

Co-Dependents Anonymous

PO BOX 33577, Phoenix, AZ 85067-3577

Application for Board of Trustees of Co-Dependents Anonymous, Inc.

DATE: 6/4/2023

NAME: Tina R VOTING ENTITY: Virginia {X} Trustee

Have you ever served on the CoDA Board? YES Times: 1 Dates: 2022/2023

- 1) Describe your current working knowledge of the Twelve Steps and Twelve Traditions, and the CoDA foundational documents, such as the Fellowship Services Manual, By-laws, etc.

The *Twelve Steps* have taught me how to have a healthy loving relationship with myself. The *Twelve Traditions* have taught me how to have a healthy relationship with others. More specifically, other members of CoDA World Service. I refer to the Fellowship Service Manual (FSM), by-laws and polices (of several committees) while currently providing service as a Board Trustee.

- 2) Why do you want to serve the Fellowship as a member of the Board of Trustees?

I have been an Alternate Board member since the CoDA Service Conference (CSC) 2022. In my experience, the Board is the deepest level of World Service. A Board member supports CoDA meetings by directly supporting the Committees and Voting Entities. It's an honor to be of support to those who work exhaustingly to serve the Fellowship.

- 3) Describe your CoDA service work at the Meeting, Intergroup, Voting Entity and World Service levels:

I have done the following within my Voting Entity:

- Been in rotation of each position within a CoDA Meeting (both face to face and virtual)
- Assisted with a program for residents of a behavioral institution
- Upstarted a new meeting

I severed as a member of the following World Service entities:

- Hospitals & Institutions Committee
- Outreach Committee
- Finance Committee
- Board of Trustees

- 4) Share your:

- a. Experience with the group conscience process.

I was Georgia's CSC delegate for 2021 and 2022.

- b. Courage to express yourself, ability to listen, and ability to communicate effectively.
I am confident enough to share my opinions, and humble enough to accept when those opinions are incorrect. I also acknowledge that there is wisdom in listening to others. Everyone has something to teach.
- c. Ability to manage interpersonal differences and accomplish goals as a group member.
In addition to following *The Twelve Traditions* and *The Twelve Service Concepts*, I keep in mind that we are an eclectic Fellowship. We come from many different backgrounds and walks of life.

5) The job of Trustee has varying time demands. What is your availability? I can commit to 20 hours a week.

6) Please share your vision for CoDA.

My goal, as a Trustee will be (in addition to other Board duties) to focus on a plan to bring new ideas that will offer additional support to the Committees, while implementing new strategies that will assist in attracting more World Service members.

7) Please indicate when you last attended a CoDA Service Conference (CSC) including the current year, as either a delegate or trusted servant. Also, explain your understanding and knowledge of the CSC based on your past attendance.

I was Georgia's delegate for CSC 2021 and 2022. I am attending as a Board Alternate (and liaison to the Events Committee) for CSC 2023.

CSC is where we exercise *Tradition Two* at its deepest level.