

# The Lone Star



## CoDA Courier



Dec 2012 Volume 8 Issue 4

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

### *Texas State Assembly*

#### **Business**

New officers were elected at the State Assembly Board meeting:

Chair: Karen G., Bryan (2 year term)  
Vice Chair: Tina P., Austin (1 year term)  
Treasurer: Calista M., Tyler (1 year term)  
Secretary: Katharine H., Austin (2 year term)  
Senior Delegate: Dephny Z., Austin (1 year term)  
Junior Delegate: Gwen F., Austin (2 year term)

The revised Bylaws were approved.

#### **Workshops**

Friday night was a recovery scavenger hunt that was a lot of fun. The workshop leader brought many magazines and we looked through those to find photos of things listed. We had an hour to find as many things as we could. You could also take a picture with your camera or phone or find the actual object. Marilyn B. was the winner with 43 items. Door prizes were awarded to the top three players. Thanks to Charlotte for such a creative and fun idea.

One of the workshops on Saturday was to create a vision board. A vision board is a method that uses positive thinking to attract the things you want in your life. We tapped into the magazines again and had fun. It was interesting to see what everyone created. The second workshop looked at the codependent traits of Dorothy in the Wizard of Oz movie. There was much interesting discussion. Thanks to Dephny and Gwen for leading these workshops.

### *2013 CoDA Texas Retreat – Info and Call for Workshop Leaders*

*By Retreat Committee*

We have a brand new committee excited about having a recovery-focused, fun-filled retreat!

#### **Save the Date!!**

Please join us March 22-24, 2013 --The theme is Back to Basics – Learning to Love Ourselves.

#### **Wanted: New Workshop Leaders**

For experiential topics based on CoDA approved literature. Topic ideas include: Walking the Walk of Recovery, Peeling the Onion, Boundaries, Inner Child/Self Parenting, Recovery Patterns & Characteristics, and any other recovery related topics. Contact David Mc at [dkmctex@aol.com](mailto:dkmctex@aol.com) or 817-293-5568. We have fresh ideas such as a fun Friday night ice breaker and an opportunity on Saturday night called "Claiming your



Creative Self," which can be as simple as sharing a poem, artwork/collages, storytelling, humor, music, dance, skits or any talent you want to share. Express yourself in a safe setting!

We ask you to consider bringing a playful item for the raffle, such as toys, games, stuffed animals. Also new this year, we are encouraging participants to bring a copy of your favorite (or not!) childhood picture for use on your affirmation mailbox. The old standbys will still be there such as the peaceful setting, fellowship and the campfire. So, join us this March and contact any committee member for more details. Your trusted servants are from Richardson: Martina V., Paula S., Ken S., Cindi S. and from Ft. Worth: Terri S. and David Mc. We look forward to seeing or hearing from you!! (Registration flyer is in this newsletter)

**Note:** Partial scholarships available on an "as needed" basis. Our committee will be happy to consider your request, contact Cindi S., cstephensn@sbcglobal.net or 972-977-4550.

## 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.

TX008 – Houston	\$36.40	TX454 – Houston	\$0.00
TX009 – Houston	\$0.00	TX459 – Austin	\$95.00
TX046 – Houston	\$0.00	TX471 – Tyler	\$37.50
TX051 – Kingwood	\$110.00	TX475 – New Braunfels	\$54.00
TX074 – Tyler	\$57.50	TX481 – Frisco	\$50.00
TX149 – Oaklawn	\$153.00	TX484 – Tyler	\$37.50
TX150 – Oaklawn	\$70.00	NE Texas Com Service Group	\$200.00
TX207 – Richardson Wed	\$30.00	2012 State Assembly	\$7.00
TX341 – Ft. Worth	\$262.05	Houston CoDA contributed \$400 for 2012 State Assembly	
TX419 – Bryan	\$0.00		
TX452 – Coppell	\$30.00		

<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>
<b>Total 2010 Contributions as of 12/31/10</b>	<b>\$1487.21</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>Jan</b>	Birthday Party	Jan 19, 5-10 pm	Houston, TX The Parc, 3043 N. Gessner	Linda B., 281-630-2941
<b>March</b>	Retreat	Mar 22-24	La Grange, TX	Cindi S., 972-977-4550 cstephensn@sbcglobal.net
<b>TBD</b>	Spring Board Meeting	TBD	TBD	Karen, 979-823-2482 kkg1456@yahoo.com
<b>July</b>	Conference	July 9-12	Las Vegas, NV	www.coda.org
<b>July</b>	Convention	July 12-14	Las Vegas, NV	www.coda.org

## *What is Codependence? Formation of the false person/adapt to the "cr@p"*

*By Joe B.*

There is much said about what a codependent does and little about what a codependent is. A codependent is a false person formed by the psyche to adapt to the trauma of childhood. Due to the neglect/abuse in childhood the false person is formed to protect the true self. The codependent false person assumes a role to play in order to survive childhood. The false person also falsely assumes the values of the society in which it exists. Is the false person a gift or a curse? Codependency has been called a disease of immaturity. Is that true in the literal sense? Does formation of the false person lock the psyche into an immature state of development? Does the false person form an invisible barrier that prevents the brain from fully developing due to lack of stimulus? Does the neglect/abuse during childhood cause a lack of conscience, impulsivity, and destructive behaviors? Is codependency an affliction or an addiction? Are addicts codependents first? In shutting out the bad does the false person also shut out the good? Does codependency and all addictions kill the pain of not being able to feel? If interactions with people caused the situation, do interactions with people cure the situation by changing the behaviors of the false person and allowing the true self to develop, mature and emerge? The American Psychiatric Association has recognized codependency as a separate disease and now has a DSM listing. Will insurance companies now pay for treatment for codependency by therapists and rehab centers? Does this lead the way to have a licensed codependency counselor license – an LCC? To have separate college courses devoted to codependency in psychology departments. Also seminars in codependency counseling, which would give CEU credit for LPC, LCDC and others.

"I've always been crazy but it kept me from going insane."

Waylon Jennings

## *Need New Campout Committee*

The plan for 2013 is to have four campouts during the year. We need 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)

## *CoDA Texas Website*

The CoDA Texas website URL is [www.codatexas.org](http://www.codatexas.org). Thanks to Christie for her services in getting this task done. E-mail John D. at [jrda@rocketmail.com](mailto:jrda@rocketmail.com) to post information/events.

## *Next Newsletter*

The next newsletter will be an electronic version sent out before Retreat (probably February).

## *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.



Co-Dependents Anonymous

**2013 CoDA TEXAS RETREAT  
CAMP LONE STAR @ LA GRANGE, TX  
March 22-24, 2013**

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**“Back to Basics – Learning to Love Ourselves”**

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Retreats are a time to get away from your normal life, relax, reflect, and work on your recovery while experiencing the fellowship of beautiful, loving, and accepting people who are striving to recover and heal through our spiritual program

- ❖ Serene camp setting (scenic lake, canoes, gazebo, walking trails).
- ❖ Facilities reserved and **limited to maximum of 60 people. To ensure space, please register early!**
- ❖ 1 to 6 people per room (based on availability) Each room has a private bath. Linens provided including pillows/blankets, etc.
- ❖ Camp-style hot meals provided: 3 meals on Saturday and 2 meals on Sunday.
- ❖ NOTE: Ample camp food. Special Dietary Needs **may** be available, check with Camp Lone Star or bring your own. Refrigerated storage will be available in the camp's kitchen for your use.

**Registration and Cost:**

**Early Registration at “Discounted Price” (All Payments by Check Only)**

- **\$140 MUST BE RECEIVED BY February 27, 2013.**  
Additional donations needed for Scholarships, please specify amount of donation on check.
- **A \$70 non-refundable deposit** will reserve a spot if **received by February 27, 2013** with the \$70 balance due at the Retreat. **Early registration also gets you 3 free raffle tickets.**

**All Other Payments received after February 27, 2013: \$150 (Payments by Check Only)**

Cash or check accepted at the door – RSVP, please (if not paying in advance) to check availability.

**For Additional information contact:** Cindi S. [cstephensn@sbcglobal.net](mailto:cstephensn@sbcglobal.net) 972-977-4550

Terri S. [tismitty@hotmail.com](mailto:tismitty@hotmail.com) 817-293-5568

**An information packet will be mailed or emailed to Attendees after receipt of payment in full or deposit.**

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**Make Check Payable To: “CoDA Texas” (Include this Registration Form) (Please Print)**

**Mail To: CoDA Spring Retreat, P. O. Box 300511 Austin, TX 78703-0009**

\$140 enclosed, full pmt.  \$70 deposit enclosed \$ .00 Additional for Scholarships

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY:** \_\_\_\_\_ **STATE:** \_\_\_\_\_ **ZIP:** \_\_\_\_\_

**PHONE (H):** \_\_\_\_\_ **Other Phone #:** \_\_\_\_\_

**E-MAIL:** \_\_\_\_\_ **Home Grp:** \_\_\_\_\_