

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

MINUTES OF THE REGULAR MONTHLY MEETING

Date: August 16, 2008

- **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 Frank, Community Representative. The CoDA Traditions and Intention Statement were read.
- **Approval of Minutes.** Jackie - It was moved and seconded to approve the July minutes as written. The phone list was passed around to the members. Jackie will also email a corrected phone list each month. (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).

- **Reports**

Community Representative Frank - Thank you Trevor for leading the July meeting so effectively. But I hear we almost didn't have a quorum. For future reference, our bylaws state that the requirement is 30 % of the eligible representatives, and not 1/3 or 33.33 %, as was used for July's calculation. (Secy note: 30% WAS used) So there is no question that you had a quorum, even without rounding down any numbers. Although the bylaws don't make for fascinating reading, they are apparently useful at times. It's also good that we now have a committee that is focused on updating our bylaws. It's great to be back and thank you all for your dedication to service. Stephen, our Activities Chair has informed me that he will not be able to make today's meeting but wanted me to remind everyone that there will be a dance on Sept. 7 after the Speaker's Meeting. He would also appreciate anyone with good dance CDs to bring them. I also want to thank Danny G. for contacting the individuals requesting information in support of Buena Conciencia, the new Spanish Speaking meeting.

- **Alternative Community Representative** France - absent - No report.
- **Parliamentarian** Johnny - 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 were briefly described.
- **Treasurer** Lori - The regular monthly report was passed out to everyone and it is attached to the secretary's minutes. She also explained some of the numbers.

Regional Representative Nancy - I'd like to thank the San Diego CoDA community for their contribution to and support of my trip to Chicago as a voting delegate for SoCal CoDA to the CSC Conference in September. I am looking forward both eagerly and anxiously to my first participation in service at the CoDA World level. There are currently five "voting entities" (meaning these were submitted by states/voting entities) issues, listed below, that I will be voting on as one of two delegates from Southern California, and I welcome your

guidance. Please discuss these issues within your groups and return any input to me as soon as possible. The SoCal CoDA quarterly meeting will be held on Aug 23rd, and with your guidance I hope to represent San Diego CoDA accurately and honestly. And, of course, all who wish to are welcome to attend SoCal CoDA meetings and participate in the discussions.

Here are the “voting entities” issues to be voted on at the CSC Conference: **Please discuss these with your groups this week and send any comments to Nancy ASAP.**

AZ-08-01. Arizona requests a thorough evaluation/explanation of how CoRe structures its postage and handling charges to CoDA groups. And, if possible, requests that CoRe reduce the costs.

RATIONALE: So, CoDA groups can afford CoDA resources, and support CoRe, more easily.

AZ-08-02. Arizona suggests that CoDA Inc.'s board and CoRe's board begin discussion about coming together as one board.

RATIONALE: To promote unity, and to prevent duplication of efforts and expenses for attorneys and accountants. **(Nancy’s note: if you get the QSR – Quarterly Service Report – 7th Tradition donations to National have drastically dropped)**

TX-08-01. Texas requests that individuals be granted permission to verbally substitute the term Higher Power for God, if desired, when reading the Preamble, Welcome, Steps, and Traditions out loud.

Intent: This issue was submitted two years ago and there was a misunderstanding at CSC about what was being requested. We do not request the written documents be changed but the statement that the Foundational documents must be read “as written” be changed.

Codependents can be black and white in their thinking; some people interpret “as written” to mean that Higher Power cannot be substituted for God when reading the document. Changing “as written” (e.g., as written except for the substitution of Higher Power for God) allows people the choice of saying Higher Power when the documents are read out loud. Since CoDA is a nondenominational organization, we would like to be congruent with the principles of the organization in using “Higher Power” and the God of our understanding in the reading of Foundational documents.

TX-08-02. Texas requests that when CoDA World translates the CoDA Book into other languages, only the first 111 pages be translated rather than the entire book. Translation is very expensive and we think the recovery stories will not translate well linguistically or culturally.

Intent: We do not intend to eliminate the personal recovery stories but think the stories would be better if provided in the native language and culture—perhaps as a separate book.

Translating the first 111 pages only would save CoDA money and provide important CoDA literature to other countries more quickly.

TX-08-03. CoDA Texas suggests a change to the third paragraph of the Welcome. It now reads: “We attempted to use others-- our mates, friends, and even our children as our sole source of identity.....” We would like to add “and jobs” and change the Welcome to: “We attempted to use others-- our mates, friends, and even our children and jobs, as our sole source of identity..... “

Intent: Some codependents don’t have mates, children, or even friends, but use their job as their sole source of identity. Adding this phrase to the Welcome identifies another area of our

addiction. We suggest this change be implemented in the Meeting Starter packet and other web documents and then in the CoDA Book at the next printing.

- **Alternate Regional Representative** Trevor - absent - Frank read a short report from Trevor: "Thank you for permitting me to act as the Community Representative last month. I had great fun. The only change I would recommend to the July 19 minutes is on page 3: Under the section Quorum, 5th line, I believe "divided by" should be "times" resulting in "= 12" not "= 14".

I have given a check and some paperwork from France, for the San Diego Community from the Conference in the amount of \$1,823 to Frank.

I believe I have lost the key to the church, so if you didn't get in today, you can blame me.

With you in Spirit, if not in body, Trevor H."

- **Panels/Workshops and Seminars** Carolyn - Super Seminar Saturday will be held on October 25 at the Clairemont Church of God. Lori has volunteered to take care of the food and Cheri is doing registration. Anyone interested in doing workshops, or helping with lunch or registration please contact Carolyn. The theme she is proposing is "What does recovery look and feel like?"
- **Public Information/Mail** Csilla - absent - There were pieces of mail collected this month, including 4 bills and 2 Seventh Traditions. They were passed on.
- **Public Information/Telephone** Bonnie - absent - There were 5 phone calls; 3 for Outreach, 1 for the newsletter and 1 from a group called "211 Organization".
- **Website Master** Acting web master - Joe reported that he has made some changes and updates to the website. He also told us that this months newsletter was downloaded 80 times, previous newsletters were downloaded 40 times and the meeting schedule was downloaded between 175-230 times. Several people have complained about spam – Joe recommends we each set up a gmail account and have our CoDA business go there; AOL is the biggest offender for this problem.
- **Hospitals & Institutions** Lynne - It's been 1 year since we ordered our CoDA books – THEY WERE FINALLY RECEIVED last week!!!!!! Lynne is distributing them to the library and counselors for the women's jail and to the counselors and inmates for the men's jail. She finally got the contact phone number for the CoRe person. Also has a bunch of tapes to be passed around; they cannot go into the jails. Raffi will finally start his 1st meeting this week in the jails. Anyone interested in being a pen pal should see Lynne. They are matched to inmates by Lynne with help from the counselors. If we choose to buy another \$500 worth of books (matched by CoRe) they could be distributed to libraries and to other jails we don't go to.
- **Literature** Joe - (no written report received, so I hope these numbers are correct) \$684.15 sold last month, \$1495.74 in literature portion of bank account, \$94.65 in cash box.
- **Outreach** Deborah & Scott - absent.

- **Newsletter** Lesa - Copies of the September newsletter were handed out. Some of the meetings were updated. Lesa would like submissions, letters, poems, thoughts of any length.
- **Refreshments** Nancy - reported there is coffee and hot water for tea & decaf today (outside the door) as well as bottled water.
- **Activities** Stephen - absent - There will be a dance after the Speakers meeting on September 7.
- **By Law Committee** Johnny - Committee consists of Joe, Lesa, Trevor and France. Jackie will email all of the minutes from the last year and a half to Johnny.

Announcements:

none

5. Quorum

The group representatives and officers of the meetings introduced themselves. The Secretary and the Parliamentarian confirmed **a quorum was present (16 voting members)**. After much discussion, it was decided that a quorum is 30% of the voting members of the community, which changes as positions are filled, and groups are started or disbanded. Based on 16 positions filled and 23 groups = 39 **multiplied** by 30% = 12 voting members. (used to be "divided". Also, The Spanish groups with MX registration are not being counted. There is rumor of 1 or 2 more Spanish groups in Chula Vista and National City. We are working on how to define a "member" group of the community for quorum purposes.)

6. Old and New Business

- A motion was made Lori to reimburse events allocation. It was seconded by Nancy and discussed. We received \$1823 from SoCal from the conference. We had previously given \$750 for the conference. This reimbursement will bring our allocation for events back to \$1000. After a moment of silence, a vote was taken: 16-0-0 Motion unanimously passed.
- A discussion item by Nancy regarding the Spanish speaking meetings in San Diego being counted in our quorum. **Please bring this item back to your groups for discussion. How should we count our "members" for the quorum count?** (Secy note – 3 groups listed on meeting schedule have not sent a rep in the 1 ½ years I've been secretary)
- A discussion item was presented by Emily. The Speakers meeting is changing officers. Currently Trevor is in charge of the speakers (which are owned by the community but taken care of by the Speakers meeting because they use them every month). Richard will probably be taking over that position. Does a vote need to be taken to transfer the equipment from Trevor to Richard. Discussion led to a decision that no vote is necessary. For now, their group should make an announcement at the next community meeting. In the future we could make this more formal.

- A motion was made Lori to have an adhoc member liaison to the Spanish speaking meetings. The motion was withdrawn because the Community rep can appoint an adhoc chair without a vote.
- Frank appointed Cecilia as the adhoc chair for liaison to the Spanish speaking groups.

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 11:57 am.

Respectfully submitted,

Jackie Mc, Secretary

Next Meeting: Saturday, September 20, 2008

Please take these items back to your groups:

Regarding the Spanish speaking meetings in San Diego being counted in our quorum: **Please bring this item back to your groups for discussion. How should we count our “members” for the quorum count?** (Secy note – 3 groups listed on meeting schedule have not sent a rep in the 1½ years I’ve been secretary. Also, there are possibly 3 Spanish speaking meetings in south bay)

LESA NEEDS SUBMISSIONS for the newsletter!

Please remind your groups to elect and send Group Reps to the Community meetings, third Saturday of every month, 10:00 – 12:00. If gas prices are a problem, the group might offer to reimburse your reps.

Stephen waits at the API parking lot in La Mesa at 9:00 for anyone wanting to carpool and save gas to the Community Meeting each month. This is an opportunity for the farther away groups that might not be sending anyone to our meetings.

The “voting entities” issues to be voted on at the CSC Conference: Please discuss these with your groups this week and send any comments to Nancy ASAP. (please see report above)