

# The Lone Star

## CoDA Courier

Volume XIII  
Issue I

A Publication of Texas State CoDA Assembly

January / February/March  
2003

### Looking Forward to Texas CoDA Retreat 2003 by Joe L

When Wes W. asked me recently to submit a short write-up for the CoDA Newsletter on the forthcoming CoDA Retreat (March 21-23) at Camp LoneStar in LaGrange, Texas, coupled with my thoughts on what this retreat means to me, I was thrilled to respond.

This year's **retreat theme** is on "**Relationships**". This is a theme that I as a recovering codependent can certainly relate to. Of course different folks will have their own paradigm on this topic. What is Relationship? What makes a good relationship? A bad one? A good, positive, or damaging relationship? As codependents, many of us have invested much of our lives to "being in" relationships. Often times looking to our spouse, our significant other, our children, friends, and others to meet our codependent needs. In essence, we looked to others to "care take" us. As recovering codependents, we know at the very least on an intellectual level, that this type of relationship does not serve us. When we came to CoDA, many of us were looking for another way,

another path that leads to having healthier relationships.

At this year's retreat workshop, we will examine relationship against characteristics of codependency. The focus will be on three relationship components. **1)** the relationship we have with ourselves, **2)** with our internal committee (self talk), and **3)** with our higher power. Yes, relationships begin with the self! Is there anything we are not in relationship with? Some relationships we pull close to, others we push away, others we are neutral to, and many others we may not be aware of. In some measure, our outer self is enmeshed with our inner self and perhaps don't hear another voice ..... the voice of our higher power. We invite each person attending the retreat to give your self permission to examine your own characteristics of codependency with an eye toward empowering the self to accepting the good, letting go the negative, and to embrace the wisdom invoked from being in relationship with higher power.

The Texas CoDA Retreat through the years has developed some key components in its programming that folks look forward to at each retreat. We won't disappoint you. We have

sought to retain those treasured traditions. Such as the making of the mail boxes on Friday evening, the campfire on Saturday night, and the affirmation circle on Sunday morning. And plenty of time to socialize and connect with old friends and make new acquaintances; time for hardy laughter and wholesome play; and time for meditation, solitude, and reflection; and quiet walks on the many splendid trails meandering throughout this beautiful retreat center nestled in the gentle rolling hills at LaGrange, Texas.

This will be my fourth or fifth CoDA retreat at Camp LoneStar. For me, the CoDA Retreat has added immeasurably to my personal recovery, spiritual enfoldment, and acceptance and love for myself and the relationships in my life. It has been one of the greatest of blessings in my recovery path, empowering me to risk myself beyond the familiar, to trust, to learn anew, to partner with and grow, to love myself so much more than I once knew, and to be in touch with my goldenness so that I may share my whole being in relationship with you, from the heart in this moment. It is a precious and treasured experience connecting head, heart, and soul.

The Texas CoDA Retreat Committee has been hard at work constructing a retreat program that will speak to your retreat expectations. I am truly honored to be on the retreat team with Della B., Gayle T., Dave S., and Cindy W. Each and everyone bring their unique talents, gifts, and complete dedication to making this an especial experience for all. I can't wait for March 21 to be here! On behalf of the Texas CoDA Retreat Committee, I invite you to come join us in a special journey to enrich and grow in relationships.

This year's Texas CoDA Retreat will be held on March 21-23, 2003 at Camp LoneStar, Texas. Retreat information and registration may be downloaded from the CoDA national web site: [www.codependents.org](http://www.codependents.org) Hard copies of registration forms may also be obtained at local CoDA meetings.

Please note that to ensure your space at the retreat and to obtain the special discount price of \$110.00, your reservation with deposit of \$35.00 (or payment in full of \$110.00) must be received by March 10, 2003. Any balance due must be paid in full on March 21 at retreat commencement. Space is limited. Please pay by check or money order. No credit cards accepted.

---

### **God and Me**

**By Barb B.**

God is my heavenly father, He is like no other. He gave to me His only son, who has become my savior; my heart He has won. He leads by His staff and rod and He calls me His Lamb of God; His love, it engulfs me from above. His light, it shined on me and sent me in flight, to another life beyond that which I came to know, to

enter another where I can begin to grow. His power, I'm so grateful for His courage and strength and allowing it to grow inside me, like a beautiful flower. His grace, it brings a smile to my face, and gives me patience knowing that my journey is at His Will and at His pace. His Mercy, it opened my eyes so that I may see, it's ok to love myself because He loves me. He has driven me toward my hopes and my dreams I so longed for, I so graciously thank Him for opening that door. God and Me, we talk a lot together about what we think and what we feel, this is when I ask Him to touch me so that I may heal. We share special times, like the time He entered my soul; I felt His presence while He filled my empty hole. We take many walks together in the land of His written Word, where miracles can be seen and cries of wonder heard. God and me, we spend each and every moment of each and every day together, talking, sharing and knowing; I can feel our love maturing, and our relationship growing. He is the loving spiritual being that has so beyond doubt set me free, whose divine presence I so look forward to being with in life's eternity. God and Me.

---

### **Let Go and Let God**

**By John D.**

"Let go and let God" is a standard recovery program suggestion. The problem is knowing how to do that. Writing the belief or behavior you want to release on a piece of paper and putting it a "God Box" provides a tangible, physical action to represent your willingness to let your Higher Power do for you what you can't do by yourself.

A God Box can be any container you choose to use for this purpose. You can paint or decorate your box with meaningful colors or symbols. Of course, you can buy one that is already beautiful or covered with significant symbols, but the time you spend personalizing the box will add depth and power when you use it in ritual later. As you write out a limiting belief, behavior, worry or concern, ask for willingness to let it go. As you place the slip of paper in the box, affirm your willingness to let go of this issue and put it in God's hands. If you notice yourself returning to this belief or behavior, or worrying once again about the concern, take the slip of paper from the box in recognition of the fact that you have taken this issue back from God. Ask for the willingness to surrender again, and when you're ready, put the paper back in the box and reaffirm your willingness to let go. Be gentle with yourself as you move the paper in and out of the God Box. Recognize that taking the paper out is a display of honesty. Most of us waffle when we first let go of something that has been with us for a long time. The only thing required of you is honesty and willingness.

**Texas Literature Corporation  
Issues a Challenge to the  
Texas CoDA Fellowship!**

**By Dan W.**

CoDA groups in Dallas are raising money to buy a CoDA Book for every branch of the Dallas Library system. The directors of the Texas Literature Corporation (TLC) liked the idea so much that they're going to match whatever funds the Dallas groups raise. That means twice as many books for Dallas' libraries. But, they wondered, why limit this just to Dallas? At its board meeting on January 6, the directors of TLC decided to challenge all the groups of Texas to raise funds to put CoDA books in libraries all across Texas.

How does it work? First of all, visit with the library in your community. Take a copy of the CoDA book, show it to the head librarian and ask if the library would be willing to add a free copy to its collection. If yes, find out how many branches there are. Then, work with the CoDA members and groups in your community to raise funds to buy books.

Send the funds you raise to TLC by September 1. TLC will match the donations (up to a maximum of \$1,500) and order the books. By combining the book orders and buying in quantities of a hundred, TLC can obtain the books and have them delivered to Dallas for about \$9.50 each. That's a significant savings! TLC will then ship the books to the members, groups and communities who raised funds for them. However much you send for books, you'll receive twice as many books in return. Then, deliver the books to your libraries.

If each Texas group could raise funds for just three books (\$28.50), and TLC matches those funds, CoDA Texas can distribute approximately 300 CoDA books to Texas libraries this year! Let's just

do it. For more information, Contact TLC at:

**TLC Publications**  
**PO Box 742574**  
**Dallas TX 75374-2574**  
**972-276-6476 - Janice S.**  
**[JaniceLee8@msn.com](mailto:JaniceLee8@msn.com)**

---

### **Rapping it all up** **The 2002 Texas State CoDA** **Assembly:**

Nov 1<sup>st</sup>, the attendees opened with introductions and spoke of their recovery; Entertainment immediately followed.

Nov 2<sup>nd</sup>, was the first full business day including reading of the minutes from both 2001 State assembly meetings, as well as the Treasurers report and the National Convention Report. The Next activity of note was the formulation of the new state budget. Followed by Three workshops, the 1<sup>st</sup> of which was moderated by Annie G. and which the focus of is self evident in the title "I am capable of developing and maintaining healthy and loving relationships. The 2<sup>nd</sup> workshop was impromptu due to circumstances, but David L. was more than filler with a wonderful presentation entitled, "The Miracle Method." Although I personally found it hard to hear, it drove home the point of equal responsibility in bad or failed relationships, dispelling the myth of the Toxic Personality which has been the scapegoat of our own inadequacies. The 3<sup>rd</sup> Workshop presented by Karen G. entitled, "Group Conscience Process." took a theatrical turn as Volunteers were enlisted to Act out scenes to demonstrate how the Group Conscience Process worked. The last thing of the day was a Well worth waiting for speakers meeting were a trusted servant shared their story.

Nov 3<sup>rd</sup>, Elections were held and the results are as follows:

ChairPerson: Della B. Austin  
Alt.Chairperson: Joe L. Houston  
Treasurer: JoAnn K. Desoto  
SeniorDelegate: Becky D. Houston  
Jr.Delegate: Sheila C. SanAntonio  
Alt.Delegates: In Order they appear, John D. Desoto, Gayle T. Austin, David H. Universal City, Wes W. Dallas. This Year Austin and San Antonio groups are cohosting the 2003 Texas State CoDA Assembly. The location will be in Austin and the date is set for Nov 7<sup>th</sup>, 8<sup>th</sup>, 9<sup>th</sup>. The exact location will be announced later. The 2002 assembly closed with a traditional spirituality meeting were volunteers read from the Old Twelve Step Pamphlets and then light a candle to represent our coming out of darkness and into the light of recovery.

---

---

## **Upcoming Events in 2003**

---

### **March:**

**Coda Retreat at LaGrangeTx**  
**March 21-23<sup>rd</sup>, on Relationships**  
Beat the March 10<sup>th</sup> deadline for lower rates.

---

### **April:**

**Steps 1-3: StepStudy Workshop**  
**Austin, TX, on April 5<sup>th</sup>, @ 2pm**  
Riverbend Church - Quadrangle Bldg -  
Room# 5A - Capital of Texas Hwy, Loop 360  
at Cedar Street  
Using All New CoDA 1-3 Step WorkBooks

---

## **Upcoming Events in 2003** **Continued:**

**Spring TX CoDA Board Meeting**  
**April 12<sup>th</sup>, at College Station, TX**  
College Station Conference Center  
1300 George Bush Drive, College Station, TX  
10 am - 4 pm, All Officers, Delegates,  
Alt.Delegates and Group Representatives  
invited.

---

## May:

### Traditions 4-6, WorkShop

May 24<sup>th</sup>, San Antonio,

2 pm-5:45 pm - Supplies Provided  
Holiday Inn Select - Airport- 77 Loop 410

---

## November:

### 2003 Texas State Assembly

Nov 7-9<sup>th</sup>, in Austin Texas

More Information on location to Come:

---

---

## Service Opportunities

### Texas State Level:

#### Texas Web Page

Texas CoDA would like to develop a web page and we are looking for volunteers. Please e-mail Karen G. at [kkg1456@yahoo.com](mailto:kkg1456@yahoo.com) if you are interested in assisting us.

---

---

## Service Opportunities

### National Level:

#### Writers. No Experience Necessary

We need your recovery thoughts, stories, poetry for Co-NNections Online. Contact : [Co-NNections On-Line](http://Co-NNections On-Line)

---

## Outreach Committee

If you want to do National service work, have a computer, and like e-mail, we have a volunteer position for you answering [coda.usa.nsc.outreach@usa.net](mailto:coda.usa.nsc.outreach@usa.net) e-mail. We are basically the "customer service" branch of CoDA. We get a lot of e-mails (~100-110/month on average) and we need people who can communicate and will follow through on a commitment.

This work has been tremendously rewarding--by carrying the message to the codependent who still suffers and in the sense of the

personal growth we have experienced and the joy of working with healthy people with good boundaries. We are open to discussion and ideas for improving the system.

---

## Writers For Meditation Book.

Do you have experiences surrounding working the steps or using the traditions that would help other codependents? Write down your thoughts in the form of a short meditation and send them in to us for use in our new In This Moment meditation book. Please see our Meditation Book guidelines ([HTML](#) or [PDF](#)) for details on how to submit your writings. ([Assignment of Copyright form](#))  
CONTACT: [Literature Committee](#).

---

## National Literature Committee

The National Literature Committee is currently working several pieces of literature. If you would like to help, please contact the committee for more information. CONTACT: [Literature Committee](#).

---

## I.T.I. Committee needs Help!

(Issues, Teens and Institutions)

We are looking for CoDA volunteers to help support outreach in Hospitals and Institutions (H&I). If you have some time and are willing to support CoDA at the national level please send an e-mail to the e-mail address: [coda.usa.nsc.outreach@usa.net](mailto:coda.usa.nsc.outreach@usa.net) .

Prisons are a part of H&I CoDA and there is a real need to carry the message to inmates in the system. If you feel this is service work you are willing to perform

please send an e-mail to the above outreach address.

Anyone going into a prison will be required to provide information for a background check, being finger printed is a requirement also.

The third area in need of support is CoDA Teens, we do not have enough teen meetings. To build a teen meeting it takes two people, a man and a woman to provide the kind of safe environment needed for the members. Service work with teens also requires a background check.

Please don't let these requirements prevent you from volunteering for service work in these areas. Giving service back to the program is a great way to jump-start your own recovery program. There is no better way to grow in CoDA than to give service. I have worked with the prison system and found it very rewarding. I feel I received much more than I gave.  
Ramona P. III Committee Chairperson.

---

## Chat Room

We have received numerous requests asking if CoDA has a chat room. We received approval from the CoDA Board of Trustees to set up a CoDA chat room , abiding by the Twelve Steps and Traditions of CoDA. We are looking for volunteers who know how to set up and/or run a chat room. If you are interested, contact [coda.usa.nsc.outreach@usa.net](mailto:coda.usa.nsc.outreach@usa.net) for more discussion.