

Co-Dependents Anonymous

PO BOX 33577, Phoenix, AZ 85067-3577

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

DATE: 6/14/2023

NAME: Kevin M

VOTING ENTITY: __NY_____

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.

Through my work on IMC and Events I have become very familiar with all the documents above. Additionally my work as a sponsor and work with my sponsor, I continue to work and learn about the Twelve Steps and Twelve Traditions in various ways.

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

Step 12 tells me to carry the message to carry the message to other codependents. At this point in my recovery, I feel the best way is the join the Board of Trustees. I heard a speaker talk about going to the uncomfortable in recovery, that was how she grew. Every service position I have taken has had me uncomfortable, and joining the Board of Trustees certainly does that.

3) Describe your service work on Meeting, Intergroup, Voting Entity level, including number of years of service.

At the local level I have been the literature person, treasurer, key holder (opening and setting up meeting) of various group. I was Vice Chair and Chair of the short live Upstate CoDA Intergroup (I still manage the zoom account for the local groups). I have been a delegate for the WA VE. I have been a member of IMC and them Chair of IMC. I have been a member of the Events Committee and then Chair of Events Committee. I was briefly on the Finance Committee. I have been doing service from since I joined CoDA in 2012. I learned early on doing service helped keep me connected to the program and "made" me go to meetings when the disease did not want me to.

4) Describe any personal or professional background that you think would benefit the health of CoDA, such as experience negotiating contracts, general business management, or any other relevant skills.

Through my normal work and work on the various committees I am very comfortable with Microsoft Office 365 products. I am good with numbers and have done budgets in the past.

5) Share your:

- a. Experience with the group conscience process.
- b. Courage to express yourself, ability to listen, and ability to communicate effectively.
- c. Ability to manage interpersonal differences and accomplish goals as a group member.

Being on committees and chair of committees, I have lots of experience with group conscience process. I no issue expressing myself. Through my service and recovery work, I have learned to listen and letting others know the have been heard. I have grown in my communication. It is an area I still work on, in recovery and personal life. I will admit, my email writing can be lacking (just ask my manager 😊), but I am aware of it and working to make sure emails are comprehensible. Committees are made up of many personalities and I believe my work as chair has helped learned manage differences and accomplish goals. I am a work in

progress and I am susceptible to my disease. I do get triggered and crazymaker may take control at times, but those times are fewer and far between and I am aware of it quicker and can change my behavior.

6) The job of Trustee has varying time demands. What is your availability?

I do have a full time job. Typically, have hard stop at 830 Eastern, but can be a little flexible. Weekends are usually free. If meetings/events are scheduled in advance, I can usually make arrangements to attend. I do have limit time off from work, but when I was Chair in past I was able to make CSC work. Making other events would depend on amount time off I have left.

7) Please share your vision for CoDA.

CoDA has done so much for me. I just want it grow and be available for those that still suffer. That means I need to do my part and be of service.

8) 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 attended as CoDA Events Committee Chair in 2022. I have been to several CSC (and ICCs) and understand the process and all that is involved.