**Co-Dependents Anonymous**

PO BOX 33577, Phoenix, AZ 85067-3577

**Application for Board of Trustees of**

**Co-Dependents Anonymous, Inc.**

DATE: 8/24/2020

NAME: Barbara Delantoni VOTING ENTITY: NorCal

ADDRESS:

CITY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ STATE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ZIP CODE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

PROVINCE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ COUNTRY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

TELEPHONE NUMBERS: (H) (W)

FAX EMAIL ADDRESS

DIRECTIONS: Answer each item below as fully as possible on separate paper. Please type or word-process for legibility. Do not attach a resume.

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 been involved in CoDA service for 15 years or so. This has provided more opportunities than I can count to work with the Twelve Steps and Twelve Traditions, and the CoDA foundational documents, such as the Fellowship Services Manual, By-laws, etc. As the saying goes, “Service is the diamond lane to recovery”. It certainly gives one more than ample opportunity to work with these tools.

1. Why do you want to serve the Fellowship as a member of the Board of Trustees?

I value all the CoDA has done for me and want to give back to help others who suffer from this disease. I think I can provide a unique point of view on the Board of Trustees, having been on the Board previously, then having the opportunity to deal with the Board from the outside as a member of the CoRe Board.

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

I started out as Secretary and Literature person at my local meeting, as well as GSR (Group Service Rep). Attending the Intergroup meetings and the Norcal Voting Entity (VE) meetings exposed me to the world of CoDA outside my local meeting. I served as Chair of South Bay CoDA Intergroup, then delegate from NorCal. I attended my first CCSC in 2010 and joined the H&I Committee. Elected CoDA Board Trustee serving as Treasurer 2011-2014. Elected (twice) CoRe Board Trustee (2014-2020), serving as Treasurer for 5 years and Chair for one year.

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

As a Realtor, I have been negotiating contracts for 30 years. I was Secretary, then Treasurer of the Board of Trustees for a nonprofit related to my business activities. It was that experience that made me feel I had something to contribute to the CoDA Board the first time I ran for it. I was trained as a volunteer mediator for our local County Mediation Board. I worked for H&R Block off and on as a tax preparer, office manager, and tax instructor. As noted above I served as Treasurer for CoDA for 3 years and CoRe for 5 years.

5) Share your:

A) Experience with the group conscience process.

The group conscience process has been key to all my activities in CoDA, at all levels of service, but most particularly during CoDA and CoRe Board service.

B) Courage to express yourself, ability to listen, and ability to communicate effectively.

Over the years I have become more confident in my ability to analyze, then communicate with my fellow Trusted Servants, in both written and verbal communication. Preparing QSR Reports, motions, reports to and at CSC, etc.

C) Ability to manage interpersonal differences and accomplish goals as a group member.

Working with other codependents in various stages of recovery has been a real opportunity to practice my program, working to create consensus on a variety of issues.

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

I am self-employed, so I am able to schedule my time appropriately.

1. Please share your vision for CoDA.

I would like to see CoDA do a better job of “carrying the message to codependents who still suffer”. There seems to be a misconception that letting people know CoDA exists is violating the “attraction not promotion” tenet. I see advice columnists recommending AA, AlAnon, etc. They never mention CoDA. Why not?

I would also like to see more and better communication within CoDA. The “in crowd” knows about CoDA Announcements, what about all those in the Fellowship who don’t? When a new meeting signs up, why shouldn’t they be put in touch with their local Intergroup and/or VE for support? And why shouldn’t the Intergroup and/or VE be notified about new meetings, so they can support them?

I believe there is a need to get more members of the Fellowship involved in service. I’ve found personal invitations seem to be the most effective way to get others involved. I was invited to join H&I back in 2010, which got me started on my service path. Realizing two long-time members of the CoRe Board would be leaving, we started inviting people to join, ultimately adding six new members over time.

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

I think I still have something to contribute to CoDA to repay all that I have received. And, I have the time and desire to do so.

NOTES:

Please send your application to the above address. Refer to "Conference Election Procedures" for details regarding the Election of Trustee at the CoDA Service Conference.

Please return by email to board@coda.org and [submitcsc@coda.org](https://d.docs.live.net/31ec8f227da4f1ac/Desktop/CSC/submitcsc%40coda.org)