An online survey was created to allow reps to voice their home meetings' feedback on motions. Webpages were revamped making them visually appealing and easier to access the tools and resources needed for recovery. Newsletters are posted online. 6 new meetings have been added during the year. As a result of these new meetings, a streamlined facilitators manual was created, online trainings were created for those new to CoDA service positions, and procedures in establishing new meetings was developed. An outreach program for Spanish speaking CoDA meetings was developed and supported by our intergroup reps as well as start-up fees for two, new, CoDA meetings. Several meetings have conducted inventories of their meetings. Surveys and voting online were utilized to spread the word and exercise voice. WhatsApp online social media has been a tool utilized by Texas groups to make connections with one another, to support one another's recovery efforts, and to share pertinent information. Newcomer meetings have been created separate from the regular meeting to address their unique needs. Studies of CoDA literature, twelve Step & twelve Tradition Studies are online, in-person, and ongoing. Adapting with Empathy & Support = Texas CoDA.

Sittin' High 'n the Saddle

**6 New Meetings * Offering Choice * Meeting Tools
* Outreach Spanish-speaking
* Newcomer's Indoctrination * Conquering Language
Barriers**



Updated Webpages-state and regional

6 New Meetings

Special Newcomer Meetings

Twelve Step & Traditions Study

Online & In-person

Literature Study Meetings

Trainings for Service Positions

WhatsApp Communication

Cliff Notes on 2023 Motions & Voting On-line

Electronic Payments & Phone Lists with QR Codes

Offer Local Meetings with 3

Different Languages

4-5 Different Generations attend Local meetings Together

Group Meeting Inventories

Stickers & Burrs Under Our Saddle

Texas Challenges



Sponsorship: Availability vs.
Demand

Maintaining Membership
Rotating Service Positions
Generational Differences
Robert's Rules

