

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

MINUTES OF THE REGULAR MONTHLY MEETING

Date: December 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 10:10 a.m. by France, Alternate Community Representative. The CoDA Traditions and Intention Statement were read.
- **Approval of Minutes.** Jackie - The phone list was passed around to the members to check off their names and make corrections or additions. Jackie will also email a corrected phone list each month. It was moved and seconded to approve the November minutes as written. (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 – absent - France Reminded everyone of the holiday party tonite.
 - **Alternative Community Representative** France – 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 - Report is attached to Secretary's minutes. The holiday turkey dinners and SSS money are not in this report.

Regional Representative Nancy - The December SoCal CoDA quarterly board meeting mainly focused on the reports from your delegates to the CoDA Service Conference (CSC) which was held in September (you can find both reports on the Los Angeles CoDA website), and also on the upcoming plans for the SoCal CoDA conference to be hosted by the Desert Communities in June 2009. Please check their website at www.desertcoda.org for registration information. The theme of the conference will be "Our Spiritual Foundation" and the buzz seems to be all about the "masquerade ball" that will take place on the Saturday night. There will be supplies on hand at the conference to inspire and help us create personal masks, symbols of the anonymity that is so vital to our program of recovery.

However, the immediate future brings us to the holidays and, for many of us, it is a time of "codependent hell." The CoDA community of Los Angeles has, for many years, run marathon CoDA meetings to help get through the holidays, and their tradition continues this year. Please check out their website at www.lacoda.org for details.

As the year ends, I'd like to thank all of you for allowing me to be your representative from San Diego this past year, and am looking forward to continuing to represent the San Diego CoDA

community in 2009. The blessings I receive through service to this community continue to ease my own hard work of recovery. I wish you a holiday season filled with the joy of fellowship, the rewards of service, and, especially, the peace that comes from “turning it over” to a Higher Power.

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- **Alternate Regional Representative** Trevor - No Report
- **Workshops, Seminars and Panels** Carolyn – Thanked everyone who helped with SSS. There were 65 attendees and \$41 extra brought in. Carolyn’s schedule has changed and she will not be able to continue as WS&P chair. She brought the extra supplies and some cereal bars to munch on.
- **Public Information/Mail** Csilla - 12 pieces of mail were received and distributed appropriately this month; 2 to H&I, 3 7th Traditions, 4 misc. and bank statements.
- **Public Information/Telephone** Bonnie - There were 4 phone calls; One for Outreach, one asked for a newsletter but left no contact info or name, one left only a name and email but no idea what help was needed. Bonnie contacted the person by email but has had no response yet. The last call was from a Honey M who says she has “lots” of CoDA tokens from a long defunct meeting and she is willing to give them to anyone who will come pick them up in the La Mesa area. France volunteered to handle that.
- **Website Master** Acting web master - Joe reported that he has made some minor updates to the website.
- **Hospitals & Institutions** Lynne – reported that Betty Jo has helped her straighten out the C.O.R.E. literature problems via email and we should be able to send half of the allotment (\$250) for books to them soon. They will match our donations. She still needs people for H&I to do service work in the jails. She will be visiting the jails during the holidays.
- **Literature** Joe – report is attached to Secretary’s copy of the minutes
- **Outreach** Deborah – no report
- **Newsletter** Lesa - Copies of the January newsletter were handed out. The speaker’s meeting speakers are incorrect – January speakers will be Tara from Escondido and Trevor.
- **Refreshments** Nancy – there is coffee and hot water for tea and the cereal bars from SSS.
- **Activities** Stephen - Holiday party is tonite. A 7th Tradition donation will be accepted.

Ad Hoc Committees:

- **Spanish speaking liaison** – Cecilia No report. Nancy reported that LA has about 200 members in their Spanish community.
- **Newcomers Pamphlet** – Lesa – will meet Jan 4. before the speakers meeting
- **By Law Committee** - Johnny - will meet January 9

ANNOUNCEMENTS: NONE

BREAK

5. Quorum

The group representatives and officers of the meetings introduced themselves. The Secretary and the Parliamentarian confirmed **a quorum was present (22 voting members)**. (37 X .3 = 12 voting members needed).

6. Old and New Business

- Nancy led a discussion about the WSP supplies. Csilla and Emily both volunteered to store the supplies until a new chair is appointed.
- Johnny read from the bylaws the positions that will become available in January plus the qualifications necessary and the people holding those positions currently told a little about the job. Those positions are Alt. Community Rep, Alt. Regional Rep, Parliamentarian and Recording Secretary. **Please tell your groups about these positions.**
- The 7th tradition being taken at the party tonite was briefly discussed.

7. Adjournment

The Committee accepted contributions from the members according to the 7th tradition, and with no further business before the Committee, the meeting was adjourned at 11:56.

Respectfully submitted,

Jackie Mc, Secretary

Next Meeting: Saturday, January 17, 2008