

CoDA Second Quarter Service Report for 2010

Co-Dependents Anonymous, Inc. *Hereinafter "CoDA, Inc." or simply "CoDA"*

PO Box 33577, Phoenix, AZ 85067

602-277-7991 or 888-444-2359

www.coda.org

Board of Trustees Report

CoDA world fellowship brims with bright energy, fresh ideas and willing hands. There are more Trustees on the Board from outside the United States than inside. We have crossed an important threshold in our development as a world fellowship.

Board Elections: The Board wishes to thank Steve for his three years of service, especially his time as Treasurer. We look forward to working with him as the Finance Committee Chair. Last year, Geraldine (UK) accepted the position vacated when another Board member resigned. This year at CSC, she was ratified as Trustee and promptly elected Vice Chair. Our new trustee is Jutta (Germany). Alternate Trustees are elected annually and include: Delia (Italy), Dagmar (UK) and Mercedes (Mexico). Another member from the UK recently resigned her position. At CSC, the Board announced that the Treasurer's position was vacant. We received many applications and after vetting the applicants and meeting with them, we drafted Dennis and France onto the Board during our August Board conference call. France, with her accountant background, was promptly elected Treasurer. Dennis has extensive business background and will be backup Treasurer and handled Legal issues. Dennis and France have also accepted positions as liaisons to committees, so they are really jumping in to learn how to take care of CoDA business.

The Translation Management Committee signed publishing agreements with a number of countries/Voting Entities. See the TMC report for further details. CoDA continues to receive 7th Tradition donations as per our agreements with: Canada, Germany, Italy and others and soon from Quebec (French Canadian), Mexico, Japan, UK.

The CoDA Service Conference stretched dollars to cover operational and committee expenses with reduced budgets. CoDA continues to maintain a three-year prudent reserve, so we remain secure. In recent years, the number of meetings in the USA has remained essentially the same. Meetings – and their organization into intergroups hence developing into Voting Entities – outside the USA continue to increase.

At CSC, most reports were presented via Power Point making it possible for all participants to be fully engaged in the conference. This also reduced the amount of paper consumed. We thank the Events Committee for establishing this precedent of making CoDA "green". Many committees worked together to accomplish goals and **not a single thirty-second silence was requested!**

A CoDA virtual office is coming soon! In 2003, Motion # NSC03046, passed by a super majority, required committees to create a "trusted servant guide book" that would be available via password protection on the website. At that time, the website contained a

wiki, but not uploading capability. The Board's 2010 Motion #10101 requires committees to write their histories, operational instructions, and processes including chain of actions. This motion was passed by a super majority, agsain. The Board will deploy a Content Management System (CMS) within our website to provide storage space for historical and operational documents.

Did you know that almost all budgets and motions were made available on the website prior to CSC? At CSC 2011, motions will be submitted 60 or 75 days prior to CSC. This will provide communities and intergroups more time to discuss important issues.

The CoDA founders, Ken & Mary, joined us for the CoDA Convention, directly following the CoDA Service Conference for the second year in a row. Great recovery and what a joy to be with them!

It must be Silver – We hope to see you in Denver, Colorado for CoDA's 25th birthday celebration. It is now scheduled for July 5-9, 2011.

At the end of this QSR there is a wonderful group of reports from most of the international delegates to the CSC. Please take the time to read these as they are quite worthwhile. And be looking for international VE reports in subsequent QSRs. Thank you to all those who came together from everywhere to make this year's CSC so interactive and healthy.

JudiAnn, Chair (Texas), Geraldine, Vice-Chair (UK)

France, Treasurer (SoCal)

Salle, Secretary (NorCal)

Trustees: Julie (Nevada), Jutta (Germany), Dianne (Vancouver, Can) and Dennis (SoCal)

Alternate Trustees: Delia (Italy), Dagmar (UK), and Mercedes (Mexico).

Events Committee Report for 2010 Q2

The Events Committee wants to thank everyone who attended our International CoDA Service Conference and Convention. It was so good to see and work with you all. A special thank you to SoCal and LA-Coda for all your help and wisdom throughout the planning stages of this year's double event.

We are still working on our numbers and will update on our next report. It was a very good turnout this year with the most international delegates attending CSC ever. There were also a great number of participants from outside the Los Angeles area as well as outside the United States.

Our feed back has been positive on having the Convention start after the Service Conference. Many delegates stayed for workshops over the weekend. As an added bonus, the weather in Southern California was beautiful for those of us who went on a cruise around the bay.

The CoDA Colorado Community has been selected to assist the Events Committee in hosting the 2011 International CoDA Convention. We are also looking for interested groups for our 2012 meeting, please contact Events if you have questions.

Our new chair is Thom F, Co-Chair Michelle E and Treasurer Nancy M. members Chris H, David L and Petra P. All our members have agreed to stay on this committee; we want to continue with the vision of growing and spreading the word of CoDA.

Chris H-Chair, Thom F Co-Chair, Michelle E Treasurer
Members David L, Nancy M and Petra P.

Communication Committee Report for 2010 Q1

We developed and submitted 3 motions for the upcoming CSC, all designed to improve the process and flow of information out to the communities and also at CSC. The 3 motions are:

- To ensure that VEs have an opportunity to review VE Issues, Motions and By-Law Changes prior to CSC
 - Motion passed with some amendments
- Ensure that VEs have an opportunity to review new and changed literature prior to CSC
 - Time ran out at CSC before this motion could be acted on; however, Literature committee seems to be implementing requested changes anyway!
- That all committees should provide their budgets for the upcoming year to the Finance Committee before the start of CSC
 - Motion passed with amendment requiring budget submissions no later than 2 weeks before the start of CSC

We have prepared a list of goals for next year, which will be presented at CSC along with a budget to support achieving those goals. We have started to look at ways to increase participation of more VEs in the CSC process. This is one of our primary goals for next year.

As part of the implementation effort related to the new phone answering process, the number for Spanish-speaking people is in the process of being activated and once activated will have a volunteer available to answer within a specified time-frame. We are looking for Spanish-speaking volunteers, so if you are interested please contact comm@codas.org. The line for English-speakers has 3 volunteers who share the week and it is going well.

We have purchased new web hosting for the email list and are in the process of moving the software which will remove some sending limits we're currently dealing with and hopefully increase deliverability. The español community is considering going to an

interactive format which would require different software which we already have access to with the new host at no cost.

Our current subscriber numbers as of 8/3/10 (6/29/10 numbers in parentheses); big increase since exposure at CSC and improved visibility on website:

Main List: 1487 (1162)

Co-NNection: 730 (311)

QSR: 352 (210)

Español: 164 (136)

The Communication Committee continues to have monthly conference calls, usually the 3rd Sunday of the month. Current members of the Communication Committee are Allan (SoCal), Doug (FL), Eric (CO), Evie (SoCal), Florence (MD), Geff (WA), Jeri (NorCal), Leo (SoCal) and a new member Liz (PA). Shari A (AZ) joined our committee at CSC and we look forward to her participation this year.

Respectfully submitted,
Evie S, Committee Chair

Finance Committee Report for 2010 Q2

Issues Mediation Committee Report for 2010 Q2

Business Accomplishments & Progress

1. Discuss & resolve new Dispute from PA. Gather information from complainant and other parties. *PENDING*
2. Contact SSC regarding past "open" VEI's & identify those which are closed or can be closed. *COMPLETED*
3. Updated VEI Summary Table with SSC closed VEI's. *COMPLETED*
4. Discuss the VE list and IMC's possible involvement with Board re: Events Committee's grant process for CSC. This issue was initially brought up by the Events Committee by inviting IMC to participate with April 11th Board conference call. *COMPLETED*
5. Completed and sent IMC's report to website coordinator, with IMC web updates. IMC updates in three separate link locations. *COMPLETED*
6. Update FSM's "Disagreement, Mediation and Resolution" section. *COMPLETED*.
7. Prepared and submitted F2F 2010 meeting ER's for three/four members to Bookkeeper, Finance Liaisons for reimbursements. *COMPLETED*.
8. Continue to monitor and track CoDA's VEI's (Voting Entity Issues). *PENDING*
9. Establish a guide of items to consider when applying for division of a VE. *PENDING*

10. Formalize a list of recognized VE's (call them registered). *PENDING.*
11. Suggest a "help tutorial" for users of the Final Summary VEI & VEI table to web coordinator. *PENDING.*
12. Submit revised IMC Description to SSC and submit motion for 2010 CSC approval. *PENDING.*
13. Submit revised "Disagreement, Mediation and Resolution" section to SSC & submit motion for CSC 2010 approval. *PENDING.*
14. Move IMC elections from 2010 CSC Agenda from Tuesday am timeslot to *after* IMC Report on 11:30am Wednesday timeslot. *PENDING.*

New Business and Continuing Items – Goals

1. Continue to track & monitor VEI's & gather data from remaining committees.
2. Continue to update Summary VEI Table.
3. Establish a guide of items to consider when applying for division of a VE.
4. Formalize a list of recognized VE's (call them registered).
5. Continue to mediate ongoing disputes from CoDA entities as outlined in the FSM.
6. IMC may consider a F2F for 2010.
7. Follow-up & resolve the new PA dispute.
8. Improve upon our inter-communication methods to problem solve issues assigned to IMC.
9. Provide Final VEI Summary Table to web coordinator for web insertion.
10. Prepare & Present CSC 2010 Report & Budget/Goals.
11. Move IMC elections from 2010 CSC Agenda from Tuesday am timeslot to *after* IMC Report on 11:30am Wednesday timeslot.
12. Submit revised "Disagreement, Mediation and Resolution" section to SSC & submit motion for CSC 2010 approval.
13. Submit revised IMC Description to SSC and submit motion for 2010 CSC approval.

Members: Natasha K. (AZ), Chair, Curtis F.(MO), Loretta D.(WA), Martha R.(TX)

Report Prepared by: Natasha K. (AZ)

Cc: Julie B. & Diane B. (imcliaison@codas.org) & IMC

Translation Management Committee Report for 2010 Q2

Committee Goals:

1. Continue to respond to country requests for Translation and Publication agreements
2. Gain greater participation in the work of this committee
3. Appoint a new chair.

Committee Actions Plans:

1. Policies and Procedures have been put into place. Expand their visibility via the website.
2. Encourage Alternate Trustees from other countries to become involved in TMC.
3. As new members join, request volunteer for chair position.

Committee Report to CSC:

- Introduction of Leo and an explanation of his versus committee duties.
- Review policies and procedures.
- Status of current activities:

Country/Language	Status
Australia	Contract initiated in 1997, but unable to renew contact
Braille	Received inquiry about Braille material. Australia has some.
CDRS (Canada)	Signed a P&D Agreement that needs annual renewal.
Chinese	Translated MSP; signed Translation Agreement; pd 1 st website in Taiwan
DAA (Canada French) Request for English	DAA has some English speakers; request to copy English literature was responded with "No." No more contact.
Dutch	Sent Application to translate, did not respond to Translation Agreement; requested funds to publish CoDA Book (Tabled to Board – "No")
Finnish	Sent in request years ago; cannot re-establish connection.
French 1	Person wanted to translate CoDA book into French; lost contact
French 2	Person knew of translator; lost contact
French 3	Person contacted TMC to translate website into French; lost contact
French 4	Individual wanted to translate material into French; responded TMC working with DAA and he should also.
French 5 DAA	DAA signed translation agreement and P&D Agreement. Need to renew P&D Agreement.
German 1	Germany translated CoDA Book; Board signed agreement to cover it. TMC has signed translation agreement and signed P&D Agreements for several documents with Germany; these agreements require annual renewal.
German 2	Person wanted to translate material. Board issued Cease Order due to CoDA working with Germany.
German 3	Person wanted to translate material. He was informed that CoDA was working with Germany. No further contact.
Iceland 1	Person contacted in 2005; lost contact.
Iceland 2	Received agreement from person, but lost contact.
Italian	Signed Translation Agreement; working to develop P&D Agreement. They have material they sell.
Japanese 1	Received application and working on MSP.

- Name change – many ideas: Translation Project Management; Translation Process; Translation Process Management; Translation Coordinating Committee ...

Members: Roy L, Leo C (Fellowship Services Worker), Fernando, Judi, Lena, Gerald B

Hospitals and Institutions Report

Letters received 67, Letters sent 1, Letters returned 1

The rest of the mail is still being processed.

Some invoices from 2009 were received and will be submitted for payment shortly. It is not certain that all of 2010 invoices have been received; awaiting a response to phone message left regarding them.

Respectfully submitted by: **Chair** Sandra

Outreach Committee Report for 2010 Q2

Incoming E-mail Numbers, 2010

Quarter	Outreach	Espanol
First (Jan-March)	284	65
Second (Apr-June)	271	47
Third (July-Sept)	---	--
Fourth (Oct-Dec)	---	--
2010 Totals	555	112

The Outreach Committee News

1. Outreach raised the issue of **CoDA Teen** when six requests for CoDA Teen material prompted members to reconsider these codependents who are still suffering.
2. Outreach recruited more Spanish speakers for CoDA's new *phone.com* answering service. The training provided in Outreach will serve them, and newcomers, well.
3. For CSC 2010, Outreach prepared and carried out a Group Conscience on four motions concerning limits on Board authority:
 - *Committees need face-to-face meetings during the CoDA Service Conference.
 - *If the Board can't resolve a conflict with a trusted servant using the CoDA disagreement and mediation process, then the Board must work with the Issues Mediation Committee (IMC) to face the conflict.
 - *Board qualifications.
 - *Committees decide how best to do their service work.
4. Outreach had two open committee teleconferences, on May 22 and 23, 2010, to discuss limits on the Board's authority. During those teleconferences, we crafted and voted upon a motion regarding the Board/Finance action that disallowed committees' use of their allocated budgets for face to face (f2f) meetings during the CoDA Service Conference.
5. Outreach proposes having regular teleconferences across committees in light of success of cross-committee teleconference in May 2010.

6. OUTREACH continues to be involved and concerned with the security, accessibility, ease of use, and general utility of the meeting database. Outreach received an e-mail from a member pointing out a breach of anonymity in a document posted on the web and interfaced with the web coordinator and the person to resolve the issue.

Español (Spanish Outreach) Committee News

Español offers experience in Spanish-English interchanges to the wider CoDA community, in several areas. These range from addressing the bottleneck of some five to seven years that has elapsed since CoDA sought to take well-translated literature through to printing and sales; participating in the Spanish side of *phone.com* answer line; editing the Spanish version of the CoDA Announcements list and reworking current website pages where ungrammatical or poorly translated Spanish text discourages old timers and newcomers alike.

1. Editing of entries for Spanish meetings will be undertaken by members of this committee in cooperation with Fellowship Services worker Joan after the CSC.
2. Titles of tabs on the Spanish meeting database form edited, with Web Coordinator's cooperation, to provide clarity over the former 'Alternative' category's relevance to newcomers in search of a meeting.
3. Lack of visibility of this body's name on the primary Spanish web page (**Bienvenido a CoDA**), plus emergent list of CoDA Announcements in Spanish, as compared with the frequency that a reader is directed to Outreach throughout the English web pages, raised as possible reason for the lack of emails received by this committee. Web Coordinator cooperated in raising committee name from a footnote to one covalent with other entities named on the Spanish Welcome page.
4. The **Guidelines** to answering the phone using *phone.com* have been translated by a member of Español, and the committee is anxious to see a separate answering line for Spanish language calls begun. A proposal to redirect calls received in Spanish to one member's email has already been accepted.
5. Español stresses that it behooves English-speaking CoDA to consult this committee when publishing in Spanish. We urge CoDA members tasked with such postings to pass their copy by this committee, to prevent publication of items in less than grammatical Spanish.
6. Español seeks to find a way to hold teleconferences across national borders, as its members are presently evenly divided between the North (US, Mexico) and Central America (Nicaragua).
7. Español proposes establishing a budget (\$5,000) to send its members to CoDA various conferences in places such as Madrid, Puerto Rico or Venezuela, as part of the committee's mandate to spread the message of recovery and to promote the sale of CoDA literature in translation.

- **Examples of possible conferences to attend for International presence**

- a) **January, 2010, 3rd National CoDA Conference, Mexico**

Ana C., from the Group Manantial de Vida in Guadalajara was pleased to

include Español in the invitation to participate in the Third National CoDA Conference/Mexico, held on Saturday, January 30, 2010.

- b) **January, 2010, Llerida, Spain, Association to Stop Violence**
María Elena N. S., the president of the Association, acknowledged that the victims of violence are generally codependent, so that the psychiatric treatment they offer would be helpful to the rehabilitation of the affected parties.
- c) **March, 2010, Madrid, Spain, First CoDA Retreat**
Cristina, member of a CoDA Group in Madrid, reported that while they are a young fellowship with various meetings that they have yet to solidify the structure of an Intergroup. She wrote to Español Outreach to ask for help, because they wanted to create the first CoDA retreat in Madrid and had learned to ask for help. She expected to find such help by writing to us

Professional Outreach News

Committee teleconference held to further consolidate its raison d'être and plan of action.

Membership:

Outreach: Allan B. (SoCal), Debi M. (NorCal), Florence F. (MD), John (PA), Karen G. (TX), Lisa (NV) and Wayne M. (NorCal).

Español (Spanish Outreach): Linda A. (SoCal), Madeline (FL), Maggie (Nicaragua), Marilia (Mexico) and Tracey (IL/FL).

Professional Outreach: Allan B. (SoCal), Cindy (NC), Donna (NC) and Lou (IL).

Update Outreach Meetings: Allan B. (SoCal)

Literature Committee Report for 2010 Q2

Discussion Items:

1. From “counter-dependence” to “avoidance”.

At CSC in 2007, the VE of AZ requested that the Patterns and Characteristics of Codependence be revised. They wanted to reach a certain group who did not think they belonged in CoDA because they couldn't identify with our Patterns and Characteristics.

In 2008, CSC directed CLC to explore this issue.

In 2009, at the CoDA Convention, CLC held a group discussion with CoDA members from all over the world. The group conscience of this diverse meeting expressed the belief that these controlling and avoidant behaviors are part of the codependency continuum.

During 2009-2010, CLC has worked on interspersing new characteristics gleaned from the Convention meeting into the current listing of patterns and characteristics. Karla will bring forth our motion to have this new listing endorsed by the CSC.

2. We wrote a “white paper” called “Another face of Codependency” to go into more detail about the history and process of our work.

CLC Goals and Objectives for 2010-2011

Committee Goals	Committee Action Plans
1. Have “Sponsorship: What’s in It for Me?” published this year.	Meet with Board Member(s) and liaison to come up with schedule
2. Have new version of Patters and Characteristics of Codependence endorsed by CSC 2010.	Circulate document throughout fellowship before SCS to give delegates and accurate sense before voting
3. Have new version of Patterns and Characteristics put on website and in CoNNections.	Contact Roy I for website and Gary N for CoNNections
4. Have new versions of patterns and Characteristics replace older version in existing CoDA literature.	Work with CoRe in reprinting of existing literature
5. Develop a procedure manual for CLC processes.	Review the current information we have and expand on it.
6. Consider and evaluate possible projects from submissions received.	Put submissions in CLC hands either electronically or through snail mail and process through emails.
7. Address issue of obtaining ethnicities in literature stories.	Circulate “Storygatherers” flyer at different Conventions.

Members, Janet C, Karla K, Judi T, Laurel H, Barbara L, Jeri S, Scott P, Charles Z, Gayle B, Leslie, Terry D, Jutta E, Phyllis S, Debbie, Joan, O, David M, Martha Hean R, Dagmar , Teresa M, Francis C

Outgoing Chair, Janet C Incoming Chair, Karla K

Co-NNections

During this past quarter, committee members have continued to review and post CoDA member submissions to the CoDA.org Co-NNections Collection and to Co-NNections’ “Weekly Readings.” Co-NNections’ monthly web area statistics for May are:

- Weekly Readings webpage – 1449 visits
- Co-NNections archive webpage – 1180 visits.

We also continued to operate the Weekly Readings Email Reminder Service. The service sends out an email to those members subscribing to the service. The email contains a direct link to the current weekly reading. As of June 22, 2010, the service had 306 subscribers. This statistic continues to increase on a weekly basis.

Finally, we continued to fine-tune Co-NNections web areas that are housed on CoDA.org.

Co-NNections Committee Members: Chuck J., Claudia F., and Stu S.
Chairperson: Gary R.

Web Coordinator

This is a busy time for our Web Coordinator, Roy. With the assistance of FSW- Joan, Roy scribed the CSC Meeting Minutes and is making hundreds of changes to the website as a result of decisions made at CSC.

International CoDA Delegates & Trustees

Attendees at the CSC in LA, July 12-15, 2010: **Dagmar M**, UK Delegate; **Deborah R**, Canada CDRS Delegate; **Delia A**, Italy Delegate & Alternate Trustee; **Fernando**, Mexico Delegate; **Geraldine H**, UK Delegate & Trustee, **Jutta**, Germany Delegate, voted as Trustee; **Mercedes**, Mexico Delegate, voted as Alternate Trustee, **Michelle L**, Canada DAA Delegate; **Tonja T**, Canada CDRS Delegate; **Yoshi**, Japanese Delegate

CoDA UK – Dagmar M

1. Started in 1998, currently 60 meetings (some small, but London can run to 50+ members)
2. Regional Meeting (Intergroup) in London
3. Run by National Steering Committee (NSC) with the following officers
 - Chair
 - Secretary
 - Treasurer
 - Literature Secretary
 - Webperson
 - Internal Communications
 - Public Information (PI)
 - General Committee Members

NSC meets quarterly in London, May, August & November for business; in February we have an Annual General Meeting (AGM) at a larger venue in London. Service positions are filled at the AGM and literature is available for sale.

We do most of our work by email.

We have agreed to fund a new website which will be easier to update and to provide easier email answers. This is **a goal for 2010/2011**.

Currently our only endorsed literature supplier is CoRe. This is contentious.

Our major challenges are:

1. A lack of sponsors at some meetings
2. Having enough people to offer service at NSC level
3. Being able to provide affordable literature

Canada CDRS – Deborah & Tonja

Canada DAA - Michelle

CoDA Inc. 2010 International Conference was a most dynamic one. First time delegates, Tonja T., Toronto, ON, and Micèlle L., for Dépendant affectif anonyme (CoDA Quebec) brought a true commitment of being of outstanding service. In addition, Deborah R., Alberta, delegate for Co-Dependent Society (CDRS) was honoured to be associated with her new “Canadian Comrades.” The Canadian delegates delightfully and gratefully engaged with other members in sharing experience, strength and hope at the international level. The opportunity to have a meeting to directly engage with the

other international delegates was a pure pleasure. So much was gained and taken back to shared with fellow Canadian Co-Dependents.

The first Canadian delegates came from CDRS. It was established in 1999 and has been sending delegates since the onset. Presently, the CDRS board of directors includes President-Gerry B., British Columbia (BC), Secretary, Geordie L., BC, along with Directors: Deborah R., Alberta, Ernie F., Saskatchewan, and Susan F., BC. The CoDA Inc. Board member liaison is Dianne B., BC.

Initially, CDRS's mandate was to distribute CoDA literature in response to the high literature costs due to Canadian duty taxes, differences between the Canadian and US dollar value and shipping charges. In the past 10 years, CDRS has been negotiating a contract with CoDA Inc. to allow copyright privileges to print literature in Canada and reduce the financial costs to its members. In 2009, a contract was signed to allow the printing of CoDA literature in Canada. During the past year, Gerry B. has been delightfully busy with finding the means to print all CoDA pamphlets. The next step will be to print booklets and The Twelve Steps and the Twelve Traditions. At this point in time, printing a CoDA book is not financially feasible and sells for CDN \$25 each.

The duties of CDRS has expanded over the years from primarily a literature distribution service to now including running a website: www.cdrs.ca with meeting lists, literature ordering forms, news and events, as well as links to CoDA Inc. and other CoDA international sites. This year, the Canadian Forum developed by Gerry B. was added to the website. Now, Canadian CoDA members can interact with each other by general sharing and responding to the Steps and Traditions, as well as, interactive announcements.

Although Canada is a large country in physical proximity, the majority of the country is sparsely populated, with some moderately to highly populated areas. These geographical dynamics influence how CoDA meetings have risen. Overall, Canada has 109 CoDA meetings. *Dépendant affectif anonyme* (CoDA Quebec) is the French speaking voting entity from Canada and has 52 French speaking meetings, while the remaining Canadian provinces have 57 English speaking meetings. The provincial breakdown of the number of meetings per province/territory is as follows: British Columbia 29, Alberta 4, Saskatchewan 5, Manitoba 1, Ontario 13, Quebec 52, New Brunswick 2, Newfoundland 2, Yukon 1, Nova Scotia, Prince Edward Island, North West Territories and Nunavut 0.

At the national level, the first CoDA Canada Newsletter was published in April of this year with the second issue forthcoming. A national intergroup structure has not yet evolved. At the provincial levels though, British Columbia and Quebec have established intergroups. BC, AB ON and QC have actively sponsored CoDA events. Presently, CDRS is conducting an outreach survey via telephone, mail and email in attempt to initiate contact with all Secretaries of the Canadian meetings. The intent is to connect, understand meeting needs, and begin discussions concerning possible intergroup and delegate involvement. A "CoDA Canada" website is presently in the making to create a place where national committee work and intergroups have a place to exist. Overall, Canada has much potential for CoDA development at all levels; how

exciting it will be to see how Higher Power continues to work through the Canadian members in the next year.

Mexico – Mercedes & Fernando

As for CSC, in July 2010, Mexico was in attendance for the first time, with their delegates: Fernando J. and Mercedes M., elected by the 3rd CoDA Mexican Conference in January 2010.

It was a very enriching experience, finding that the CoDA community is a worldwide fraternity. We're all on the road to recovery with the help of our higher power and the tools of the program, and we put ourselves into service for the codependent who still suffers. The road may seem long but it's easy if you just follow the Steps and Traditions.

CoDA Mexican community is very happy to have been invited to the CSC and the Convention. We patiently want to keep in touch with all our co-dependent brothers and sister throughout the world through Coda, Inc. and its committees. Also happy about the progress on agreements to translate literature into Spanish.

Personally, I thank God and the CSC, the service they gave me to be alternating in the CoDA Service Bureau, Inc. and I hope to work efficiently with the strength of my Higher Power and the help and expertise of my colleagues.

In Mexico City, we have had CoDA for 18 years. Mexico is already CoDA!

We have 50 groups divided between two major areas:
Central Intergroup (around Mexico City) and Jalisco Intergroup

There is CoDA presence in the following States of Mexico:

Baja California	Puebla	Sonora	Jalisco
Sinaloa	Guanajuato	Chihuahua	Federal District
Quintana Roo	Michoacan	Yucatan	Nuevo Leon
Morelos	Coahuila	Durango	Chiapas

Germany -- Jutta

German CoDA has grown over the last 19 years into a strong fellowship with over 115 meetings in Switzerland, Austria and Germany. Because we have a Printing and Distribution agreement with CoDA Inc. to do so, we use our own translations of the main official literature.

Twice a year the Gemeinsamer Dienstausschuss (GDA), that functions similarly to the Board of Trustees and includes five committees, meets for a Conference in a modern hostel in central Germany for a common weekend. We also invite members to a Convention with many traditional meetings every year called Deutschsprachiges Ländertreffen in another city.

Werner from Heidelberg is our new Board Chair from January 2010. More information about the German groups is on the German fellowship homepage at www.coda-deutschland.de. From the CSC in July 2010, in Los Angeles, Germany is represented in the international Board of Trustees based in America for the first time.

We are glad that the worldwide network of recovery is growing and we send our best regards to all the CoDA-Meetings of the United States, where the movement has its roots.

CoDA Italy History – Delia (& Rossana)

Our first meeting of Codependents Anonymous, took place in Rome, Italy in 1992. The book we used as literature in the beginning was “Women Who Love Too Much” from which Twelve Steps & Twelve Traditions was written.

Then, we started to translate some excerpts from Melody Beatty’s book “Codependent No More”.

In the beginning we didn’t have computers and all the literature we had came from a lady who had been in the US who brought us a few pamphlets.

Two members volunteered to translate the pamphlets from English into Italian only with a dictionary helping them. They started translating the Twelve Steps first and then all the other literature. We studied them for about 10 years! In 1995, a new group started off in Turin in Northern Italy.

After that experience, a “proposal” came up to expand the unity of the group to everybody in all the Italian communities, We set about searching to connect up with other meetings who had been working on codependency.

The first Italian National Service Meeting was held on March 21, 1998, in Turin. There were 11 female Delegates attending and not all of them participated in the CoDA Program. Being all women they liked to continue to use the above-mentioned books instead of the Twelve Steps Program. They also liked the idea of remaining only women meeting in closed sessions and they disregarded the Twelve Traditions.

The second Italian National Service Conference was held on June 27, 1998 with only seven Delegates, but from that moment Italian CoDA was born!

We proceeded with the nomination of a General Coordinator and then of the Italian Board, so it was possible to start writing a document to introduce CoDA Italy to the Italian government.

We continued by nominating a Literature committee and Public Information committee.

We met again in November to work altogether to define what CoDA’s literature stands for and to put together some guide-lines to be pursued even outside the Fellowship to convey the message.

In the year 1999, we held our first Convention in Prato, near Florence. About 30 members attended the meeting.

Presently, there are 22 meetings all over the country and Rome holds five meetings.

Our first aim was to focus everyone's attention to the Third Tradition that states "to be open to anyone who has the desire for healthy and loving relationships, without any filter". But, we had to admit that at the beginning it was difficult to accept men into the meetings!!!

The second aim was to put into practice what the Sixth and Tenth Traditions say. A lot of people come from other Fellowships like AA, NA, GA and so forth. Some of them mix up or minimize codependency and want to teach us or change something in our Program. In any case, the CSC approved the use of AA's Twelve Traditions Book until we translated ours to improve the service and the knowledge of our principles. Now, we don't use it anymore.

We translated:

- Codependents Anonymous Book (only five Chapters are shared the others need to be revised)
- The Workbook
- All the pamphlets
- The Meeting Starting Packet

We produced and printed a small magazine similar to Alcoholics Anonymous and Al-Anon groups to share information through our Fellowship members, with news, sharing and announcements included in it.

In 2005, CODA achieved legal status and then a PO BOX number was opened to give members the opportunity to correspond with one another. A savings account was opened in a post office (that acts like a Bank in Italy).

So, we keep growing and our next project is to outreach through some meetings with a Government Institution that works with addicts and their dependency as well as with Twelve Step and Twelve Tradition Fellowships.

The National Service Structure is composed of four members who are the Board of the Committee and one General Coordinator who has the legal responsibilities.

The Committee is:

- Financial: Manages the income and payments with the General Coordinator
- Internal affairs: Legal matters, Events, Meeting updates
- External affairs: in charge of the telephone, receives calls from people who are searching for a meeting in the country, or people who want to know about Codependents Anonymous. The Committee attends every meeting with our Fellowship as guest and honors our Fifth Tradition to help the groups to be visible in our territory.
- Literature: The Committee is composed of three subcommittees:
 1. Translation and revision
 2. Printing, storage, and distributions of the Literature
 3. "Emotions & Sensations" – our magazine with members "sharing" and news from the Fellowship.

Last year we had the opportunity to attend the CSC in Seattle. Two delegates and an alternate participated. On that occasion one member from Italy was nominated and elected to be a Trustee alternate on the International Board.

We continue with the purpose to carry the message to the codependents who still suffer, and also thanks to on-going worldwide relationships we can expand our spiritual growth more and more.

From Italy with love.

Japan – Yoshi

I went to a world convention of a mutual-support movement for the first time in July 1990, when I participated in the international convention celebrating AA's 55th Anniversary. Those of us who came from Japan for the event, stages in Seattle, WA, probably numbered more than 100. Nearly 50,000 people converged on the city from all over the world to join in the celebration. Big meetings were held in the large stadium called the King Dome, and we all recited the "Serenity Prayer" together. That was a wonderful experience.

On returned to Japan after a week in the United States, an AA member called out to me at Tokyo Narita Airport. He handed me a medallion, saying, "I received this chip in the United States, but I'm and AA member, so I'll give it to you." It was a bronze CoDA medallion. Looking back from today's perspective, I think my Higher Power must have had a plan for me. My friend later became ill and died, but I still have the precious gift he passed on. I keep it safely stored in my desk.

My first encounter with the 12-Step program was in October 1987. The place was a rehabilitation facility for drug addicts where they hold three meetings each day. At the time, I was a social worker at a counseling center for juveniles, and one of my clients was a young woman addicted to drugs. I did not have any idea about how I might help her, and I went to the rehabilitation facility looking for help. For me, that was my Step One.

After the staff at the facility had responded to my request for assistance, one of them took me to a rehabilitation facility for alcoholics. There I was invited to attend an AA roundup over the weekend, and I decided to go. One of my defects of character is that I always apply reason to figure out how everything works. At the roundup, however, I was deeply impressed by the sight of some 200 smiling alcoholics, who looked relaxed and were having a good time, and as I talked with them, I came to believe in the program unconditionally. That was my Step Two.

I took Step Three after beginning to regularly attend NA and AA meetings in December of the same year. While I did not have a problem with drugs or alcohol myself, I thought that if I was going to continue attending meetings of people with a desire to recover from their substance addictions, maybe I should stop drinking. At my second AA meeting, I made a decision to give up alcohol.

After about three years of AA meetings, I got together with several friends, and we set up three new mutual-support groups. One was a group for family members of drug addicts, another was a group for addiction counselors, and the third was a group for sexual addicts. In the course of these activities, I discovered something about myself. I found that I had a bad case of codependency.

One day I learned that meetings of CoDA were being held in Tokyo at Saint Alban Church, and one Sunday evening in January 1999, I went to the church. At that point eleven years had passed since I had given up alcohol. I walked all around the church compound looking for the meeting room, but none of the rooms had a light on. I waited for an hour past the starting time, but nobody showed up. So I wrote a short note

asking that a CoDA member please contact me and left it at the church office. Several days later a CoDA member named Jim called my office, and he informed me that the meetings at Saint Alban's were only held once every two weeks. They were English meetings, and one Sunday evening in September 1999, I attended my first one. Including me, there were just three people present, but their English went over my head. Still, they gave me copies of the materials they used.

I then talked Japanese friends about starting CoDA meetings in Japanese, and two women showed an interest. In January 2000, we began getting together one a month after work to plan the start of the meetings. A female old-timer of another 12-Step group took over the translation of meeting materials we could put into a handbook, but we still had a mountain of tasks to address. Here are some of the questions we had.

- How could we get the meeting handbook printed?
- How much material should we include in it?
- How should we get in contact with the services office of the CoDA World Fellowship?
- How many meetings should we have per week?
- At what time should the meetings begin and end?
- What site should we select for the meeting place?
- Who would make CoDA signs to place by the building entrance and meeting room door?
- Who should we put in charge of the contributions we collected?
- Who should we have chair the meetings?
- Who would prepare a flyer introducing the coda meetings, and how should we distribute it?
- How should we make it possible for people to contact us?

In the end, however, we got everything we needed. And so, in October 2000, the Japanese CoDA meetings began. We chose Kawagoe for the meeting place, a city about an hour outside of Tokyo by train. We named the group Grace, and that is also the name we selected for the group newsletter. This October, CoDA-Japan will celebrate its tenth anniversary. The service office of the CoDA World Fellowship sent us a message of congratulations, and I thank them for that. We are now preparing a special tenth anniversary publication, which will be filled with messages of experience, strength and hope.

If you are an alcoholic, drug addict, or someone with a gambling or shopping addiction, it is easy to identify slips, but if you are a codependent you may not notice the slip, and it will be even harder for those around you to see. In this light, pinpointing the start of your clean and sober life may in itself be difficult. Should we not say that codependency is even more cunning, baffling, and powerful than alcohol?

In my case, both of my grandfathers had a problem with alcohol. That means that both of my parents became adult children, and I am the AC child of an AC couple. By going to meetings, receiving counseling, and reading books about dependency, I came to see that I had failed to develop any self-esteem. This lack of self-esteem lies at the heart of my codependency, I believe. Codependency is said to be a disease caused by "loss of self." In my arrogance, I would quickly decide that this man has no ability to solve things by himself or that this woman will be in trouble if I do not help her. But the real reason why I was unable to gain of sense of trust in others was that I did

not trust myself. I merely used others in an attempt to raise my own low level of self-esteem.

There is nothing I myself can do about my disease, such as finding someone or something on which to pin responsibility for it. But the responsibility for recovery from the disease is clearly in my own hands. While following a spiritual path, I hope to be able to continue to grow. And I hope to make this journey together with all of you.

Thank you.

Yoshi

To CoDA's Trusted Servants,

The purpose of the QSR is "serving our CoDA Fellowship" by providing a bulletin "in which committees can report their activities." (Quoted from CoDA by-laws) It's a vital link between CoDA Inc., Committees, Delegates and members. The QSR and www.coda.org website provide the most complete and up-to-date sources of information about our Fellowship. Please share this information with your meetings and service entities.

Use email! Help cut mailing costs!

In order to distribute the QSR in the most cost effective manner, we want to send QSRs by e-mail whenever possible.

Go to <http://www.codependents.org/> to subscribe to the QSR list

If you wish to continue receiving the CoDA Quarterly Service Reports by postal mail, please confirm your address below.

Please PRINT

Name _____

Address _____

City _____

State _____ Zip _____

Mail to:

CoDA Quarterly Service Report (QSR)
P.O. Box 33577
Phoenix, AZ 85067