

Unity Begins with YOU

CoDA Texas

Registration

2022 Summer Retreat & State Conference



Name* _____
 Phone (____) _____ Address _____
 City* _____ Zip Code _____
 Email* _____ CoDA Group _____

Choose & Check One

3-Day Retreat

\$200 _____ Full Payment or \$ 100 _____ (Deposit by June 29)

1-Day Retreat: Saturday ONLY

\$ 90 _____ Full Payment) \$ 45 _____ (Deposit by June 29)



I am donating \$ _____ to assist another CoDA member to attend the retreat; please add my donation to the Retreat Scholarship Fund.



ALL registrations MUST include: Name, City, Phone & E-mail address.

Optional Include the Name/s of your roommate/s. (When possible, send registrations together.) Don't worry if you don't have a roommate. You will pick your room and roommates at the lodge. There are ample rooms; each room accommodates 2-4 people or 6+ people. Each room has one private bath.



HOW?

1

Register



SCAN ME

2

Pay On-line

Digital payments go to: Zelle or Venmo



codatexastreasury@gmail.com

Include: **Name, Phone, & E-mail** on "Note" line.



RedOakCoda@gmail.com

Include: **Name, Phone, & E-mail** on "Note" line.



Questions: [Christina \(210\) 789-3516](tel:2107893516) or sunflowerfieldslc@gmail.com
[Gwen \(940\) 367-5749](tel:9403675749) or ascenewright@gmail.com

Tentative

RETREAT & CONFERENCE AGENDA

Friday - July 22

- 4:00 - 6:00 pm** **State Conference Meeting (All are Welcome)**
Registration Desk ~ Check-in until 9:00 pm
Silent Auction
- 6:00 - 8:00 pm** **Dinner ~ Soup & Sandwich Bar**
7:00 - 8:30 pm Get Acquainted & Creating Context
8:30 - 10:30 pm Create Mailboxes, Karaoke, Games...

Saturday - July 23

- 8:00 - 11:00 am Registration Desk Check-in
- 8:00 - 8:45 am** **Breakfast**
- 8:30 - 10:45 am** **CoDA Texas State Meeting ~ All Welcome!**
- 10:45 - 11:00 am Break
- 11:00 - Noon** **Workshop: Inner Child: Part 1**
(Speaker: David Mc)
- 12:00 - 1:00 pm** **Lunch**
- 1:00 - 1:45 pm** **Inner Child & CoDA Tools: Part 2**
(Speaker: David Mc)
- 1:45 - 2:00 pm Break
- 2:00 - 3:00 pm **Workshop: Joy Jar**
(Gwen & Cindi)
- 3:00 - 3:45 pm Your Choice - Free Time
Collect winning items from Silent Auction
- 3:45 - 5:00 pm** **12 Steps, 12 Traditions, & 12 Promises**
(Guest Speakers: Terri S. & David Mc)
- 5:00 - 5:15 pm Break
*Optional: "Dress for dinner" wear your Zoom-wear.**
- 5:15 - 6:00 pm** **Dinner**
- 6:00 - 7:30 pm** **Ice Cream Social / Pool Party**
(Bring camp chair, wear swimsuit & bring beach towel.)
- 7:30 - 8:00 pm Break
- 8:00 - 9:15 pm** **Women & Men's Meetings**
- 9:15 - ??? pm Campfire & S'mores Under the Stars
Fellowship, Games, Mailbox Support Notes

*Zoom-wear: Wear camp-casual wear from the waist-up (that's what's seen, on-screen in a virtual meeting). Wear your comfy, mis-matched, or "seen-better-days-wear" from the waist-down (that's what is not seen in a virtual meeting.) **Have fun!**

Sunday - July 24

- 8:00 - 8:45 am** **Breakfast**
- 9:00 - 9:45 am Letter to Your Inner Child or Future Self
- 9:45 - 10:15 am Pack-up Camp & Vacate Room
- 10:15 - Noon Affirmations & Closing

Silent Auction

Items for auction will be displayed. Place your bids! All proceeds from the auction go to CoDA Texas.

Donations needed: New item or gift cards for Silent Auction. (Optional)

FEATURING

David Mc has 32 years of CoDA recovery. He has facilitated many *inner child* healing workshops in both 12 Step & other venues. As a member of the CoDA Literature Committee, he helped write several sections of Chapter 5 in the *CoDA Book*, *Peeling the Onion* booklet & the *Recovery Patterns of Codependence*. David has served as a State Delegate & on the International Board of Co-Dependents Anonymous.

Terri S. has 27 years of recovery in CoDA. While working on the CoRE board, she was instrumental in converting the *CoDA Book & In This Moment* into digital formats. Terri has served as a State Delegate in CoDA.

Terri & David have been *married for 26 years*. They do volunteer work in their spiritual community, with Meals on Wheels & in other venues. They love to have fun & express their inner child. We invite you to listen to them share their experience, strength & hope for maintaining a healthy, loving relationship as a couple in the program of Co-Dependents Anonymous.

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