

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

MINUTES OF THE REGULAR MONTHLY MEETING

Date: August 21, 2010

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, Community Representative. The CoDA Traditions and Intention Statement were read.

- **Secretary** –Good Morning everyone, I updated and emailed the minutes. There are a couple copies on the literature table, feel free to take one. If there isn't enough, let me know and I will email you a copy.
- **Community Representative France-** Thanks to Micah for taking over the last meeting.
SDCCC Community Report

August 21, 2010

1. By-Laws Update:

a) As you know the By-Laws were distributed via email to members of the community. The format in which they were sent showed the "proposed changes" in color. I did receive some comments and suggestions which have been incorporated into the final version. I made a few copies to assist those who may not have access to computers. I would like to suggest that a motion be made to accept the changes to the By-Laws in the second half of the meeting.

b) The items at the end (entitled Addendum) were motions passed in the past and were added, not to become part of the By-Laws, but rather as an account of motions passed that require discussion. As I was reading through the Minutes, I thought having this information would be helpful and we, as a group, can decide the best way to conserve a list of our motions. I will place a discussion item so we can address this point later.

2. Sunday Night Encinitas Meeting:

Several discussions via email and in person have taken place with both Susan and Robert of the Encinitas meeting. In addition, I attended the meeting on August 8th, along with a person who actually lives in Encinitas and has attended that meeting several times in the past, and spoke with other CoDA members who do attend that meeting on a regular basis. I have to admit that the meeting follows CoDA Traditions pretty much to the letter. There are two exceptions: there is a list of "inner child attributes" and a daily meditation from the "Language of Letting Go" that are read as part of the meeting format. I also need to point out that a full disclosure ---I'm paraphrasing "this is not CoDA approved literature; however, through the group conscience process, it was decided that reading such material was beneficial to newcomers and members alike and serves as a means of inciting thoughts/ideas for sharing." In speaking with members individually, I was told that Robert has not solicited members to attend workshops or buy his book. In fact, it was quite apparent to me that attending members were serious about their recovery and truly benefited from the meeting. As your community representative I could find no basis to continue to delist this meeting from SDCCC website and meeting list. I will gladly add a discussion item to cover more angles and would like to invite a member to make a motion to relist this meeting in the second half of the meeting.

- **Alternative Community Representative** – Micah- I am grateful to be here no report.
- **Parliamentarian Kirk** – We were able to finish last meeting by 11:00am, just wanted to appreciate those who got a chance to go to the regional meeting.
- **Treasurer Emily** – I had to buy new checks. Report attached
- **Regional Representative Trevor-** I have been amiss many months here. I was able to attend the Regional conference. At the conference we had elections and like to congratulate Joe for taking the Chair position. I was the treasurer for 2 years. The conference was very successful; there was many codependents with great recovery. Thanks for letting me be of service.

- **Alternate Regional Representative Debbe C.** Absent

- **Workshops, Seminars and Panels – Cheri** –October 23rd Super Seminar Saturday, had someone in charge of registration. The church said it would cost 500 dollars for that day. I need to send them a check for 250 deposit and 50 dollars for a clean up fee.

- **Public Information/Mail –Deborah** –Absent, but Emily got the mail.

- **Public Information/Telephone Steve** – 7 calls for outreach and others such as for meeting schedule.

- **Website Master Steve** –Absent
- **Hospitals & Institutions-Frank-** Absent

- **Literature Michelle** – I have to make a big amends for not getting the literature on time. The shipping day is on Thursday. I would suggest that the next literature person coordinate earlier with Emily. Meet at the Serenity Shop meeting next Sunday for those who did not get literature. Now the position is available and will be open next month, if any is interested please see me after the meeting.

Outreach Nancy – Report from your Outreach Committee Chair:

I am sorry I am not able to be here in person again this month, but Joe has graciously offered to give my report. I expect to make the meeting in September. I do miss these meetings!

However, the Outreach Committee is alive and well, and many of us have noticed a modest increase in the number of newcomers to our meetings. I hope that this reflects some of the hard work this committee has done in the last several months.

We received an email invitation to participate in another event this month, and after much “beating the bushes” to find a volunteer, the right person stepped up at the right time, and we were able to man a booth at Project Connect on Aug. 18. This event focused on providing information and resources to the homeless in East County. I am encouraged that this unsolicited invitation came via the group sponsoring the Women’s Resource Fair last March. Apparently word has gotten out that our 12-step group is willing and able to participate in these important resource fairs hosted by the San Diego community.

Also, as you may know, the county library system now has CoDA Books in circulation, thanks to your generous contributions. They will accept 2-3 additional books, so if your group is interested in donating a book, please contact the Outreach committee; and

please be sure to let the newcomers to your meeting know that these books are available for checking out, both at the city and county libraries.

A major project that Outreach has been working on this year is the production of a pamphlet that could be useful and cost-effective to our fellowship. Joe has brought several copies and will present this as a Discussion item in the next half of the meeting.

If you are interested in helping us, please join us at our next meeting, which will be held on September 11th from 2:00-4:00 at Coco's, 2644 El Cajon Blvd., San Diego. Please let your groups know that this is an open meeting, and we welcome all the input we can get.

Yours in service,

Nancy M.
Outreach Committee Chair

- **Newsletter Joe** – Copies of the newsletter handed out, some meetings were added and one was changed.
- **Activities Sarah** – Activities Report- July 2010

The July day at the beach was a great success. We had 20 to 30 CoDA members that attended throughout the day.

The cost break down for the month was:

Cost Breakdown July	
<u>Receipts</u>	
Hot dogs/Buns/Soda/Water	\$23.67
Mustard/ketchup/Buns	\$6.00
Signage	\$4.86
Copies (Junes Busn. Mtg.)	\$12.72
Total	\$47.25
7th Tradition collected	\$15.00
Reimbursement	\$32.25

Our next fellowship events for August are Friday the 20th, the movie UP at Tidelands Park & Monday the 23rd a silent movie at the Balboa Park Organ Pavilion.

September's fellowship is a camping trip the 24th through the 26th. Unfortunately I am not going to be able to make this event due to a conflicting family commitment. Either we cancel the camping trip or we need someone to volunteer to take over this event.

Thank you for letting me be of service,
Sarah B

- **Ad Hoc Committees -**
- **By Law Committee-Open Position**
- **Storage Facility- Bonnie-Absent**

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 (25 voting members)**. (37 X .3 = 12 voting members needed).

6. Old and New Business

Minutes approved for July, 2010 the minutes were approved by majority vote 21-0-2

Alternate Regional Rep Position Open- no one offered to take it
Literature Chair Open-no one offered to take it

Motion-Steve T. - To move existing phone service to a digital service. We currently pay between \$950-1000 annually for our phone service through ATT and Baylink- moving our phone service to a digital (online) service will save about 60 percent in costs. Pros: System will work similar to existing system. Cons: We may not be able to retain our existing phone number. After much discussion there was a majority vote 23-1-0 changed the phone service to digital with two phone numbers (619) and (858)

Discussion-France- Regarding my report and meeting with the members of the Sunday Encinitas Beginners Meeting

Joe reported that there were outside issues and was wondering if that was addressed. France replied that she asked questions to individuals in the meeting asking if they were solicited outside materials or invited to attend workshops and all said no. France decided to put meeting back on the San Diego meeting list, because there aren't that many meetings in North County and that she said when she observed the Encinitas Meeting they didn't violate the traditions. Ellen asked if we could send someone over there to check to see if the meeting is going well/following traditions, France stated we are there to support the meetings not to check on them and if they need support they can let us know. Joe stated Robert and Susan had another meeting that was called outside issues and Coda has no outside issues, the meeting was delisted before and I don't have a good gut feeling about this.

Discussion-France-By Laws and Proposed Changes

Emily had some suggestions in adding some things in the treasury part and adding a separate list in the motions. The only motions that were included in the bylaws were financial. Suggestion to remove page 9 the motions and vote on bylaws page 1-8. After much discussion we had a majority vote 18-2-5

Discussion- Joe H- the Outreach Pamphlet, Recovery from Codependence A Brief Introduction is the community interested? Trevor pointed out that the number will change on the pamphlet. Joe made this idea because he saw that Newcomer packets were 7-8 pages and costing a lot more through copying. Suggestion from to put a footnote saying there are more patterns and characteristics on the website. Karen said she doesn't feel comfortable having the footnote inserted and all characteristics should be listed. Steve suggested having the characteristics from the blue book inserted into the pamphlet. France asked if anyone checked with CoDA World to see if it is in violation of anything. Continue discussion next month.

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 12:05.

Respectfully submitted,
Secretary Renee

Next Meeting: September 18, 2010