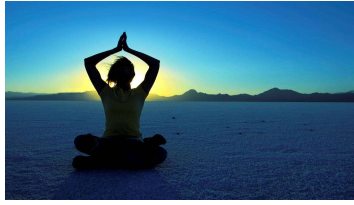


Amp Up Your Recovery



Doing Service



Taking a service position in CoDA is a **safe**, yet **powerful** way of **practicing** the **healthier patterns**

that we are learning through our meetings and Steps.

Working towards a common goal, with others who are **also** practicing recovery, can help us **grow past our comfort-zone rut**, but safely---among people who "get it".

Your local meeting **needs** you:

- ✓ Do a reading, be a speaker, be a sponsor or co-sponsor
- ✓ Come early to help with setting up or stay after to help clean up
- ✓ Conduct a step-study group
- ✓ Participate in your group's business (Home Group) meeting
- ✓ Become a GSR (Group Service Representative) to liaison with ANCoR (AZ North & Central CoDA Region) Intergroup

Your regional Intergroup (ANCoR) **needs** you:

- ✓ Attend an ANCoR meeting as a GSR or *even* as just as a curious CoDA member! (Meets every other month!)
- ✓ Help on an ANCoR committee project. Opportunities exist in the **Web Committee** (helping improve azcoda.org), the **Outreach Committee** (sharing the CoDA message at health fairs and other events), the **Events Committee** (presenting speakers and conducting gatherings for learning and fellowship)
- ✓ Become a regular member of one of those committees
- ✓ Take on a 2-year term as chair of one of the above committees. (Any new chair would of course get help from ANCoR members!)
- ✓ Take on a 2-year term as ANCoR Chair, Vice Chair, Treasurer, Secretary, or Webmaster. (Any new officeholder would of course get help from ANCoR members!)
- ✓ Attend the Annual International CoDA Service Conference (CSC) as a curious CoDA member or an official Delegate

The CoDA Program is helping us get healthy.

In turn, CoDA needs our service to remain a healthy organization.

Please reach out to your meeting contact or ANCoR at ariz.coda@gmail.com for more information.