

Co-Dependents Anonymous

PO BOX 33577, Phoenix, AZ 85067-3577

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

DATE: May 11,
2023

NAME: Jay G.

VOTING ENTITY: Alternative Format Meetings

- 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.

I have reviewed 5 parts of the current Fellowship Service Manual, and have worked with the 2021 revision of the FSM. As Chair of the Outreach Committee, I am familiar with details of each section. I have reviewed and am familiar with the CODA BYLAWS Board Policies and Procedures Section 2.2. I have been a CODA member since 2010, and currently serve as a meeting leader for 3 years since starting CoDA MeninRecovery, an online open share meeting. This meeting covers the 12 steps, 12 traditions, 12 promises, patterns and characteristics, and all foundational documents, and we focus on these during the 12 months of each year.

2) Why do you want to serve the Fellowship as a member of the Board of Trustees? **Doing service work has improved my own recovery for the last 13 years, and being a member of the Board of Trustees will continue this focus on service to CoDA. My interaction with Nancy and Gail who have served as Chair of the Board has been most inspiring, and so serving as a CODA Board member seems more possible and realistic. My interest is in outreach to codependents who still suffer, and sponsorship is important, in addition to the fulfilling the duties of a Board member as identified in the BYLAWS.**

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

I began attending CODA in 2010, and my first Meeting was the MenHealingMen meeting in New Cumberland, PA. (PA091). In 2013, I joined the CODA Outreach Committee, and became Chair of the Outreach Committee in 2019. In 2020, James Kaylor and I started the CODA MeninRecovery online meeting during the COVID pandemic, and this virtual meeting has continued. I help lead this meeting, and this service work has been very rewarding and beneficial to my own recovery as we have 30+ men from around the world participating each week. On February 11, 2023, Outreach organized the 1st Annual Sponsorship Workshop. This virtual event was an excellent opportunity to

provide service to Codependents from different continents around the world, and truly represented CODA World and the needs of CODA members regarding sponsorship.

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.

I have been a college/university professor since 1975, and have been teaching online since 2004. I serve as dissertation Chair and my responsibilities include mentoring and editing the writings of undergraduate and graduate students. Writing and editing have always been an interest of mine, in addition to use of the related technology. In my profession, listening, caring, mentoring and perspective-taking skills are necessary.

5) Share your:

- a. Experience with the group conscience process.

I have experienced the group conscience process related to the specific meeting format, responding to disruptions during a meeting, 7th tradition donations, guidelines for open sharing and crosstalk. During business meetings, there was a unanimity and simple majority agreement before action was taken.

- b. Courage to express yourself, ability to listen, and ability to communicate effectively.

The Serenity Prayer is my guide. God grant me the Serenity to accept the things I cannot change, the Courage to change the things I can, and the Wisdom to know the difference. Expressing my thoughts and being aware of the connection to my feelings and behavior is part of who I am. Perspective taking allows me to listen without comment to what others share, and then to communicate clearly my thoughts and feelings as necessary.

- c. Ability to manage interpersonal differences and accomplish goals as a group member.

Social skills allow me the opportunity to observe, listen, and share as appropriate when interpersonal differences surface. The focus is on the group dynamic and group process, and leadership requires identifying and accomplishing goals by serving as a resource for the group.

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

I am available to serve as a member of the CODA Board of Trustees. I am still working fulltime, but my activity with CoDA is part of my recovery through service to reach codependents who still suffer.

7) Please share your vision for CODA.

My vision is that Codependents Anonymous provide a service to the World CoDA Community as a resource for codependents to: 1) identify and clarify codependent

patterns daily; 2) recover and heal from difficult relationships; 3) to provide guidance on developing healthy and loving relationships; and 4) to continue to grow by remaining open to God's will.

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.

2019- Pennsylvania VE delegate; Outreach Committee Chair

2020- Outreach Committee Chair

2021- Outreach Committee Chair

2022- Outreach Committee Chair

I understand the importance of CODA Service Conference as a body to give voice to Voting Entities, Delegates, Committees, CoRe Board, CoDA Board of Trustees, Observers, and to the CODA Fellowship through voting on motions and discussion of important issues, problems and solutions using the Community Problem-Solving approach.

9)

Please add any additional information you feel may be helpful in the selection process.

Tradition One seems most helpful in my recovery and work with CODA. Our common welfare should come first; personal recovery depends upon CODA unity. Members who engage in CoDA outreach keep in mind that their activities are meant to promote CODA unity, foster fellowship and support our recovery, rather than being disruptive or divisive. Thank you.