

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

MINUTES OF THE REGULAR MONTHLY MEETING

Date: September 20, 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 10:05 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 August 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). Jackie also announced she will be absent from the October community meeting and asked for someone to take notes. Thank you Trevor for volunteering.

- **Reports**

Community Representative Frank - "Good news. The Spanish American Coda Community is really coming together, and is beginning to form its own regional organization. I have passed out a list that I received from our Regional Rep, Nancy, of four Northern California and ten Southern California meetings, three of which are near the Mexican border. I think we should extend our support and outreach to this growing community. Any ideas or help in this regard, especially from the bilingual among us, would be greatly appreciated. It will be important for Cecilia, our new *ad hoc* liaison, to have this list so that she can contact the Spanish-speaking-only representatives.

I obtained a key for our new meeting room from the Presbyterian Church. I tried to get a second, but the two they had left were already spoken for, so the Church will need to get more made before we can get any such backups. Since the keys have a "Do Not Duplicate" notice on them, we will not be able to duplicate the keys on our own, as we have done in the past. However, I believe there may be community members that hold keys for the various CoDA meetings that are held in this room. So it would be useful to get a count of those key bearers, other than myself, who will attend our meeting, and monthly accounting of who will be bringing keys to our next meeting. Otherwise we could find ourselves in the embarrassing situation of being locked out."

- **Alternative Community Representative** France -
- **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 - "My first impression of CSC was surprise at the small size of the Fellowship at this level. There were only about 50 CoDA members in attendance, compared to the 20 or so that come to our SD CoDA community meetings. The committees themselves are composed of mainly under six members, most 3-4 trusted servants. The next wake-up for me was the small number of meetings nationally. For example, the entire state of WA has only 20 meetings, while the city of Indianapolis has 3. Membership across the country was remarkable for its small numbers. To supplement these meetings, there is an on-line CoDA meeting website, www.onlinecoda.net, which is very successful. After attending my first Conference, I feel extremely fortunate to be part of San Diego CoDA with its large and active community.

For brevity, I'm presenting my report in the form of "bullet points". Please save your comments or questions until the end of my report.

- The Board disposed of the Voting Entities issues I reported on last month with the following. AZ-08-01 was sent to the Issues Mediation Committee. Following a motion submitted from CoRE, shipping costs will be the actual cost of shipping an order, plus a handling fee of \$1.00. AZ-08-02 was sent to the Board and CoRE to begin studying the possibility of a merger. TX-08-01 was returned to Texas with the comment that all meetings are autonomous and this could be decided at the group level through group conscience. TX-08-02 was sent to the Translation Management Committee for further study. TX-08-03 was sent to the Service Structure Committee, which found that the listing of sources of identity in the Welcome was intended as examples, and not intended to be all-inclusive. Therefore, this does not merit the cost of changing all foundational documents.
- The Board was asked to investigate changing the "live" answering service (which is non-CoDA staffed) to an automated phone service similar to those used by CoDA communities, in order to save money for the fellowship. (This was passed but without a mandate).
- After much discussion, it was moved to convene the CSC next year immediately after the CoDA Convention in WA, in order to save time and money for the fellowship. Therefore, SoCal will not be hosting the CSC. It will be in Seattle right after the Convention in July. More specifics will be forthcoming. If this is successful, future conventions and conferences will be merged.
- CoRE is creating a WebStore, which is almost ready and should be up and running very soon. Royalty payments to CoDA Inc have been reduced from 40% to 30%. Prices of all literature will be raised 2% to offset the inflation of publication costs (excepting The CoDA Book, The Workbook, and the In This Moment book, which were raised last year). Spanish versions of five pieces of literature are near completion and expected to be out this year. They are: Sponsorship, Workbook, Am I Codependent?, Affirmations, and CoDA Book.

- There will be a new sentence added to the Meeting Starter Packet: It now reads “Meetings can be held anywhere. Try churches, synagogues, counseling centers, hospitals or places where other groups are held.” Added to this is: “...Though each group is autonomous, for reasons of safety and anonymity, CoDA does not recommend holding meetings in individual homes.”
- There is a new “tent card” which is designed to be placed in the center of the circle at meetings.
- A new piece of literature endorsed by the Conference and sent to CoRE is a “Healthy Meetings” Booklet.
- The Sponsorship Booklet will be revised to include a section on “What is in it for me as a sponsor”.
- The “Patterns & Characteristics” will not be changed. The committee will brainstorm on a new buzzword topic “Counter Dependency” and may create a new piece of literature on this topic.
- “Recovery Patterns of Codependence” will now be posted on the CoDA website.
- An ad for submissions for “The Story Gatherers Project” will be placed on the CoDA website and on the Co-NNections website (found on the CoDA website under “CoDA Community”).
- Co-NNections contains CoDA recovery shares, in the form of narratives, artwork, poems, and in the future, hopefully, videos. Co-NNections is currently in the process of changing its format to be more user-friendly. Submissions will be categorized by topic as well as by date of submission, and a sample of submissions will be on the opening page.
- The Webmaster is in the continuous process of updating meeting lists. In order to facilitate this work, he requests that every meeting include a secondary contact that has some permanency in the program, e.g., someone at the community or intergroup level such as The Community Chair, the Community Webmaster, or the Outreach Chair.
- H&I reported on the “Books for Inmates” program. After thanking CoDA for the books that San Diego received under this program, I sat down with Sandra, the H&I Chair, for a face-to-face meeting. I hope the information I learned at this meeting will be useful to our community. I learned that the specific intent of this program is to bring CoDA material to prison inmates through individual 7th Tradition donations. The program was created to respond to a request from individual inmates for CoDA literature donations. The program is designed to work in this way: H&I receives a 7th Tradition donation, targeted specifically for the Books for Inmates program. H&I then matches this donation with a prison inmate’s request for CoDA literature. H&I then contacts the prison inmate’s facility (usually either a librarian or counselor) for approval to send this literature to the prison inmate, along with clarification of any restrictions. H&I then sends the literature to the inmate and also sends duplicate

literature to the contact in the facility. Having learned how this program is designed, I then worked with Sandra to find a way to modify it to fit the needs of our H&I program in San Diego, which works with jails, whose inmate population is transient, rather than with prisons, whose inmate populations are much more stable. Together we came up with a plan that I hope will be workable for San Diego, and that I will be happy to share in detail with Lynn and any other interested parties.

- The budget pages for both CoRE and CoDA Inc. are attached to this report.”

Alternate Regional Representative Trevor – No Report

- **Panels/Workshops and Seminars** Carolyn - Super Seminar Saturday will be held on October 25 at the Clairemont Church of God. The theme is “What does recovery look and feel like?” Carolyn gave us a quick outline of the program, passed out fliers and **requested help with registration, lunch, literature sales, set up and cleanup.**
- **Public Information/Mail** Csilla - absent – no report
- **Public Information/Telephone** Bonnie - There were 5 phone calls; 2 for Outreach, 2 for the newsletter and question about a step study which she answered herself.
- **Website Master** Acting web master - Joe reported that he has made some changes and updates to the website. He will soon have a **7th Tradition form on the website to make it easier for groups to use for their donations to the Community, regional and National levels.**
- **Hospitals & Institutions** Lynne – reported that the groups are doing well, but needs more volunteers to do H&I. Lynne would like help deciding how to divide the annual \$500 allocation for H&I. Nancy had some more info on the now arduous task of matching Blue Book donations and they will get together to discuss this
- **Literature** Joe – A printed report/graph is attached to the secretary’s copy of the minutes. \$953.70 sold last month, \$1588.29 in literature portion of bank account, \$97.35 in cash box. This was the largest order put in for quite some time (not including orders for seminars). There will be literature at SSS and he will order a little extra. Joe still wants to put together a newcomer pamphlet for all groups to be able to use. He will meet with Outreach to work on this with them.
- **Outreach** Deborah & Scott(absent) – The committee meets on the 4th Monday after the API CoDA meeting. Besides Deborah and Scott, Cheri and Trevor are also on the committee. Deborah reported that each committee person contacted free publications like the Reader and Union Tribune to find out how to place free announcements about CoDA and they also each contacted 5 therapist offices with CoDA info.
- **Newsletter** Lesa - Copies of the October 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 no coffee and hot today due to the last minute change in location to the sanctuary. Our “new meeting room” was being worked on.

- **Activities** Stephen - absent – The dance after the Speakers meeting September 7 was not very well attended. Comments were that a Sunday night probably isn't a good time to have a dance, although many members like the idea of a dance, just on a different night.
- **By Law Committee** Johnny - Committee consists of Joe, Lesa, Trevor and France. Johnny reported that he did not call the committee members yet for a meeting.
- **Spanish speaking liaison** – Cecilia – Nancy clarified (from National) that the Spanish speaking meetings have the choice to become part of their local CoDA community or to Spanish CoDA. Cecilia reported she has begun attending some of the meetings.

Announcements:

none

5. Quorum

The group representatives and officers of the meetings introduced themselves. The Secretary and the Parliamentarian confirmed **a quorum was present (18 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. We are working on how to define a "member" group of the community for quorum purposes.)

6. Old and New Business

- Discussion by France from June was to set up an ad hoc committee to discuss which materials should be used to form a newcomers booklet based on competitive printer rates. Some of the points raised were that this can be part of Outreach and H&I. Also that the committee find out what we can and can't do with such a pamphlet.
- Frank appointed Lesa as the ad hoc chair for a newcomers pamphlet committee. Committee members include Karla, Joe, Lynne Deborah France and Kirk.
- A discussion item by Lynne regarding the allocation of the money for H&I. How to divide money that CoRE will match. Nancy explained the new CoRE info to the group. Nancy & Lynne will work on ideas for the allocation.
- A motion was made by France to donate a CoDA Big Book to Margaret, an ex inmate at Las Colinas who can't afford one for her new step study group. It was seconded by Lori. After some discussion the motion was withdrawn since the money for the book can come from the H&I allocation.
- Stephan requested that people now call him for a ride to the community meetings since he has waited before several meetings and no one has showed up to take him up on his offer.
- Karla announced that Emily is the new contact person for speakers for the Speakers Meeting.

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. (The secretary forgot to look at her watch – does anyone remember what time the meeting ended??)

Respectfully submitted,

Jackie Mc, Secretary

Next Meeting: Saturday, October 18, 2008

Please take these items back to your groups:

- Carolyn gave us a quick outline of the Super Saturday Seminar program on 10/25, passed out fliers and requested help with registration, lunch, literature sales, set up and cleanup.
- a 7th Tradition form will soon be on the website to make it easier for groups to use for their donations to the Community, regional and National levels.