



## CoDA Quarterly Service Report

Co-Dependents Anonymous, Inc. PO Box 33577

Phoenix, A.Z. 85067-3577

(602) 277.7991

**4<sup>th</sup> Quarter 2000**

[www.coda.org](http://www.coda.org)

### CoDA Board Report

The idea of "Gratitude Month" was presented at NSC 2000 as a state issue from Ohio. The issue requested was that CoDA national adopt the month of November to be "Gratitude Month".

Something that's been done in Ohio for almost two years is, to have a topic of the month. At the monthly business meetings, a topic is presented for group conscience approval. The suggestion is that meetings include this recovery topic in their meeting sometime that month. The idea has been highly successful, and so the idea of bringing it to national was born.

The national Outreach Committee reviewed and approved the idea and gave the CoDA Board the responsibility to facilitate the implementation of November being Gratitude Month. After Conference, I called on Linda W, Northeast Ohio CoDA community chair, to share her ideas about gratitude. Linda was the one who brought this idea of a monthly topic to NEOCC, which after a group conscience, ultimately brought the issue to NSC. She responded and submitted what you see in this CSR edition. Thanks to Linda W. for sharing her gift!

We ask the CoDA community at large to share the gratitude we feel for the program of Co-Dependents Anonymous and what it has done for us. Let's share that gift with other codependents who still suffer, by making November a month where we share our experience, strength, hope and gratitude for ALL that CoDA has done for us. There is a brief reading on gratitude in this CSR, which we offer to the Fellowship for use in your meetings and communities.

May the peace and serenity you desire fill your days one day at a time.

In the spirit of recovery,

Tom L

Chair, CoDA board of trustees

CoDA Board Liaison Assignments		
Assignment	Primary	Backup
	<b>Chair</b>	
ITI	Tom	Curtis
SSC	Tom	Rosemary

Legal	Tom	Judi
	<b>Vice-Chair</b>	
NLC	Judi	Rosemary
Recovery Writers in Action	Judi	Rosemary
	<b>Treasurer</b>	
Finance	Curtis	Judi
CoRe	Curtis	Rick
Web	Curtis	Rick
WS CoDA	Curtis	Rosemary
	<b>Secretary</b>	
Co-NNections	Rick	Judi
CSR	Rick	Judi
Outreach	Rosemary	Tom
Fellowship Services	Rosemary	Tom
Conference	Rosemary	Judi
Convention	Rosemary	Judi

## **Guidelines for Membership Participation in CoDA Board Conference Calls (Board meetings)**

These guidelines are to facilitate the observation of interested members of the Fellowship in the Board of Trustee conference calls. The Board's use of teleconferencing on a monthly basis to conduct the business of CoDA is not intended to close the meetings, nor to conduct CoDA business in secret; it is intended as a money and time saving use of technology. The Board feels that its meetings should be open to the Fellowship and welcomes the interest and appropriate participation offered.

1. The CoDA Board will announce the date and time for the scheduled monthly conference calls of the CoDA Board in the CSR and on the CoDA Web Site. They typically take place at 7 p.m., Eastern Time, on the second Sunday of the month.
2. Information that needs to be supplied by a member is: name, postal mail address, phone number they plan to call from (necessary to identify actual charges), Email address (most timely, cost effective and preferred communication method).
3. Members agree to reimburse CoDA for the cost of their participation in the conference call. Recent conference calls have lasted approximately two hours and that translates to about \$35.00 in phone charges. The Treasurer will advise the member of the amount due when the phone bill is received. Prompt payment is appreciated. Failure to pay will exclude member's participation in future calls until charges are paid.

4. It is at the discretion of the Board as to whether or not participants will have a "voice" during the call. This is based on the time constraints that we have and whether or not a participant has specific information or expertise on a subject under consideration.

5. Those members agreeing to the above conditions and wishing to be notified and given access to the Board conference call should:

send Email to: [coda.usa.board.treasurer@usa.net](mailto:coda.usa.board.treasurer@usa.net)

or Postal Mail to:

CoDA  
Attn.: Treasurer,  
P.O. Box 33577  
Phoenix, AZ 85067

The Board would like to receive requests for participation seven days in advance of the conference call. Postal mail will take up to fourteen (14) days to reach the treasurer. An attempt will be made to accommodate requests received later.

### **CoDA Service Conference Committee**

NSC 2000 was held in Los Angeles, California. NSC 2000 committee believes it was truly higher powered, with much work being done, in a timely manner with healthy relationships. For those who have not been to conference in some time, we are pleased to report conference has become a great experience. We were so excited to see friends from many years ago as well as those who were new to the Service Conference.

We are not yet financially self-supporting; this year, we would have needed another 25 delegates/alternate delegates to be self-supporting. We hope the word will spread about the positive work experience this year provided, and next year will see the representation expand.

This year, the NSC committee presented additional guidelines helpful to the presentation of conference, and those guidelines have been passed on to the Service and Structure committee, for possible inclusion in the Fellowship Services Manual. We are completing another part for the FSM that is information for future conference committees, about what is needed to put on conference. It will contain information on how many rooms do we need, how many microphones, how many registrants to plan for, what the negotiations might include with the hotel, what the mailings include, cut off dates for mailings, and other information relevant to putting on conference. If anyone is interested in the final financial report, or in what is being submitted to the SSC committee, please contact us at [meidreams@aol.com](mailto:meidreams@aol.com) or [anita2613@aol.com](mailto:anita2613@aol.com).

We are grateful for the opportunity we had in serving the Fellowship. It has been a wonderful experience.

**See Flyer at bottom**

## **CoDA Literature Committee**

The National Literature Committee has begun its work for the year. One of our first jobs was to revise our guidelines. The draft has recently been completely revised and mailed to NLC members for their review and later group conscience vote. We have also begun planning our timeline for the year. We are currently planning our April and July meetings at which we plan to work on the following literature projects: The Steps and Traditions Workbook; The Preamble and Welcome; Crosstalk; and Threads of Co-Dependency.

At the National Service Conference held in October 2000, the following new pieces of literature from the NLC were also approved: The Steps and Traditions Workbook (Steps and Traditions 7-9); Communication and Recovery; another group of meditations for the In This Moment daily meditation book; and lastly, a new flyer that local groups can use to inform people about their meetings.

## **Outreach**

### **Teens**

See ITI

## **CoDA Convention Committee**

No Report

## **Service Structure Committee**

Greetings to the Fellowship from the Still Silly Codependents, aka SSC!

We have made our list and checked it twice (sorry, stuck on the the tune for the Conference report) and have decided to shamelessly steal a great work style from our highly productive National Literature Committee - Project Leaders!

Work Team A is addressing the impact of the recent legal opinion clarifying that the fellowship is responsible for the NSC, not the Board, as we previously assumed. That team will review and clarify our conference procedures, Bylaws, Fellowship Service Manual, and Articles of incorporation. The team leader is David L, and other members are Allison F and Booky B. Team A will begin work immediately.

Work Team B is reviewing the Fellowship Service Manual for any inconsistencies or omissions. (For example, we all believe that individual contribution guidelines are in there, but they aren't and should be.) The Team Leader is Allison, and other members are Ernie P, David L, Monica P, and serving in an advisory capacity, Rosemary D. Team B members will start looking through the manual individually, and will work actively together in the first quarter of 2001.

Work Team C is reviewing and rewriting the Service Concepts. What is so great about service work, anyway? There are some good ideas in the Concepts now, but we need better clarity. The California work team will revise the concepts in style! Team leader is Sama V. and other members include Dave from CA as well as other local members. Team C will start work right away.

Work Team D will do a final review of the Starter Packets, incorporating input from others in the fellowship. This team will be built later in the year as additional input comes in, and the work will take place in the 3rd quarter of 2001.

Work Team E will make a list of all CoDA Foundational documents. Team leader is Sheila H, and advisory members are Rosemary D, Conrad W, and Annie R. This team will complete work by the end of 2000 and will decide the best way to make this information available to the fellowship.

Work Team F will review the Bylaws and propose any needed changes to the NSC 2001. The purpose of this effort is to ensure that the Bylaws reflect our needs and current practice as a growing organization. Team leader is David L, and other members are Allison F and Booky B, with advisory member Rosemary D. This team will complete its work in the second quarter of 2001.

Work Team A-1 is the quality control team. Their primary function is to review and participate in the group conscious process to finalize work completed by other work teams. Team members are Anne R and Conrad W.

A careful reader will notice that the SSC Chair, Sheila, appears only once on the list, in a very cushy appointment. This is due to the fact that she will make herself available to \*all\* teams as needed on an ongoing basis throughout the year. Also, the teams are somewhat fluid, and members are free to join new work teams as their time available allows. For now, if any member of the fellowship has input for a team, please address comments to the team leaders. Send a snail mail to the Phoenix address, or email [teacherh1@yahoo.com](mailto:teacherh1@yahoo.com) (SSC Chair) and she will forward your message.

In other late breaking news, SSC has chosen the time and place of the Spring face-to-face working meeting. We will meet in Houston, Texas from March 21-23, and will close our work time together by attending the Texas State Recovery Weekend in La Grange from March 23-25. A perfect way to balance service work and personal recovery! We hope to see many of our CoDA cousins there.

Best wishes to all for a happy, healthy upcoming holiday season.

In service,

Sheila H, SSC Chair

## **Website Report**

The website team has updated the news from the NSC and all reports are now available. The re-linking of CoDA Communities web pages was accepted. The guidelines to follow are posted. If your community has a web page and you want to have a link from the National website, you must agree to abide by these guidelines. Send a request to the [webinfo@codependents.org](mailto:webinfo@codependents.org) and your site will be reviewed by the board to determine if a link can then be established.

We have been receiving many messages from users trying to access the meeting list and they are not connecting. We are unable to determine any problems with our site. Often times the user is behind a firewall that is blocking the connection. These types of errors are out of our control, but we do try to get the meeting list for these users as time permits.

We have added all the new names of the Outreach committee to the mail distribution list for info@. This is an important service these volunteers provide by answering the questions that are received at info@. Thank you all for your service.

We are continuing to make improvements and enhancements to the website. Last month we added a large button to be a link to the meeting list. We are currently exploring the idea of adding an e-mail address to the meeting contact person. Sometimes it would be easier for a person to send e-mail to get information on a meeting by e-mail vs. phone call.

Send in your information. This is your site. We need events to post!!!!

Respectfully submitted,

Annie R.

### **Finance Committee**

No Report

### **Co-Nnections**

Thanks again to all that sent articles for the *2000 On-Line Co-NNections*, I think it was a very good edition and I know I am not biased.

Now for the coming year...

Each committee was asked at conference to create goals to be accomplished before the next National Service Conference. It is difficult to create goals for a committee whose function is to publish a document like Co-NNections, where its existence is dependent upon the writings of other codependents. After much thought I decided there is a goal I as committee chairperson can accomplish... I will commit to getting in touch with each person who attended the NSC and nag, I mean, ask each one to send one original article, poem, story, life experience or cartoon to be put on the Web and included in the 2001 edition. Thank you in advance for your help. It would be great if you would send in articles without me having to ask. How about it?

To all that read this report, go out to the web site, click on Co-NNections and send us something. This is a great easy way to get your 15 minutes of fame.

Ramona P., Chairperson of Co-NNections

### **Hospitals & Institutions (H & I) Report**

See ITI

### **Online Support Committee**

No Report

### **CoRe**

### **Issue Mediation Committee (ITI)**

As the newly elected Chairperson of the Issues, Teens and Institutions (ITI) committee, I want to thank the National Service Conference (NSC) for placing its confidence in us as a committee and I thank the committee for having enough faith in me to elect me chairperson. I have the honor of working on the committee with the following people:

John C. (TN), Bob C. (OH), Jim C. (CA), Carol D. (CA), Charles H. (CA), Mary I. (NC), Jane H. (WA) and Joanna H. (AZ).

I feel confident we will make progress in our attempts to get CoDA into institutions. Bob C. graciously volunteered to co-chair the Institutions part of the committee. It is going to require a lot of work to get CoDA going again in institutions. I'm sure Bob can use lots of help. If you are able to assist in this effort or are currently working with an institution please write Bob in care of CoDA national at the Phoenix address. This is a huge undertaking, Bob cannot do it alone, please help us.

The Teens portion of the committee will be co-chaired by John C. One of the areas CoDA is weak in is the area of supporting our teenagers. We really need to provide a safe place for the teens that need CoDA. I was already a blatant co-dependent in my teens, if I had known there was help for me I like to think I would have had the courage to reach out. If you are involved in CoDA Teens or want to start a CoDA Teen group please get in touch with John through CoDA National at the Phoenix address.

Both of these programs need lots of work; this is a great opportunity to grow in your program through service work. I promise you will gain much more from getting involved than you can ever imagine. If your recovery program has hit a snag or doesn't seem to be going anywhere, start doing service work and watch it grow!

The Issues Mediation (IMC) part of the ITI committee has an obligation to the NSC and to the full CoDA fellowship to assist in the resolution of any issue or conflict that is given to the committee from anyone in the fellowship. There are guidelines in the Fellowship Services Manual on how to resolve conflicts (the manual may be downloaded from the CoDA web site). The steps on conflict resolution in the manual must be followed and every attempt made to resolve an issue prior to bringing it to IMC. This committee does not have all the answers but we will work with you to help resolve issues and problems in a fair and peaceful manner.

Ramona P.  
Chairperson ITI

### **Fellowship Services**

No Report

### **Ad Hoc Committee**

No Report

### **Secretary's Report**

No Report

### **Treasurers Report**

No Report

### **Recovery Writers in Action**

The CoDA Book Committee elected a new chairperson, Carole D. from Southern California. The committee then decided to rename the committee "Recovery Writers in Action" to more accurately reflect the direction this committee wants to go. RWIA will focus on gathering stories which directly address using the tools of recovery in our daily life - the "recovery in action" part of our committee name. The committee discussed several ideas such as generating numerous volumes which may develop as submissions are received. The committee is in the process of developing more specific direction and goals. The immediate goal is to let the fellowship know the new committee name and encourage contributions from the fellowship sharing their "recovery in action" experiences. The committee also discussed turning the project of editing the CoDA

Book back to the National Literature Committee, however a final decision has not been reached. The committee has a possible new member, Pat W. from West Sacramento.  
With love in recovery,  
Carole

**NSC Flyer**

**National Service Conference 2001**

**Hosted by DAA-QUEBEC (French CoDA)**  
September 12<sup>th</sup> to 16<sup>th</sup> 2001  
**CoDA World Service Conference**  
**From September 11<sup>th</sup>**  
**More details to follow.....**

**Something to Think About**

**For November**

**Gratitude**

*It may be difficult to remember to be grateful  
for those things that we remember as painful.*

*In CoDA recovery, we learn that all of  
the events of our lives  
are to be cherished.*

*Those events made us who we are  
and led us to where we are today.*

*Especially the painful times.*

*We are grateful to our Higher Power for the lessons that led us to find peace and to  
find this*

*program. Without those painful moments, hours, or even years, we could not have been led to  
this program.*

*Had we not felt the pain, we may never have  
come to feel the peace and serenity of recovery.*