



# THE LONE STAR CODA COURIER

## UPCOMING EVENT:

**CoDA Texas Spring Retreat  
March 27-29, 2020**

**“Discovery, Recovery &  
Self-Respect”  
To Thine Own Self Be True**

**Camp Lone Star  
2016 Camp Lone Star Rd.  
La Grange, TX**

Call Yumi M at 925-787-5422  
or Denise S 214-505-5522

Early bird registration-before Mar 1:  
Deposit of \$80, refundable or transferable until Mar 10, 2020,  
remainder payable at retreat, cash or checks only.

**REGISTRATION OPTIONS:**

Friday - Sunday: \$160 (by Mar. 10); \$180 (after Mar. 10)

Saturday only: \$100; See specifics on meals included and

registration details on the Registration Form on last page.

Come be part of this amazing place and this awesome experience  
of fellowship and growth.

**WELCOME NEW  
OFFICERS**

Treasurer - Norma W.

2020 CoDA World:

Senior Delegate - Linda B.F.

Junior Delegate - Yumi M.

**RETREAT INFO &  
REGISTRATION  
AVAILABLE NOW!**

**CODA TEXAS  
OFFICERS**

- Chair - Anna C.
- Vice Chair - Denise S.
- Treasurer - Norma W.
- Secretary - Julie S.
- Editor - Kristy H.S.
- Senior Delegate - Linda B.F.
- 2019 Junior Delegate - Yumi M.

**WELCOME!**

We would like to welcome all new  
CoDA members and we look forward  
to connecting with you at  
meetings and events!

**SAVE THE DATE:**

**CoDA Texas Retreat**  
@ Camp Lone Star  
March 27-29, 2020

**Lone Star CoDA Courier**

If you would like to contribute a recovery-related article, have something to share about your personal experience, strength or hope through your journey with CoDA or have any CoDA events you would like published, please email Kristy H.S. at [therapist.kristy@gmail.com](mailto:therapist.kristy@gmail.com).

**CoDA Texas E-Mail & Mailing Lists**

To add/update/remove your physical address please contact Dan W., 813 Rock Creek, Irving, TX 76039 or email [danw1212@gmail.com](mailto:danw1212@gmail.com).

To add/update/remove your email address, email: [codatexasemailmessenger@gmail.com](mailto:codatexasemailmessenger@gmail.com)

**2019 CoDA World Report:**

- Mark (Sr. Delegate) and Linda (Jr. Delegate) reported about their experiences. Mark gave the Report from the CSC and financial report from CODA World Conference. He noted six other countries attended the 2019 CSC in person including: Canada, Mexico, Guatemala, Israel, United Kingdom, Columbia, with Spanish translators available on site for the first time; and various other countries participated through Zoom, including Iran.
- Mark reported that CoDA World is revising four welcome pamphlets (What is Coda, Attending Meetings, Am I codependent, and Welcome to Codependents Anonymous) in order to provide newcomers with a newcomer bundle and that they have produced a public service announcement about CoDA. Mark voted that all Coda literature that was translated into Spanish will become available electronically and on Kindle.
- Linda reported that CODA World 2020 will be held in Ottawa, Canada. She also reported that CoDA World invited CoDA Texas to house 2022 CoDA World, with the event planning and many expenses being covered by ICC CoDA World.

LOCATION for exact area in Texas to host in 2022 is still to be decided by vote at 2020 Spring Board meeting.

**CoDA NEEDS:**

**YOU** at the RETREAT! Register now!

**SPONSORS**- CoDA Texas is in need of male and female sponsors to help guide new members through the 12 Steps of CoDA. If you are interested in sponsoring, please make your meeting aware and **give your contact information to be identified as willing sponsor**. It is imperative that sponsor-ready new members be matched with willing and same-gendered members of CoDA who

have already gone through their 12 steps in order for each member to have a successful journey out of codependency. Remember that the 12th step asks us to “carry this message to others”. What better way of doing that than offering to sponsor someone through their steps toward a “spiritual awakening” of their own?

**SPANISH Meetings** needed in Houston, DFW, Austin, and San Antonio.

If you are interested in organizing and leading one, please contact CoDA Texas Chair, Anna C. at [codatxwaco@gmail.com](mailto:codatxwaco@gmail.com).

## 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, provides seed money for the annual retreat, pays for the CoDA Texas web site, PO Box, provides seed money for State Conference, and pays 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 1311 Tomball, TX 77377.**

**Please provide the Meeting number and Group Name 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, Brenda R.

**GRACIAS** a todos las reuniones CoDA y los individuos por sus contribuciones de la 7<sup>a</sup> traducción. De la Tesorera CoDA, Brenda R.

### Total 2019 Contributions to be announced

Total 2018 Contributions as of 12/31/18	\$1407.55
Total 2017 Contributions as of 12/31/17	\$1474.48

### Where do I send 7<sup>th</sup> Tradition Donations?

CoDA Texas, P.O. Box 1331 Tomball, TX 77377

No. Texas Community Service Group, P.O. Box 83633, Richardson, TX 75083-6433

Greater Houston CoDA Intergroup, P.O. Box 1941, Tomball, TX 77377

CoDA World Fellowship Services, P.O. Box 33577, Phoenix, AZ 85067-3077



## SEVENTH TRADITION CONTRIBUTION (NEW) FORM

This form will assure that your group is properly identified and credited with your contribution.

Date: \_\_\_\_\_

Group Number: TX \_\_\_\_\_  
(as assigned by CoDA, Inc.)

Group Name: \_\_\_\_\_

Meeting Location: \_\_\_\_\_  
\_\_\_\_\_

Meeting Time: \_\_\_\_\_ Meeting Day: \_\_\_\_\_

Treasurer Name \_\_\_\_\_

Address \_\_\_\_\_

Phone # \_\_\_\_\_

Amount Enclosed: \$ \_\_\_\_\_ Check # \_\_\_\_\_ Money Order # \_\_\_\_\_  
(Please, no cash)

**ALWAYS PUT YOUR GROUP NUMBER ON THE MEMO OF YOUR CHECK!!!**

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**MAIL TO:**

**CoDA Texas  
P. O. Box 1331  
Tomball, TX 77377**

**It is suggested that a copy of this form be kept for your records &  
the original accompany your check to CoDA Texas**

**“Discovery, Recovery & Self-Respect”**  
**To Thine Own Self Be True**  
**CoDA Texas Spring Retreat & Fellowship**  
**March 27-29, 2020**



Texas Hill Country at Camp Lone Star,  
 2016 Camp Lone Star Rd. in La Grange, TX  
 Questions? Call Yumi M at 925-787-5422 or Denise S 214-505-5522

**Early bird registration-before Mar 1: Deposit of \$80, refundable or transferable until Mar 10, 2020, remainder payable at retreat, cash or checks only.**

Please make checks payable to CoDA Texas.  
 Mail to CoDA Texas  
 P.O. Box 1331 Tomball, 77377-1331

There are scholarships available!! If you would like to apply for one contact Yumi M at 925-787-5422

	<b>Check Option</b>
<b>Fri-Sun, 2 nights + 5 meals (Saturday through Sun Breakfast)</b>	<b>\$160</b> _____
<b>After Mar 10:</b>	<b>\$180</b> _____
<b>Saturday only + 2 meals, (lunch &amp; dinner)</b>	<b>\$100</b> _____

My Name: \_\_\_\_\_ Phone: (    ) \_\_\_\_\_ - \_\_\_\_\_  
 Address: \_\_\_\_\_ Email: \_\_\_\_\_  
 My Roommates: \_\_\_\_\_

## 2020 Spring Retreat Agenda - Proposed

### Fri Mar 27, 2020

5:00 to 8:00 pm	Registration Desk Check-In
	No Dinner. Please bring a snack to share
7:00 to 10:00 pm	Introductions, Ice-breaker, games, Mail Boxes, Karaoke

### Sat Mar 28, 2020

7:30 to 9:00 am	Registration Desk Check-In
8:00 to 8:45 am	Breakfast
9:00 to 10:00 am	Workshop: Recovery through Creative Journaling- Camille J
10:05 to 11:45 am	Workshop: The Self-Respect of Boundaries
12:00 to 1:25 pm	Lunch
1:30 to 3:00 pm	Workshop: Overcoming Fear Through Painting - Denise S
3:10 to 4:15 pm	Workshop: Restore Your Wellbeing with Yoga (Bring a mat)- Ruth
4:15 to 4:30 pm	Journal or break
4:30 to 5:30 pm	Open CoDA Meeting
5:30 to 6:30 pm	Dinner
6:45 to 8:00 pm	Speaker: Needed -To Thine Own Self Be True
8:00 to 8:45 pm	S'mores & Singing at the Campfire
9:00 to 12:00 pm	Men/Women's Meetings followed by Games & Activities, Mail-boxes and Support Notes

### Sun Mar 29, 2020

8:00 to 8:45 am	Breakfast
9:00 to 10:30 am	Meditation Walk/Hike or Meeting
10:30 to 11:00 am	Pack
11:00 to 12:00 pm	Affirmations and Closing