

Co-Dependents Anonymous

PO BOX 33577, Phoenix, AZ 85067-3577

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

DATE: 5/30/14
NAME: Lorraine O VOTING ENTITY: _WA_____
ADDRESS:

CITY: _____ Seattle _____ STATE: _____ WA _____ ZIP CODE: _____ 98178 _____

PROVINCE: _____ COUNTRY: _____ USA _____

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 actively participating in personal growth for a long time. I came to CoDA seven and a half years ago. I enjoy going to my home meeting and continue to work the 12 Steps and 12 Traditions in my daily life. I have read the Starter Meeting packet and used that to start a new meeting in the Seattle area, which today is a very small group. I attended and helped at the Convention/Conference in Seattle. I have attended 4 CSC (2011-2013 as a voting delegate, this year as a Board trustee). I have presented workshops on "Step 12" and "Why do we do service work?". My working knowledge is a work in progress and this last year has increased my confidence in applying and asking appropriate questions for understanding and trusting the process through my Higher Power.

- 2) Why do you want to serve the Fellowship as a member of the Board of Trustees? I was voted onto the Board in July 2013 as an Alternate Board member. Since then, I have filled a vacancy from a board member who needed to resign. I didn't realize how much I didn't know until working with this wonderful group of people who are actively practicing their program. Their self care, patience, understanding, thoughtfulness, willingness to share where they are and thoroughness continues to be something I would like to improve in my relationships.

- 3) Describe your service work on Meeting, Intergroup, Voting Entity level, including number of years of service. Meeting level – I have led meetings, ordered literature, facilitated inclusion of newcomers to the meeting and been a part of being a sponsor in a group setting. Intergroup level – I have actively participated in most of the monthly teleconference or F2F meetings for at least four years.

I have helped spread the importance of adding service work to working a healthy CoDA program. Voting Entity level - I have been delegate for three years. I have been on the Finance Committee for two years. Total years of service has been seven and a half years. I have recently become a sponsor to a member of CoDA.

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 a degree and over 25 years of accounting experience. I am self-employed as an accountant for small businesses, for over 20 years. Most of my clients have been with me over 12 years so I am interested in creating a long-term relationship atmosphere. I have had employees. I have an ability to hear all sides and remain impartial while working toward a viable group conscience solution. I have great experience in being able to come up with solutions with working with what is available if that is the only alternative.

5) Share your:

a) Experience with the group conscience process. I believe in the group conscience process wholeheartedly. It has increased my confidence in my Higher Power. My first life changing experience with the group conscience process was the Denver 2011 CSC. I have been blessed all the more for it. After this year on the board, the group conscience process has helped me let go more and more of perfection and stress.

b) Courage to express yourself, ability to listen, and ability to communicate effectively. My confidence in expressing myself in the moment is a bit slow since I want to do it "right". I practice active listening and also believe that silence is also sometimes necessary to get to the same page. I communicate far better in person or on the phone. My email responses have really improved both in wording and timeliness, although there is still room for improvement.

c) Ability to manage interpersonal differences and accomplish goals as a group member. I have had many discussions about differences in opinions or ideas with my accounting clients. I use keeping the bigger picture (the good of CoDA in this case), being able to state and make amends (I make mistakes), and the ability to discuss issues of difference to resolution (how can we do it/be better) as part of this process. I tend to separate a bit from any derisive emails for a bit longer so as to be able to resolve my feelings and respond in an appropriate manner. There's a definite state of disappointment in being a part of a interpersonal difference, highly stressful for a time then an acceptance that the good of CoDA regardless of any personal conflicts.

6) The job of Trustee has varying time demands. What is your availability? My availability is sometimes limited in the ability to respond to emails/issues immediately. If I am notified in advance of meetings/teleconferences, I am usually available.

7) Please share your vision for CoDA. Creating a calendar of known CoDA events, committee meetings etc would be helpful in providing timely self care. It is important, to be proactive in keeping an ear to the ground for concerns from the local level of the Fellowship by having long range goals and informal budgets for future needs. The communication within CoDA needs improvement,

communication throughout the world to new voting entities is especially important as CoDA becomes a larger worldwide Fellowship. Continuing documentation of repeating tasks, procedures and events so that more time can be spent in relating to each other while in service, is important to me.

8) Please add any additional information you feel may be helpful in the selection process. I have enjoyed being an alternate and then as a board member to fill a vacancy. It's been a constant reminder of humbleness as I reflect on the vastness of CoDA and the hundreds of people who come together in a common interest.

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.