

CODA UK National Service Committee (NSC) Meeting

Saturday 2nd November 2024 1-5pm

AGENDA ITEMS

4c Literature Jane B Literature Secretary

PROPOSAL: Ordering CoDA literature in advance from publisher

A proposal to order CoDA literature in advance from the UK publisher, paid for by the NSC, was accepted by the NSC meeting in August this year. I was asked to send in a closely costed list of that proposed order. Please find two documents attached to this report. One is an inventory of the CoDA stock I hold for use at Noddfa retreats (1). Based on that list, the new order list has been drawn up (2). The total cost for the new list is £6,642.50 (at today's prices).

As I already hold literature stocks for retreats at Noddfa, I am also happy to send out CoDA literature anywhere in the UK. I have sold literature at retreats at Noddfa for some years now, and have 2 events coming up, plus the Founders Weekend in Manchester. If the NSC agrees to my proposal to buy literature in advance, I will then be able to hold a stock of CoDA literature, via our publisher, that can be used not only by events organised by North and Regions intergroup but also by members of NSC and indeed, anyone else in the UK. This can be communicated through the CoDA UK website.

North and Regions Intergroup now has a functioning bank account that is used for purchases by individuals and groups. Postage will be added to the price of literature sent to individuals and groups.

This proposal will make our publisher's life much easier. It will ensure a 'prudent reserve' of literature easily available via the Lit Sec of the NSC and the NSC can make this clear on the CoDA UK website.

Accountability for the money raised from the sale of literature and deposited in the North and Regions Intergroup bank account will be made available to the NSC at regular intervals or on request.

(1) CoDA literature stock – September 2024

New Green Workbook	20
Old Green Workbook	4
Boundaries leaflet	100
Growing Up in CoDA	28
Joy in the Journey	20
Big Blue Book	8
Pocket Blue Book	9
Traditionally Speaking	10
Using the 12 Traditions	50
In This Moment – meditation	5
12 Piece relationship toolkit	9
12 steps handbook	11
Communication and Recovery	42
Making Choices	9
Common Threads of CoDA	10
Peeling the Onion	16

Prayers	9
Affirmations	16
Carrying the Message	8
Sponsorship – is it for me?	8
Sponsorship booklet	5
Sponsorship in CoDA	25
Tools of Recovery	9
Information for professionals	45
Your first meeting	60
Attending meetings	30
Experiences with Crosstalk	10
Am I Co-Dependent?	25
What is CoDA?	9
Welcome to CoDA	20
Newcomers Handbook	15
Building healthy meetings	20

(2) Proposed CoDA-owned stock order, NSC meeting November 2024

NEW LITERATURE	Unit price	Qty.	Subtotal
Growing Up in CoDA	£12.00	50	£600
Green Workbook	£12.50	40	£500
Traditionally Speaking	£3.25	50	£162.50
Communication and Recovery	£9.95	503	£497.50
Using 12 Traditions	£2.50	50	£125
Joy in the Journey (colouring)	£12.00	80	£960
Making Choices (updated)	£2.95	100	£295
Carrying the Message	£2.20	100	£220
12-Piece Relationship Toolkit	£2.75	100	£275
Standard Literature			
Big Blue Book	£12.95	50	£647.50
Pocket Blue Book	£9.95	50	£497.50
In this moment meditation	£9.95	50	£497.50
Peeling the Onion	£3.45	50	£172.50
Tools for Recovery	£2.45	50	£122.50
Newcomers Handbook	£3.55	50	£177.50
Common Threads of Co-Dependency	£2.45	50	£122.50
Sponsorship pamphlet	£5.00	50	£250
Prayer booklet	£2.50	50	£125
Affirmations	£2.10	50	£105
		total	£6352.50

4e Website update

Since the last NSC meeting, the website team have decided to meet monthly and all members are invited to attend, to share ESH – no technical skills are required! The next meeting is on 13 October 5.30-6.30 – please email codawebservice@codauk.org for the link. Work is progressing at pace on changes to the website, which are being made in line with feedback from members and statistics on what most visitors to the site are looking for. The most obvious change to date is new menus at the top of each page to make it easier to find

resources. A topic for discussion at the next meeting is whether and how to link to CoDA-approved websites selling e-literature.

Slides presented in meeting by Website lead:



Co-Dependents Anonymous - UK

About CoDA | About Co-Dependency | Further Info | CoDA Meetings

REGISTER HERE
To receive news about CoDA
Email Address:

About CoDA UK

Co-Dependents Anonymous (CoDA) is a set of informal self-help groups made up of men and women with a common interest in working through the problems that co-dependency has caused in their lives. CoDA is based on AA (Alcoholics Anonymous) and uses an adapted version of their Twelve Steps and Traditions as a central part of its suggested programme of recovery.

The only requirement for membership in CoDA is a desire for healthy relationships. This means that all kinds of people attend meetings. Individual members can and do have differing political, religious and other affiliations, but since these are not relevant to the business of recovery from co-dependency, no comment is made about them.

All meetings begin with an introduction which usually includes the Twelve Steps and Traditions, a welcome to newcomers, and an explanation of the format the meeting will take. There may be a speaker, or a reading of a Step or a topic. The meeting is then open for people to share their experiences, feelings and recovery with the group. There is no obligation to share if you do not wish to, whether you are a newcomer or a long-established member. Each meeting usually incorporates a collection to cover the expenses of the group (eg hire of the meeting room) but CoDA is non-profit making. The meeting will end with a special prayer, called the Serenity Prayer. After the meeting, newcomers who would like more information can use this time to have their questions answered by more established members.

If you are new to CoDA, please read through all the information on this website, especially the page 'Am I Co-Dependent?', and contact CoDA by email if you wish. The best way to get started is to choose a meeting from the list here, and simply go along. It is suggested, if you are new, that you go to at least six meetings to find out if CoDA is right for you. You do not need to 'join' formally – if you decide CoDA is for you, simply attending meetings makes you a member.

CoDA UK is, as the name suggests, the UK arm of a worldwide fellowship. Links to other countries' organisations can be found on our [links page](#).

Our goal

2024

Continuing the efforts of the 2019 web team who rebuilt the site

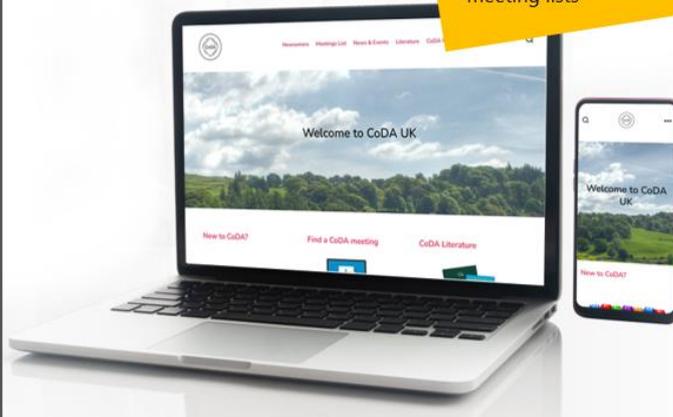
We include

- NSC officers (from across UK)
- IN&R officer
- Several CoDA members (from across UK)

CoDA UK Web Team 2024

Twenty years later

- We've a website looking to support members regardless of their location
- Offering translation to many languages (a work in progress)
- **One of 18 countries** hosting meeting lists



When you first visited,

what

were you looking for?

- Meetings?
- Newcomer info?
- Something else?

Understand problems

- ESH from local meetings
- Member survey circulated
- Reports shared with Web team
- Reports made to Secretary
- Proposals from team



CHANGES TO WEBSITE

Updates discussed and delivered:

- o Menu updates crafted in summer
- o Home page – mobile updates
- o CoDA Inc – added in literature menu a call out from the literature committee for stories
- o CoDA Alternative Format Meetings Voting Entity – page added (to complete coverage of 3 VEs in the UK)
- o Reduced use of the term 'CoDA Members' as it was reportedly confusing for newcomers searching for info
- o FAQ – Finance questions+
- o Expanded CoDA International (include 16 countries hosting meetings)

Business as usual

- o Updating search to support queries
- o Adding news & events (& event map)

In Progress

- **Home page** – expansion to 4 columns
- **'What is Codependence'** – definition for home page
- **FREE materials translated to web pages**
 - o Make the FREE materials SEARCHABLE
 - o Support Mobile visitors MAJORITY
 - o Support Virtual meetings MAJORITY
 - o Support translation to other language FREE
- **Add 'Share option' to CoDA shares**
- **Making website easier to navigate**
- **Preparation of Footer 'quick links' menu**
- **Support CoDA members access**
CoDA eliterature (not available in region)

Prepared with thanks to Bryony, Rochelle speeding through changes LIVE, and in progress as ever



4g Public Information (PI) and Hospitals & Institutions (H&I)

CoDA UK Public Info

- Welcoming members in active service across the UK
- Continued outreach on professional social network
- Prepping production of basic CoDA leaflets* (for UK)
- Prepping materials for inclusion in CoDA UK CSC presentation
- CoDA Support packs* to teams from
Edinburgh, Coventry, Oxford, Essex, Norfolk, down to Devon
- Attending events in Birmingham, London, Essex

*A work in progress to support accessibility, mobile visitors, and translation



5 Treasury report

Bank and cash report – reporting period: 23rd June 2024-30th September 2024

Opening balances: 23rd June 2024

Lloyds Business current 30-92-89 Account No: 01850351 **£19,354.47**

Lloyds Business instant 30-92-89 Account No: 34467660 **£3,055.17**

(bank account 34467660 accrues interest)

PayPal (NSC treasurer): **£0**

<u>Date</u>	<u>Lloyds Bank current account transactions</u>	<u>paid</u>	<u>received</u>	<u>PayPal Xfer to Lloyds</u>	<u>Balance</u>	<u>PLI rcvd</u>	<u>Trad 7 rcvd</u>	<u>PI/H&I</u>	<u>Sundries</u>	<u>Trad 7 sent</u>
23-Jun-24	Opening balance				£ 19,354.47					
25-Jun-24	KATE F TRAVEL APPG MAY24	£ 66.20			£ 19,288.27			£ 66.20		
25-Jun-24	KATRINA B 300 X Photocopies - PI	£ 77.50			£ 19,210.77				£ 77.50	
26-Jun-24	KATE F PI REIMBURSEMENT	£ 454.80			£ 18,755.97			£ 454.80		
01-Jul-24	GUILDFORD WOMEN 7TH		£ 450.00		£ 19,205.97		£ 450.00			
08-Jul-24	BRISTOL CODA		£ 100.00		£ 19,305.97		£ 100.00			
15-Jul-24	KATE F PI - VISTA PRINT	£ 299.96			£ 19,006.01			£ 299.96		
15-Jul-24	SALLY M EWG 7TH TRAD		£ 30.00		£ 19,036.01		£ 30.00			
15-Jul-24	Emma W CSC 2024 POA	£ 1,500.00			£ 17,536.01				£ 1,500.00	
16-Jul-24	Emma W CSC 2024 POA	£ 200.00			£ 17,336.01				£ 200.00	
16-Jul-24	OUR CHARGE	£ 15.00			£ 17,321.01				£ 15.00	
16-Jul-24	CORRESPONDENT FEE	£ 12.00			£ 17,309.01				£ 12.00	
16-Jul-24	FORGN PYT USD@1.263	£ 350.58			£ 16,958.43				£ 350.58	
18-Jul-24	Emma W CSC 2024 POA	£ 315.00			£ 16,643.43				£ 315.00	
18-Jul-24	HASLEMERE GROUP		£ 200.00		£ 16,843.43		£ 200.00			
23-Jul-24	BIRMINGHAM CODA BIRMINGHAM 7TH		£ 50.00		£ 16,893.43		£ 50.00			
29-Jul-24	OUR CHARGE	£ 15.00			£ 16,878.43				£ 15.00	
29-Jul-24	FORGN PYT USD@1.2531	£ 17.36			£ 16,861.07				£ 17.36	
05-Aug-24	EMMA W DELEGATE CSC2024 repayment to NSC		£ 95.86		£ 16,956.93				£ (95.86)	
06-Aug-24	HELEN J S PI ESSEX	£ 127.80			£ 16,829.13			£ 127.80		
02-Sep-24	PAYPAL account		£ 633.36	£ 633.36	£ 17,462.49					
23-Sep-24	SUN AM MENS ZOOM		£ 45.00		£ 17,507.49		£ 45.00			
26-Sep-24	MS EMMA W HUMANKIND H AND I	£ 48.53			£ 17,458.96			£ 48.53		
30-Sep-24	PAYPAL account		£ 29.55	£ 29.55	£ 17,488.51					
		£ 3,499.73	£ 1,633.77	£ 662.91	£ 17,488.51	£ -	£ 875.00	£ 997.29	£ 2,406.58	£ -

Closing balances 30th September 2024

Lloyds Business current 30-92-89 A/c No: 01850351 **£17,488.51**

Lloyds Business instant (interest) 30-92-89 A/c No: 34467660 **£3,063.95**

(The above bank account accrues interest)

PayPal (NSC treasurer): **£0**

PayPal donations can be made to: [paypal.me/NSCTreasurer](https://www.paypal.me/NSCTreasurer)

Date	CoDA (NSC) Treasurer PayPal account	PayPal out	PayPal in	PayPal Xfer to Lloyds	PayPal Balance	PLI rcvd	Trad 7 rcvd	PI/H&I	Sundries	Trad 7 sent
22-Jun-24	O/bal				£ -					
2-Jul-24	Hinde St Tues 7:30pm Zoom		£ 45.33		£ 45.33		£ 45.33			
16-Jul-24	Hungerford online		£ 50.00		£ 95.33		£ 50.00			
3-Aug-24	CoDA MOM		£ 76.00		£ 171.33		£ 76.00			
6-Aug-24	Hinde St Tues 7:30pm Zoom		£ 19.41		£ 190.74		£ 19.41			
11-Aug-24	Sunday 6pm Regents Park donation		£ 100.00		£ 290.74		£ 100.00			
2-Sep-24	EKent Intergroup & old Birchington F2F funds		£ 342.62		£ 633.36		£ 342.62			
2-Sep-24	To Lloyds (CoDA Treasurer)	£ 633.36		£ 633.36	£ -		£ -			
3-Sep-24	Hinde St Tues 7:30pm Zoom		£ 29.55		£ 29.55		£ 29.55			
30-Sep-24	Xfer PayPal to Lloyds	£ 29.55		£ 29.55	£ -		£ -			
		£ 662.91	£ 662.91	£ 662.91	£ -	£ -	£ 662.91	£ -	£ -	£ -

Made up of:

PLI contributions received **£0 + £0 = £0**

T7 donations received **£875 + £662.91 = £1,537.91**

T7 donations made **£0**

Interest received **£8.78**

PI / H&I paid **£997.29**

Sundries paid **£2,406.58**

Cash balance **£17,488.51 + £3,063.95**

£20,552.46

London & South East Region

Coop Bank – Business DirectPlus Community A/c

08-92-99 65247743

Balance as at 30/9/24 (LSERC) £2,995.00

(7 CoDA Service Conference report – see below)

8a PROPOSAL: To request from the CoDA UK literature publisher monthly reports of literature sales and also to request the details of any money to be reported to the NSC or CoDA Inc as detailed in the contract.

As per the literature contract [linked here](#), there is an agreement to provide information and money to the NSC/CoDA Inc. In the interest of transparency and service concept 12 this should be shared and recorded in our minutes.

8b PROPOSAL: to hold monthly meetings of the NSC

7 CoDA Service Conference report

CSC 2024 – Ottawa, Canada, July 2024

Report for NSC

Introduction

My name is Rochelle, and I am codependent and a member of Codependents Anonymous. After returning to CoDA and working through the 12 Steps and 12 Traditions with my sponsor and in a Step Group (for nearly two years), I became more actively involved in service and started sponsoring others. At the group level, I helped establish a women's outreach group on WhatsApp and have served as an admin in several groups. At the meeting level, I've held service positions as treasurer, audio recordings liaison and editor, and Zoom host. On an intergroup level, I began my service with the London and Southeast Region UK as treasurer, and soon after I took on the role of treasurer for the National Service Committee UK. About a year later, I nominated myself as a delegate and became involved with the CoDA UK website team. Most recently, I joined the world standing committee for Delegate Relations (DRC).

I first started attending CoDA meetings in 1990, just as CoDA was establishing itself in London. However, I stopped attending regularly, only returning for short periods when life felt particularly challenging. Seven years ago, after a long absence, I came back to CoDA. In hindsight, I can see that during those years, I was deeply immersed in my co-dependency. While raising my three wonderful children, navigating a long-term marriage, and ultimately going through its breakdown, I coped with my co-dependency by turning to other addictions. I am immensely grateful to be back and actively engaged in Recovery.

Overview

This report details my experience this year as a CSC rep/UK delegate attending the CoDA Service Conference (CSC) online which took place in Ottawa, Canada. I represented the National Service Committee UK voting entity via video conferencing using Zoom. While not physically present, I was fully engaged online for all four days, attending the conference from 1pm to 9pm UK time (8am to 5pm Ottawa time) together with my fellow co-delegates, Emma W, Delegate No 1, and Kate F,

Alternate Delegate no 2. Sam B, who had been voted in as Alternate Delegate no 1, was unable to attend several of the meetings leading up to the CSC due to being co-opted to the CoDA Board of Trustees.

Zoom Participation

During the CSC, which took place during the last week in July 2024, Zoom participants were required to stay on screen for the entire voting process. There were approximately 40 of us on screen, and our presence was monitored by the Voting Entity Liaison to the Events Committee. The voting process involved confirming participation through Zoom chat, where we had to pass a virtual badge indicating our voting duty. This required a high level of coordination between Emma, Kate and me. Our communication was facilitated through an instant messaging group that we'd set up weeks before (using 'WhatsApp'), where we shared documents, Zoom links, voting results, chat and thoughts, all in real time. This has been a very unifying experience and has also tested my CoDA Recovery at times.

Delegate Coordination

Coordination between Emma, Kate, and me was essential. All CSC participants were invited to a pre-CSC meeting on Sunday for a practice session before we began the real work on Monday through Thursday. Throughout the conference, we stayed in close contact via WhatsApp, sharing key information like daily voting results and documents. While Emma attended in person and kept communicating through the WhatsApp group, Kate and I participated virtually, making clear communication vital for us to effectively fulfil our roles. Throughout it all, the responsibility to represent the voice and wishes of the UK remained at the forefront of my minds and heart, and I know I can speak for Emma and Kate similarly.

Our Survey, Representation and Voting

As delegates, our duty is to attract participation from members and to carefully consider the motions presented. Sam B had been co-opted onto the CoDA Board in the month preceding the CSC, which meant he had to step down as Alternate Delegate, leaving us with only one alternate delegate. This was unfortunate, as his presence would have provided more flexibility during the voting sessions.

The voting required our constant attention on screen, and all motions had me actively engaged in casting my votes based on the survey responses from our fellowship. Here is a link to that survey: <https://survey.typeform.com/to/DqREX6uR>

Emma, Kate and I worked on producing a presentation on Canva software which tells CoDA world about our Voting Entity and the National Service Committee.

https://www.canva.com/design/DAGLHFIN0qw/QAojfrqvgW2RC24Qo54GcA/view?utm_content=DAGLHFIN0qw&utm_campaign=designshare&utm_medium=link&utm_source=editor

Delegates from Various Countries and Voting Entities

One of the great aspects of the conference was the chance to interact with delegates from various countries. Aside from the UK delegation (myself, Emma, and Kate), other countries that had members (delegates and/or members of other committees) attending the CSC included:

- **Alternative Format Meetings VE (AFM)**
- **Australia (Australasia VE)**
- **Canada**
- **Iran**
- **Israel**
- **Latvia**
- **Mexico**
- **Russia**
- **United Kingdom – including the 2 delegates from Intergroup North & Regions (INR)**
- **United States** (many Voting Entities from the U.S.A. were represented)

This international presence added depth to the discussions and provided valuable global perspectives during the decision-making process.

Budget and Expenses

In addition to my delegate responsibilities, I also serve as the NSC treasurer. So, it was also my job to oversee the budget for Emma's trip to Canada, managing advance payments for airfare, accommodation, travel, and meals. Although we initially budgeted £70 per day for meals, the actual daily expenses were closer to half of that, providing valuable insight that will guide our budgeting for next year's CSC 2025 which takes place in October 2025 in Philadelphia, USA.

I tracked all expenses using a spreadsheet, converting foreign currencies at the prevailing ATM rates, and maintaining a running balance on Emma's account. With four signatories on the NSC, I ensured that every payment was approved by one of them. Emma sent me daily pictures of her receipts via WhatsApp, which I logged meticulously for accurate record-keeping. The total cost of the delegate trip was £2,296.72. I carefully monitored payments to avoid sending excess funds to Emma, capping any potential overpayment to no more than £100 at a time. Using WhatsApp made the process incredibly efficient for us.

Other Observations

- **Passing the Badge:** I found this process (for some strange reason) a lot of fun!!...It reminded me of a relay race, where we had to pass the voting duty to another delegate in a manner that involved changing our name on screen and adding an X if not voting, or a V if voting. The Voting Entity Liaison confirmed each transfer through Zoom chat, and off I'd go for a cup of tea or something to eat, or off Kate or Emma would go, and I'd take over on screen. It involved teamwork, and it brought out the child in me.
- **Points of Order:** We had the option to raise points of order by either speaking up or typing it into the chat. These interventions were sometimes missed, but generally very well handled by the VEL and by the tech team on Zoom.
- **Serenity Prayer Usage:** The Serenity Prayer was used frequently, but some felt it was overused. A vote was held on whether to use the long or short version, and the short version prevailed (to save on time)
- **Year of the Bear:** The CoDA Board has officially declared 2025 the "Year of the Bear." This decision is connected to the founders' daughter, who drew a picture of a bear that became the regular feature on the front cover of the "Bear Facts" newsletter, first published in October 1987. However, I'm unsure about the specific reason or motivation behind declaring 2025 as the Year of the Bear. You can refer to the first issue here: Bear Facts, Volume 1, Number 1 – October 1987 https://www.codependents.org/Bear_Facts_1087.pdf

Motions (see the Appendix below for more detail on a selection of motions)

2024 CSC package with all the motions, reports, and presentations: <https://coda.org/delegate-package-2024/>

Motions data base: <http://motions.coda.org.tempwebsite.net/Account/Login?ReturnUrl=%2f>

Log in: motions@coda.org

Password: coda1234

Guide to setting date range: 1st July 2024-30th September 2024

Motions CSC2024 Results – Long Version

<https://coda.org/wp-content/uploads/2024-CSC-Motions-Report-Final-9.26.24.pdf>

Motions CSC2024 Results – Summary

<https://coda.org/wp-content/uploads/2024-CSC-Motion-Summary-9-29-2024.pdf>

What I Would Have Liked from the Start

There were certain aspects that could have improved the overall process:

1. Zoom Chat for Results and Quorum Count:

It would have been beneficial if the Zoom chat was used to post results, confirm the quorum count, and separately list the voters present in the room and on Zoom. These totals could then have been announced out loud. This would have allowed me to easily use my spreadsheet to enter the Yays, Nays, and Abstentions to determine whether the outcome was a 2/3 majority or a simple majority. I felt frustrated that this wasn't done (although it was done after a few people requested it), although I understand it isn't a requirement to announce these details.

2. Multiple Cameras in the Room:

The tech hosts were limited (due to possibly a financial restriction and also an insurance restriction of the hotel) to only one camera set up in the room where there were approximately another 50 or so people seated, some out of view of the camera. Ideally, there would have been a few cameras, with one camera positioned next to the screen at the front, and one camera at the back of the room next to a second screen, so that when the speaker directed their gaze to the room, they could also have been able to see us on screen set up behind the room participants, and we would therefore perceive them to be looking towards us online.. This would allow us online to see both the backs of the people in the room as well as their faces, by way of a split-screen view which is possible to do in Zoom. This setup would ensure that speakers addressing the room would be visible to a camera at the back facing the front of the room. Additionally, the front camera would capture those sitting in the room resulting in the fact that no matter where people in the room were standing, they would be able to see us online on screen, and we would see them too. Very often, speakers in the room instead, to look at the online people, had to have their backs to the people in the room.

3. Improved Audio for Speakers:

I understand that there was a requirement by the hotel to use their video recording equipment for reasons of safety, but I believe this reason is insufficient. Hotels should accommodate parties with special VR requirements. Quite often, it was difficult to hear speakers, because they weren't speaking closely enough into the microphones.

4. Board of Trustees, Issues Mediation Committee, and CoRe – Member Elections:

I was very taken aback when one board-elect member, during their application pitch, spent their allocated time discussing grievances about their alleged treatment by the Board and issues with the Board's process for filing year-end returns and sharing financial information. I felt very upset

for the individual (for being allegedly mistreated) and for the Board, which has a legal duty to protect CoDA and manage its business.

5. **Literature and Other Motions:**

I was deeply moved by the Literature Committee and CoDAteen Committee motions, as well as the Finance Committee motions and reports. I've listed these below in detail, and I've provided a link to all of the motion results.

6. **VE presentations:** It was unfortunate that much of the conference time was lost to frequent calls for 30 seconds and numerous Points of Order, resulting in a lack of time for the VEs to present their reports. We heard the World Standing Committees' reports and the Board of Trustees' reports.

National Service Committee – CoDA UK Presentation for CSC 2024

https://www.canva.com/design/DAGLHFIN0qw/QAojfrqvgW2RC24Qo54GcA/view?utm_content=DAGLHFIN0qw&utm_campaign=designshare&utm_medium=link&utm_source=editor

What we heard from the World Standing Committee reports, and the CoDA Resource Publishing, Inc's (CoRE) report was particularly interesting. I noted that the best seller leaflets which provide a large source of revenue for CoDA are not available in print in the UK, which I think is concerning.

Controversial Discussions

A notable contentious day during CSC was experienced by me when a member raised concerns about the Board's handling of financial matters. I cannot quote verbatim, but my impression is that they highlighted the "lack of transparency" and it seemed as if they were accusing the Board of hiding information regarding unfiled accounts. The Board responded, explaining that the sudden death of their accounting manager led to difficulties accessing financial documents. This resulted in a sense of dis-ease and led to a vote to establish a Task Force to investigate the Board's financial procedures. The vote narrowly passed. This was motion number 24098.

Future Considerations

- **Service Structure Definitions:** As a delegate, my personal request—though it may not reflect others' views—is to revisit the structure of the two voting entities in the UK. We have the NSC and IN&R, and while CoDA UK remains a non-voting, overarching entity, I hope we can begin to clarify the distinct roles and functions of each.
- **Financial Management:** The financial management practices of the Board and its transparency should be improved. A task force has been set up to address this, and it will be important to monitor its findings.

Conclusion

Overall, I found the CSC to be an invaluable experience that I wouldn't have wanted to miss, and I'm already looking forward to next year's. It was incredibly engaging and unifying, though at times challenging, as I spent long hours at my screen. More importantly, it gave me the chance to connect with people I wouldn't have met otherwise, including other delegates and members of World Committees. In my opinion, the virtual format could be a great option moving forward, as it might help CoDA save money in a time when financial cutbacks seem necessary. What mattered most to me was being able to effectively coordinate and fulfil my role as a delegate, knowing that our other delegate was there representing us in person.

Looking ahead, I see opportunities for more service by encouraging members of the UK fellowship to consider any actions or changes they want to implement, and I feel ready to help facilitate those changes. My contact details are below.

I warmly encourage anyone interested in serving as a delegate at the CoDA Service Conference (CSC) to reach out to me. I'm happy to provide training for anyone willing to step into the role of alternate delegate in the future. While we are limited to two official delegates, there is no restriction on the number of alternate delegates we can have. This is highly beneficial, as alternate delegates can progress to serve as full delegates in the order they were elected when the opportunity arises.

Yours in service

Rochelle S

Delegate, National Service Committee (NSC), UK

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Appendix: Focusing on a Selection of Motions:

Literature; CoDAteen; Canada's Progress Scale; IMC abstentions; What constitutes a CoDA meeting?

NB: for more information on how the CSC business method works, motions, crafting, pros and cons, minority opinion, etc, please refer to Part 4, Section 03 "Introduction to the Community Problem Solving Method" on page 12-13 of the [Fellowship Service Manual](#).

Motion Number: 24060

Committee: Literature Motion No 1

Motion Name: Endorsement of New Booklet: *Living Our Recovery Through Service*

[http://motions.coda.org.tempwebsite.net/Attachments/DRAFT-ONLY-FOR-REVIEW-Living-our-Recovery-Through-Service%20\(MOTION%201\)240716021911.pdf](http://motions.coda.org.tempwebsite.net/Attachments/DRAFT-ONLY-FOR-REVIEW-Living-our-Recovery-Through-Service%20(MOTION%201)240716021911.pdf)

Person: Terry D

Description: This motion proposed the endorsement and publication of a new booklet titled "Living Our Recovery Through Service." The booklet is designed as a guide to understanding and integrating service into the CoDA recovery process. It includes structured questions for personal reflection, practical exercises, and discussions about how service plays a critical role in personal growth and community support. The booklet also explains the inverted pyramid structure of the CoDA service system, showing how service at different levels supports the fellowship.

Intent:

- To provide members with a resource that frames service as an essential aspect of recovery in CoDA, encouraging members to engage in service roles within the fellowship.

- To highlight the connection between personal recovery and service to others, fostering a deeper commitment to service work.

Crafting:

Questions Raised:

- Why include a pyramid not officially endorsed by CoDA?
- Is there an alternative version that matches the approved CoDA service structure?
- Could this booklet be more cost-effective as a downloadable resource?
- How will the booklet address the needs of online meetings and virtual communities?

Pros & Cons:

Pros:

- The booklet provides valuable insights into how service contributes to personal recovery and community building within CoDA.
- It offers a comprehensive view of the CoDA service structure and helps demystify service roles, making it easier for members to get involved.
- By including exercises and reflective questions, the booklet serves as a practical tool for members to explore their relationship with service in a guided way.
- The inclusion of member quotes and experiences makes the booklet relatable and engaging, offering diverse perspectives on service.
- The inverted pyramid is explained in a user-friendly manner, which can help members understand the CoDA structure and find their place within it.

Cons:

- Concerns were raised about the accuracy and appropriateness of the pyramid visual included in the booklet. Some members felt that it does not align with the officially endorsed CoDA service structure and could create confusion.
- The booklet's language may not translate well across different cultural contexts, which is particularly important for international members and meetings.
- Inventory concerns: There are already over 450 existing service-related materials in stock, and adding a new booklet might lead to overstock issues.
- Service-oriented literature has historically not sold well, raising concerns about the cost of production versus potential sales. Some suggested making the booklet available as a downloadable PDF to reduce costs.
- Some members felt that the booklet diminishes the importance of the voting entity by focusing too much on the inverted pyramid model, potentially misrepresenting the structure of CoDA.

Vote Result: Passed with a simple majority (Yes – 24, No – 19, Abstain – 1). Although not binding on the Board, this vote indicates a positive reception among delegates.

NB: The Board requested a reference to the CoDA Structure Chart in the FSM be added on page 11 of the booklet, and the motion was accepted by a 2/3 majority Board vote

Motion Number: 24061

Committee: Literature Motion No 2

Motion Name: Endorsement of New Book: *Issues with the God Word?*

<http://motions.coda.org.tempwebsite.net/Attachments/Literature-DRAFT-FOR-REVIEW-ONLY-Motion-2-REVISED-Issues-with-the-God-Word-5-22-2024-kt240716022133.pdf>

Person: Terry D

Description: The motion proposed the endorsement and publication of a new book titled "Issues with the God Word?" This book aims to support CoDA members who struggle with traditional concepts of spirituality as they work through the Twelve Steps. It includes personal stories from members who have navigated their recovery with non-traditional spiritual practices, as well as guidance on how to approach the steps, prayers, and meditation without relying on conventional religious language.

Intent:

- To provide a resource that is inclusive of diverse spiritual perspectives, making CoDA more accessible to members who may feel excluded or alienated by traditional references to God or a Higher Power.
- To support members in finding their own spiritual path within the framework of the Twelve Steps, promoting inclusivity and personal interpretation.

Crafting:

Questions Raised:

- Could more explicit examples from various non-Christian and non-Judeo religions be included?
- Does the term "traditional beliefs" need to be defined or clarified to avoid misunderstanding?
- Is the title reflective of the book's actual content, or should it be changed to better communicate its focus?

Pros & Cons:

Pros:

- The book offers a welcoming perspective for those who have struggled with the traditional language of CoDA, providing alternatives that resonate with a broader audience.
- It serves as a bridge for members who are exploring or have adopted non-traditional spiritual practices, showing that CoDA can accommodate and support diverse paths to recovery.
- The book emphasizes that recovery is possible without a conventional religious framework, promoting inclusivity and openness within the fellowship.
- As someone who identifies as atheist or agnostic, this book can help make the Twelve Steps more approachable, offering personal stories and practices that avoid traditional religious overtones.
- It includes sections on how to adapt CoDA's spiritual concepts to personal beliefs, which can be particularly helpful for newcomers struggling with the "God" word.
- The book can be a valuable resource for sponsors and sponsees navigating these conversations in their recovery work.

Cons:

- Some members were concerned that the book might deviate too far from CoDA's core principles, potentially diluting the spiritual message of the programme.
- There was a suggestion to revise the title to more accurately reflect the book's content, as "Issues with the God Word?" might not clearly convey the supportive and exploratory nature of the text.
- Minor concerns about the cost and availability of the book, with suggestions to offer it as a downloadable resource to reduce expenses.
- The book's focus on non-traditional spirituality might not resonate with all members, particularly those who find strength in the traditional CoDA approach.
- There were concerns that including too many varied spiritual perspectives could overwhelm or confuse readers who are new to recovery.

Vote Result: Passed with a 2/3 majority (Yes – 37, No – 8).

The positive vote indicates strong support for providing resources that address spiritual diversity within the CoDA fellowship.

Motion Number: 24062

Committee: Literature Motion No 3

Motion Name: Procedure for Accepting New Literature

Person: Terry D

Description: The motion established a clear procedure for the submission, review, and acceptance of new literature by voting entities or CoDA World Service Committees. This process includes steps for copyright assignment, literature review, and publication to ensure consistent quality and alignment with CoDA principles.

Intent: To create a standardized, transparent process for endorsing new CoDA literature, ensuring all submissions meet the Fellowship's standards and are processed efficiently.

Crafting: None requested.

Pros & Cons:

Pros:

- Ensures that all literature aligns with CoDA's principles and provides a clear framework for moving new works through the approval process.
- Protects CoDA's intellectual property and prevents unauthorized use or dissemination of drafts that are not fully endorsed.

Cons:

- Concerns about the time and resources needed for the proposed multi-step process, which could delay the publication of new materials.

Vote Result: Passed with a 2/3 majority (Yes – 45, No – 2).

Motion Number: 24063

Committee: Literature Motion No 4

Motion Name: Update Definition of a CoDA Meeting in FSM

Person: Terry D

Description: The motion proposed updates to the Fellowship Service Manual (FSM) to require the use of CoDA-endorsed literature in all meetings. The aim was to provide a clear definition of a CoDA meeting and to emphasise the exclusive use of CoDA literature to maintain consistency and unity across meetings.

Intent: To establish a standard for what constitutes a CoDA meeting, ensuring that the recovery message is consistent and undiluted by outside literature.

Crafting: None requested.

Pros & Cons:

Pros:

- Promotes unity by standardising the literature used in meetings, ensuring that the message is not diluted or altered by outside influences.
- Provides clarity and consistency for members attending meetings globally, who will hear the same message regardless of location.

Cons:

- Some members felt that the motion limited meeting autonomy and could discourage creativity and flexibility in meeting formats.
- Concerns that it might negatively impact meetings that have traditionally used a mix of CoDA and non-CoDA literature to address specific needs of their members.

Vote Result: Passed with a 2/3 majority (Yes – 32, No – 16).

Motion Number: 24073

Committee: VE Texas Motion No 1

Motion Name: VE Texas Motion #1: Endorse the CoDA Canada "Recovery Patterns of Codependence – Progress Scale" tool as CoDA, Inc literature.

Summary of Intent: The intent of this motion is to endorse the CoDA Canada "Recovery Patterns of Codependence – Progress Scale" tool as downloadable CoDA, Inc literature. This tool is considered beneficial for Step 10 self-rating and for continuous inventory assessments by individuals and groups. It is aimed at helping members of Co-Dependents Anonymous to maintain personal accountability and support their recovery process.

Summary of Remarks: The motion notes that the "Progress Scale" tool from CoDA Canada is valuable for maintaining personal and group inventories. The tool provides scales for self-assessment of codependent behaviours and their progression towards healthier recovery patterns. It emphasizes that this tool can support individual and group members in their Step 10 efforts of personal accountability.

Summary of Questions:

- Is the term "scale" appropriate, or would "assessment" be a better fit?
- Do we have the proper authorisation for the copyright from CoDA Canada?
- Has this tool been checked with the CoDA Literature Committee for approval?

Pros and Cons:

Pros:

- Many members use this tool regularly for self-assessment and find it helpful, particularly for Step 4 and Step 10. Members noted it was useful in providing a clear understanding of their progress in recovery.

- Some noted that having such a tool is valuable for people who prefer structured, numerical self-assessment. It was also praised for making it easier to assess one's daily behaviours and stay aligned with recovery patterns.

Cons:

- Some concerns were raised about the wording of the scale, specifically terms like "none" and "full," which may encourage binary thinking.
- A few members found the tool triggering and felt it pressured them to achieve perfection in their progress, rather than promoting healthier recovery.

Vote Result: Yes: 42. No: 3. Abstain: 0 (not included in the total vote result)

Result: Passed with 2/3 Majority (Binding)

Motion 24082: Revisions/Updates to CoDAteen Handbook

Committee: CoDAteen Motion No 4

Motion Name: Revisions/Updates to CoDAteen Handbook

Person's Name: Linda C

Summary of Description:

The motion proposed updates to the CoDAteen Meeting Handbook to reflect current processes and best practices for the CoDAteen programme. These revisions aim to clarify the roles and responsibilities of adult hosts/meeting sponsors, establish a shared training process between the CoDAteen Committee and sponsoring groups, and ensure safety protocols are in place for CoDAteen members. The updates also redefine the approval process for adult hosts, emphasising their role in guiding rather than sponsoring CoDAteen members.

Summary of Intent:

The motion's intent is to:

- Provide clear and consistent guidelines for CoDAteen meetings, particularly around the roles of adult hosts.
- Ensure that the training and approval processes for adult hosts are comprehensive and support the safety and development of CoDAteen meetings.
- Update the CoDAteen Handbook to reflect these changes and make it a living document that can evolve as the needs of CoDAteen grow.

Crafting:

- The crafting process involved detailed updates to specific sections of the CoDAteen Handbook.
- The term "host/sponsor" was clarified to avoid confusion. The updated language specifies that adult hosts are responsible for overseeing meetings but do not function as personal sponsors to CoDAteen members.
- The shared responsibility model for training and vetting hosts was introduced, ensuring both the CoDAteen Committee and the sponsoring group are involved in the process.

Summary of Remarks:

- The motion included modifications without altering the core intent of previous guidelines.
- All updates have been highlighted in the revised document to ensure transparency and clarity.

Summary of Questions:

- **"What is the process for vetting adult hosts under the new guidelines?"**
The updated handbook outlines a collaborative vetting process between the CoDAteen Committee and sponsoring groups, ensuring all adult hosts meet the minimum behavioural and safety requirements.
- **"How will these changes impact current CoDAteen meetings?"**
Current meetings will need to review and possibly adjust their host approval processes to align with the new guidelines. This will ensure all current and future hosts meet the updated standards.
- **"What is the timeline for implementing these changes?"**
The changes will take effect immediately following the approval of the motion, with support from the CoDAteen Committee for groups needing assistance during the transition.

Pros and Cons:

Pros:

- The changes provide a structured and safe environment for CoDAteen members, ensuring adult hosts are properly vetted and trained.
- The updates allow for clear guidelines and standardized training processes, making it easier for new groups to establish CoDAteen meetings.

Cons:

- Some groups may struggle to implement the new requirements due to limited resources, which could delay the start of new CoDAteen meetings.
- The new qualifications may deter potential adult hosts from volunteering, impacting the availability of CoDAteen meetings in some areas.

Vote Result: Yes: #46 No: #1 Abstain: #0

Motion Passed: 2/3 majority.

NB In this motion, CoDAteen proposed changes to the wording within the foundational documents of the CoDA 12 Steps and 12 Traditions (as below). However, since the CSC, it has been determined that these changes do not meet the legal standards required for the Steps and Traditions. As a result, the CoDAteen version must be replaced with the original CoDA Steps and Traditions before publication.

THE TWELVE STEPS OF CODATEEN*

1. We admitted we were powerless over others - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependent teens, and to practice these principles in all our affairs.

*The Twelve Steps are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc.

THE TWELVE TRADITIONS OF CODATEEN*

1. Our common welfare should come first; personal recovery depends upon CoDAteen unity.
2. For our group purpose there is but one ultimate authority -- a loving Higher Power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in CoDAteen is a desire for healthy and loving relationships.
4. Each group should remain autonomous except in matters affecting other groups or CoDAteen as a whole.
5. Each group has but one primary purpose -- to carry its message to other CoDAteens who still suffer.
6. A CoDAteen group ought never endorse, finance, or lend the CoDAteen name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary spiritual aim.
7. Every CoDAteen group ought to be fully self-supporting, declining outside contributions.
8. CoDAteen should remain forever nonprofessional, but our service centers may employ special workers.
9. CoDAteen, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. CoDAteen has no opinion on outside issues; hence the CoDAteen name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and all other public forms of communication.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

*The Twelve Traditions are reprinted and adapted with permission of Alcoholics Anonymous World Services, Inc.

Motion Number: 24090

Committee Name: CoDAteen Motion No 3

Motion Name: CoDAteen: A Bridge to Recovery

<http://motions.coda.org.tempwebsite.net/Attachments/CoDAteen-FOR-REVIEW-ONLY-Revised-Motion-3-A-Bridge-to-Recovery-Revisions-to-Final-5-7-24-clean240716121807.pdf>

Person's Name: Rosa S

Summary of Description: The motion proposes endorsing the first edition of the booklet titled "CoDAteen: A Bridge to Recovery." This booklet is authored by teenage and young adult members of CoDAteen and aims to share their experiences, strength, and hope with other teens and young adults starting their recovery journey in CoDAteen. It is intended to be a resource for adult CoDAteen meeting hosts and CoDA members to support recovery in their teens and young adults.

Intent: The booklet is designed to bring hope and the message of recovery to teens and young adults. It includes personal stories from young CoDAteen members, translated and reviewed by the CoDAteen Committee. The booklet will be posted on the CoDA.org website and CoDAteen webpage for additional input and suggestions from the CoDA community.

Crafting: No crafting was allowed.

Remarks:

- The booklet is a collection of personal stories from teens and young adults, maintained in their original form, with translations from Spanish where necessary. The Committee encourages the CoDA community to provide feedback during the revision period.
- It requires specific references from the Fellowship Service Manual (FSM) for suggested changes, with clear indications of current and new wordings.

Questions Raised:

- **Legality with Copyright Assignments:** Since the authors are not legal adults, there were concerns about whether parental consent is required for copyright assignments.
- **Website Posting:** Questions arose regarding where on the website the booklet would be posted, given a recent motion passed that restricted posting literature on the CoDA website for a year.
- **Crafting:** Inquiries about whether crafting would be allowed for this motion.
- **Title Confusion:** There was a concern that the booklet's title is similar to a book written by a therapist, which could cause confusion for teens searching for CoDA materials.
- **Distribution:** Questions were asked about whether this booklet would be printed or only available online.

Pros and Cons:

Pros:

- Support for the booklet as a valuable resource for young people and meeting hosts, with an emphasis on maintaining its integrity while evolving the material.
- Appreciation for the foundational documents and the work done by teens in creating relatable content in their language. Recognition of the importance of building a bridge to communicate recovery messages to teens.

Cons:

- None specifically mentioned.
- Concerns about confusion due to the title similarity with other publications. Potential issues with revision based on a previously passed motion that may conflict with distribution plans.

Minority Opinion:

Virtual participant expressed concern over the potential confusion due to the booklet's title and the impact of a previous motion that restricts posting literature on the CoDA website.

Vote Result: Yes: 44. No: 3. Abstain: 1

Motion Passed with 2/3 Majority

NB In this motion, CoDAteen proposed changes to the wording within the foundational documents of the CoDA 12 Steps and 12 Traditions. However, since the CSC, it has been determined that these

changes do not meet the legal standards required for the Steps and Traditions. As a result, the CoDAteen version must be replaced with the original CoDA Steps and Traditions before publication.

Motion 24041

Committee: IMC (Issues Mediation Committee)

Presenter: Chris J

Motion Name: IMC Motion #2: Abstention Vote Count Amendment

Description:

This motion amends the **CoDA Bylaws (Article V; Section 4; Paragraph 2)** regarding the way abstention votes are counted during CoDA Service Conference (CSC). The motion focuses on changing how abstentions are factored into the overall vote tally, particularly for motions requiring a simple majority or a two-thirds (2/3) majority.

Current Text:

The previous rule required that a motion passes if it is accepted by a simple majority of the total number of voting members present. Abstentions were counted as part of the total members present, which had the effect of counting abstentions as "no" votes.

New Text:

The amended text specifies that a motion passes if accepted by a simple majority of the voting members **voting in favour of or against** the motion. Abstentions will no longer be treated as "no" votes and will not be counted in the final vote total for determining a majority or two-thirds threshold. This adjustment gives delegates the ability to refrain from voting without unintentionally impacting the outcome.

This change also updates the Fellowship Service Manual (FSM), particularly the **Service Conference Procedures** related to voting.

Intent:

The motion aims to address the issue of abstentions being effectively counted as "no" votes under the previous system. The **Issues Mediation Committee (IMC)** believes that voting members should have the right to abstain without it negatively affecting the final vote count. By separating abstentions from the final tally, members can choose not to vote if they are uncertain about their voting entity's stance on a motion without unintentionally swaying the results.

Pros and Cons:

Pros:

- **Clarity and Fairness:** Abstentions will no longer inadvertently act as "no" votes, providing more accurate representation of actual votes for and against.
- **Flexibility:** Voting members can abstain without impacting the outcome, which is especially useful if they are uncertain about their voting entity's position.
- **Better Representation:** This change ensures that only the votes cast as "yes" or "no" are used to determine the outcome, providing a clearer reflection of delegate opinions.

Cons:

- **Risk of Small Voting Base:** Concerns were raised that in situations with a low number of "yes" and "no" votes, a small number of voting members might pass or block motions, particularly if many choose to abstain.
- **Delegation Confusion:** Some members felt that if a delegate abstains due to uncertainty, it might indicate they are not representing their voting entity effectively.

Remarks:

This motion required changes to the following:

- **CoDA Bylaws:** Article V – Section #4.
- **FSM Part 4:** Service Conference Procedures, Section 04, Voting Procedures at CSC.

Questions Raised:

- **Clarification on Example:** A request was made to include an example in the updated Fellowship Service Manual to demonstrate how abstentions would be handled under the new system. The IMC declined to modify the text, citing legal advice.

Vote Result: Yes: 41. **No:** 6. **Abstain:** 0 (not counted in the total vote results)

The motion passed with a 2/3 majority, making it binding on the Board of Trustees.

This motion effectively changes how voting works at the CoDA Service Conference, improving the transparency and fairness of vote counting by ensuring that abstentions do not skew the results of a motion.