

Co-Dependents Anonymous

PO BOX 33577, Phoenix, AZ 85067-3577

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

DATE: July 21, 2022

NAME: Lisa J

VOTING ENTITY: Illinois

ADDRESS:

CITY: _____ STATE: IL ZIP CODE: 60190

PROVINCE: _____ COUNTRY: United States of America

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.
 - a. **The Twelve Steps are for personal recovery. For me, they offered a framework and guide for daily living. They were a pathway to freedom from codependency and other addictive/compulsive behaviors. I have continued to practice them in my every day life.**
 - b. **The Twelve Traditions for me, initially, were a guide for the group to be sustainable and healthy. I have since learned that they are also a guide for healthy and loving relationships with others such as a partner, friends, and family. They have provided me with a lens for looking at group dynamics and to function in a healthy manner. I have come to see the wisdom in utilizing the principles found in the Steps and Traditions in all areas of my life.**
 - c. **The foundational documents are an expression of Higher Power's will through the group conscience process. Relying on these documents helps keep the business of CoDA running smoothly. When I think of the Fellowship Services Manual, it is a living document that changes with the needs of the Fellowship. The By-laws guide the Board of Trustees in the legal responsibilities to the Fellowship. The Preamble, Welcome, Steps, Traditions, and Concepts are group-conscienced documents that are to be protected and preserved through the same process that created them. They offer guidance and wisdom to all from meeting attendees to Trusted Servants at all levels.**
- 2) Why do you want to serve the Fellowship as a member of the Board of Trustees?
 - a. **CoDA saved my life. I have a deep desire to give back to my Fellowship. I prayed about it, talked with my partner and other trusted members in my support system.**
- 3) Describe your service work on Meeting, Intergroup, Voting Entity level, including number of years of service.
 - a. **Meeting: I have served at the meeting level almost as soon as I started attending CoDA meetings. I have been a secretary, treasurer, literature person, Group Service Representative (GSR) and chair person. I have helped set up chairs and clean up the room after meetings. I've done this off and on for 33 years.**
 - b. **Intergroup: I helped start an intergroup in Southern Nevada (I can't recall the exact year). I served in a number of positions at the intergroup level over the years – chair, co-chair & secretary. I served on various committees associated with the intergroup including the conference committee, outreach, and**

hospitals & institutions. Currently I reside in Illinois, and have served in a variety of capacities at the intergroup level. I have done this service off and on for about 13 years.

- c. Voting Entity: I served the Southern Nevada area for 10 years, representing Nevada as a delegate at CSC for the first time in 2010. I was part of a group that attempted to connect with Northern Nevada to unite us as a Voting Entity. Though it did not come to fruition, it was a positive experience. In Illinois, I served at the area level and represented IL as a delegate at the 2021 CSC.**
- 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.
 - a. I was an early-childhood specialist for nearly 20 years. I was a teacher and an administrator. I went on to work with special needs children for several years. All of these experiences gave me great insight and compassion for people – all people of all abilities.**
 - b. I have been an office manager for 2 different companies since 2015. I have done bookkeeping, human resources, benefits coordinator and a host of other office duties. I have intermediate skills with Word, Excel, PowerPoint, Teams, Google Drive (and other Google products). I have used video meeting platforms such as Zoom, Duo, WhatsApp & Messenger.**
- 5) Share your:
 - a. Experience with the group conscience process. I am intimately familiar with the group conscience process. It has been part of my recovery since my early days in CoDA and other Twelve Step programs. I appreciate the wisdom of the process – seeking out Higher Power’s will through the process of hearing all perspectives and using the democratic process to make a decision. I am also familiar with the final decision not going “my way” and I am fully committed to accepting it as God’s will.**
 - b. Courage to express yourself, ability to listen, and ability to communicate effectively. I am very comfortable expressing myself in any situation that arises. I am equally comfortable listening without comment to what others have to say. I am comfortable asking for a “time out” if needed to sort out my thoughts and feelings. I think that I communicate effectively and work very hard to express myself respectfully with other people. I strive to listen and understand others.**
 - c. Ability to manage interpersonal differences and accomplish goals as a group member. My recovery program has given me the necessary skills I need to manage interpersonal differences. I have used writing, talking with a sponsor and even asking for help from a fellow group member to help navigate a difficult relationship. I am goal oriented and appreciate the joy of accomplishing them. I appreciate having accountability in my life to assist me in reaching my goals.**
- 6) The job of Trustee has varying time demands. What is your availability? **I am available in the evenings during the week and at least 4-6 hours during the weekend.**
- 7) Please share your vision for CoDA. **I want CoDA to be here for future generations. I want the message of recovery from codependence to reach around the world. Ultimately, I want HP’s will to be done in all CoDA business.**
- 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.
 - a. I attended the CSC in 2021 as a delegate for Illinois. I have attended multiple CSC’s as a committee chair, board member and facilitator. I will attend the 2022 CSC as the facilitator.**
 - b. My understanding of CSC: It is the annual business meeting of the corporation of Co-Dependents Anonymous. It is a time when the Fellowship practices the group conscience decision making process for CoDA through worldwide representation.**
- 9) Please add any additional information you feel may be helpful in the selection process.

NOTES:

Please send your application by email to board@coda.org or mail it to the above address. Refer to "Conference Election Procedures" for details regarding the Election of Trustee at the CoDA Service Conference.

By signing below you are giving permission to post your application to the website excluding identifying information except for your first name with last initial and Voting Entity.

Signature _____