

**THE SAN DIEGO COUNTY COMMUNITY COMMITTEE
OF CO-DEPENDENTS ANONYMOUS**

MINUTES OF THE REGULAR MONTHLY MEETING

August 18, 2007

1. **Call To Order.** The regular monthly meeting of the San Diego County Community Committee of Co-Dependents Anonymous (the "Committee") was called to order at 10:00 A.M. by the Regional Rep, Nancy. The Newcomers Welcome, CoDA Traditions and Intention Statement were read.
2. **Approval of Minutes.** Jackie announced there were a couple copies of the corrected July 21 minutes available. A current list of members was passed around to "check in" or add your info if necessary. A phone list will be made available next month. Jackie reminded everyone that she takes notes, and does not create a transcript of the meeting. Corrections are ALWAYS WELCOME but not every comment is placed into the minutes. After some discussion it was moved and seconded to approve the minutes. (Reminder: NO EXTRA TIME WILL BE TAKEN TO READ THE MINUTES during the meeting. The minutes are emailed to everyone who has their email on the sign in sheet.)
3. **Reports**
 - **Community Representative** – absent – Gary sent a report with Nancy to be read to the committee apologizing for his absence – he is on vacation. This is his message:

I am not here today because I am on my way to learning how to take time off to relax and take care of myself. My wife is my teacher and guide for the next 12 days. As much as I would like to be there dealing with the issues facing you today, I know that my lesson is here with me. This is an area where I have been lacking in my self-care, my loving myself. Wish me luck!

My goodness but it has been an active month! Lessons abound when I work this program and this month, I have really had to work it! I have been pulled in a hundred different directions by calls to lead, back off, speak up, shut up, hurry up, slow down, stand up, ease up, do something, and do nothing!!! I appreciate all your input. I appreciate all your service and energy given in the name of this program. I love your passion in how each of you uniquely understands this program. I like how common is our desire for recovery however it appears.

I have return updated information about CoDA to two associations that offer information to suffering people in need of ways to help themselves outside of medical and professional offices. They direct people to us when appropriate. We are set for another year.

I know that last month we discussed some difficult issues with partial resolution. God has a way of working in our lives given time to do so and I think that a month may have given us time to think about our positions, principles, desire for unity while respecting autonomy, and common welfare. These issues for this community are no different than for a relationship; we want to love and work with ourselves and our partners, showing respect and admiration for each other as we interact. How do we do so?

The CoDA program's traditions are guidelines and when used as guides, lead us to healthy and loving relationship with ourselves and others. Rhetoric? We are trailblazers in the area of codependency and the 12 Steps. Yes, AA started it all and others have done what we are doing, but in learning how to deal with codependency and all its related ego, self-esteem, control, and whatever issues, we are the ones doing it!! If this is difficult at times, that is because that is the process of changing old into new.

I know in my heart that you will be wonderful today in your endeavors, even without me. Please help Nancy as she chairs in my absence and show her all the love and consideration you always show me. You are all awesome individuals and I will miss you today! It is humbling to know that I am not indispensable and therein lies another lesson for me. I just keep growing and learning the more I am around you all.

Thank you, Gary J.

- **Alternative Community Representative.** (Position open). No report.
- **Parliamentarian.** Johnny read the New Member Community Meeting Welcome (which needs to be updated) and described the guidelines and procedures for bringing action items and discussion items to the Committee for discussion and action, as well as other rules of order to facilitate appropriate flow of the Committee meetings.
- **Treasurer. Absent** - Raffi provided a report that is attached to the secretary's minutes. He had 2 questions that were addressed; the group he asked about is believed to be a Monday night meeting. Lesa may have the info. And Trevor assured us that the blue zipper bag was empty (although no one has any idea where it is).
- **Regional Representative** - Nancy reported that there are new Regional By Laws available and that she did email them to members listed. She shared a letter to us from Hal that was sent to all of the newly elected officers. The next Regional meeting will be Sept 8. Contact Nancy if you need the location/directions. The region will be sending 3 people (2 reps & 1 alternate) to the National meeting the end of September
- **Alternate Regional Representative.** Absent
- **Panels/Workshops and Seminars.** Bette Jo has had to step down from the PWS co-chair and the 2008 Retreat Chair positions. Joe has agreed to continue doing PWS alone. Joe is waiting for an answer from the church he plans to use for the SSS and hopes to hold it the 4th weekend of October and would like 1 or 2 people to assist him.
- **Public Information/Mail** Csilla received 11 pieces of mail that will be distributed at the break. One of the items is the "Steps In Recovery" Newspaper and a bill to renew the subscription. She will ask Gary about it and forward Raffi the bill.
- **Public Information/Telephone.** Harv, as "acting chair" read Gary's report that there were 9 phone calls since last month; 3 requests for newsletters, 2 calls concerning meeting additions/changes, 2 pertaining to Outreach and 2 about Codependency questions. All items were forwarded to the correct person or dealt with. Harv informed us that he goes on vacation next week and since Gary will be gone for 12 days, Csilla volunteered to be the back up until Gary or Hal return.

- **Website Master.** (Position open). As acting chair, Joe reported that he has updated the time for the Tues night meeting and is creating a site map to make it easier to locate things on the website. He will do the same with a Spanish site map, directing people to the National Spanish info. He suggested adding a “forum” to the page so you can join it and use that as a means of communication. Then, people who are interested can join the forum and not bother those that are not interested.
- **Hospitals & Institutions.** Lynne reported on each of the meetings and who is attending. At one meeting, 7 women didn’t speak English and Carlos was there and able to help out. Lynn is still trying to get into the Juvenile system for meetings. Someone in one of the jails may be using our mailbox to write Lynn since she obviously didn’t want to give him her home address.
- **Literature.** Tim provided us with a report that is attached to the secretary’s copy of the minutes.
- **Outreach.** (Position open). No report.
- **Newsletter.** Lesa provided us with the new September newsletter. She is still working on plans to list the San Diego County and Tijuana Spanish speaking meetings. The new Tues meeting time change is on the schedule. She will also take newsletters to the Regional meeting.
- **Activities/Refreshments.** Nancy reported there are refreshments today.

Announcements: None

5. Quorum

The group representatives and officers of the meetings introduced themselves and the secretary confirmed a quorum was present (17 voting members). Eight voting members constitute a quorum.

6. Old and New Business

- A motion from Bette Jo that was changed to a discussion item was to select a chairperson for the 2008 So Cal Regional Retreat that is to be held in San Diego since she is unable to continue as chair. The proper procedure was discussed and it was decided that (hopefully) someone will step up as chair and attend the next Regional meeting – 9/8 – Please notify our Regional Rep, Joe if you or someone you know would like to volunteer. If we are unable to find someone, we may have to decline as hosts.
- A discussion item from Joe regarding a centralized way to make meeting corrections known to the community was tabled.
- Joe mad a motion that was seconded to add the Tuesday night ongoing Step Study to the website and newsletter. It will be using only CoDA approved literature. The meeting will be open for new members approx. twice a year and the date of the next one will be listed. After discussion and a moment of silence, the motion passed 16-0-1.

- Joe made a motion that was seconded, to “Gently decline the \$100 donation from LA ACA. (aka the “Camp Recovery” check). He read the email from the person that sent the check. After a brief discussion and a few moments of silence, the vote passed 15-0-2

A motion was made to extend the meeting for 10 minutes. It was seconded and the vote was 3-12-3 so the meeting ended.

7. Adjournment

The Committee accepted contributions from the members according to the 7th tradition, and there being no further business before the Committee, the meeting was adjourned at 12:10.

Respectfully submitted,

Jackie Mc, Secretary

Next Meeting: Saturday, September 15, 2007