**Co-Dependents Anonymous**

PO BOX 33577, Phoenix, AZ 85067-3577

**Application for**

**Alternate Board of Trustees**

**of**

**Co-Dependents Anonymous, Inc.**

DATE: 6-14-2021

NAME: Katherine T VOTING ENTITY: Arizona

ADDRESS:

CITY: Fountain Hills STATE: AZ ZIP CODE: 85268

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

TELEPHONE NUMBERS: (M)

EMAIL ADDRESS

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 working the CoDA program for almost 9 years. During that time, I have been doing service at the local and world level for 7 years. I have been using the steps and traditions, and service concepts for guidance. I have the FSM printed, and on my desk, and use for reference as needed. I try to read them often because it has so much information. I by no means have memorized them and know people that can recite them by memory however, I feel comfortable with the 5 sections, and feel comfortable using them as a resource. I also have the printed bylaws and have made myself comfortable with them looking to better understand them as I move forward in my service. Starting as an alternate will allow me to learn from the current board members and gain more experience with all documents.

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

The CoDA fellowship is very important to my health and wellness. I know the health of our fellowship is dependent on service, and I have grown doing service at all levels of CoDA. It has been clear to me that if those in the fellowship do not do service then our fellowship is at risk. I want to continue to support the fellowship with my service, grow in my knowledge, and continue to grow in my recovery. I believe in encouraging by example, and I hope my service will inspire others in my meetings and intergroup to step up to service.

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

My service began after completing my 12 steps 7-8 years ago. I started with service at the meeting level…leading meetings, taking on treasurer, literature, and GSR roles at 2 of our local meetings. I then got involved with the AZ intergroup, and have been the AZ Liaison for CSC, Vice Chair, and Chair of Events, and currently am the Chair for ANCoR intergroup. I am also very active as a sponsor.

1. 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 been in medial sales for the past 30 years and during that time have used many internet based sales program including salesforce. I am comfortable using Excel, Power Point, and Google Docs. I enjoy learning new skills, working with a team, while being able to independently work and meet deadlines. During my term as Chair of the Events Committee I negotiated contracts with several hotels for rooms, food, and meeting space.

1. Share your:
   1. Experience with the group conscience process.

Experienced using at the local group level, World level with events, with our intergroup, and as CSC facilitator. The group conscience process is foundational for keeping healthy service and provides a blueprint for me……Recently we had issues with a local meeting, and the group conscious process was foundational to moving forward. By using the group conscience process, I believe we can always get to a healthy solution, and handle anything without singling anyone out or using blame or shame.

* 1. Courage to express yourself, ability to listen, and ability to communicate effectively.

I love the saying that god gave us two ears, and one mouth for a reason. CoDA has taught me to listen first…..take time before expressing myself, and that I can always learn from others.

Thanks to the program, I feel comfortable speaking my truth as how I feel and can be vulnerable in my honesty. Today, speaking my truth is all about stating how I feel, and my opinion…those around me can take what they want. I no longer share my opinion with the goal to change another.

* 1. Ability to manage interpersonal differences and accomplish goals as a group member.

Taking on the role of Chair of Events, and Chair of ANCoR has provided me the opportunity to deal with all personality types and get to a place of accomplishing goals using the program and GC process. I no longer take anything personally, and I understand we are all doing the best we can including me. By following the traditions, service concepts, and operational guidines/FSM…..there are always guidelines. Additionally, I am a firm believer in having a service sponsor. I reach out to others and ask them to share their experience strength and hope to learn and obtain another viewpoint.

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

Years ago, I decided not to do service at the board level until I retired . I retired in June, and am now prepared to do service at this level.

1. Please share your vision for CoDA.

That is a very big question. I believe higher power is in charge and will show us the next right thing to do….always. My biggest vision is to keep CoDA healthy and strong and to support the fellowship. My passion is reaching those still suffering, and creating a healthy loving environment to encourage service work at all levels

1. 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.

I last was involved in the 2020 CSC as the facilitator, and will continue that role in 2021. Given my involvement in Events…I feel extremely comfortable with the process

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

Commitment is very important to service. Know I am committed to do service at the board level as long the term allows, and if HP allows. I am really looking forward to 2022 and getting back to an in-person CSC/ICC experience.

NOTES:

Please send your application by email to [board@coda.org](mailto:board@coda.org?subject=CoDA%20Board%20Application)  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 Katherine T