

*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.

Unity Begins with YOU

Contact: **Christina** (210) 789-3516 or [sunflowerfieldslc@gmail.com](mailto:sunflowerfieldslc@gmail.com)  
**Gwen** (940) 367-5749. or [ascenewright@gmail.com](mailto:ascenewright@gmail.com)

