

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

MINUTES OF THE REGULAR MONTHLY MEETING

**Date: December 17, 2011**

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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 the Community Representative.

- **Community Representative – Karla** – The meeting was opened with Serenity Prayer and introductions. The 12 traditions and the intentions statement were read. The eleventh Concept of Service was read by Ellen (Parliamentarian). Karla gave her report last and shared with the members that following the rotation of her position in January and after the expiration of her term as Chair of the CoDA Literature Committee, she would be leaving the fellowship for the reasons contained in her written report which is included in these minutes along with other submitted reports. The members engaged in supportive and interactive discussion of the matters addressed in her report and expressed their concern for the continued growth of the fellowship, the potential negative effect of the many open positions of the Committee to newcomers, and the need for growth in the area of honest, loving and respectful interactions between members.
- **Alternative Community Representative – Vacant**
- **Secretary – Nancy – Absent.** Ellen and Karla served as recording secretaries for this meeting.
- **Parliamentarian Ellen** – Ellen reported on the parliamentary procedures used in the meeting for reports, discussions and motions. She also announced that the group would be taking nominations for officer and chair positions during the second half of the meeting.
- **Treasurer – Bonnie – Absent.** Karla reported that Bonnie sent her notice that she would not be able to attend the meeting today, and would forward her report to Karla at her earliest convenience for inclusion with the minutes.
- **Regional Representative Addie -- Absent**
- **Alternate Regional Representative – Vacant**
- **Workshops, Seminars and Panels – Cheri- Absent.**
- **Public Information/Mail – Craig** – Craig reported that he picked up multiple pieces of mail and would give them to Karla for transmission to Bonnie.
- **Public Information/Telephone- Steve** – Steve reported that he received 6 calls, 2 of which were requesting information on CoDA.

- **Website Master—Tim** Tim reported on the status of updates to the website.
- **Hospitals & Institutions-Frank-** Frank reported that he was contacting 4 individuals to encourage them to volunteer for H & I. He also reported that Lisa would be stepping down from service on H & I in January. Encouraged members to contact Frank if they are interested in applying for volunteer service on this committee. He reported on the various meetings that are sponsored by H & I in the jails.
- **Literature-Chuck --** Chuck provided a report with the details of the literature sales, orders and bank balances and submitted a written report, which will be included with the minutes.
- **Outreach- Kirk – Absent.**
- **Newsletter -- Yvette–** Yvette distributed the current newsletter and current meeting list, and encouraged members to distribute the newsletter to groups well in advance of the next meeting to encourage members to submit nominations for the vacant positions.
- **Refreshments Karen - Absent.**
- **Activities-- Vacant**

#### **ANNOUNCEMENTS:**

Nancy M. reported on the success of the Holiday party, provided a report on the expenses and thanked all who participated with attendance and 7<sup>th</sup> Tradition and in-kind donations. Total expenses for the party were \$451.55 and after all donations were received of \$189.00, the total cost to the Community was \$262.55.

#### **BREAK**

##### **1. Quorum**

The group representatives and officers of the meetings introduced themselves. The Parliamentarian confirmed that a quorum was NOT present ( **18 voting members**). (37 X .3 = 12 voting members needed). Since no motions were being presented for business, the members continued to conduct business of the community.

##### **2. Old Business**

Minutes of the November meeting were not voted on as a quorum was not present. Karla announced that they would be voted on in January, along with the approval of the December minutes.

### **3. New Business**

Ellen discussed the open and vacant position of Officers and Chairs of committees, the terms and qualifications of such positions and opened the floor for nominations. After full discussion, the following nominations were accepted:

- (1) Hospitals & Institutions: Lynn
- (2) Literature: Chuck
- (3) Public Information-Mail: Steve

No other individuals were nominated for election to the following offices:

- (1) Community Representative
- (2) Alternate Community Representative
- (3) Parliamentarian
- (4) Treasurer
- (5) Regional Representative
- (6) Alternate Regional Representative
- (7) Outreach Chair
- (8) Workshops, Panels and Seminars Chair
- (9) Activities Chair

### **4. Motions:**

No motions were presented except adjournment.

### **ADJOURNMENT**

The Committee accepted contributions from the members according to the 7<sup>th</sup> tradition, and with no further business before the Committee, the meeting was adjourned at 11:45, followed by the Serenity Prayer.

Next Meeting: January 14, 2011

## Reports

### COMMUNITY REPRESENTATIVE REPORT

As I step down from my position as Community Rep, I reflect that this is my 20<sup>th</sup> year of active membership and service in CoDA at all levels of the organization. I have been in the process over the last six months of stepping away from all service positions. I have watched over the last two decades a steady stream of people with long-term recovery whom I deeply respect, walk out of the fellowship. I have made a careful and thoughtful decision to leave CoDA too, upon the pending completion of my service at the national level. I care for and respect you enough, as members of this fellowship, to tell you why.

It has been my experience and observation, that this fellowship fosters a culture of avoiding “ruffling each other’s feathers”. In the name of practicing “recovery”, when another member offers us an unsolicited opinion, expresses discomfort or challenges our behavior, we often respond with obvious displeasure to let them know that they are crossing a boundary, taking our inventory, or acting codependently, so they won't do it again. At the other extreme, we worry so much about offending another member, that we either walk on eggshells around that person or we remain silent to avoid conflict or a negative reaction. I believe that if we continue to do this, we are actually practicing an agreement not to upset each other. I also believe that this has stagnated our individual and collective growth, because we are avoiding opportunities to recognize and deal with the very feelings that brought us into CoDA in the first place. By way of example, if you say something to me that triggers feelings of fear, anger, shame, embarrassment or sadness in me, I don't grow by putting you in your place for upsetting me. We both grow if I can appreciate the risk you took to have an opinion or feeling and adequately express it in spite of your fear of offending me, and if I can develop enough tolerance for discomfort to be able to look inside myself and inventory the wounds that are responsible for my uncomfortable feelings. We will experience intimacy together if I can respond to you, in spite of my feelings, in a loving and respectful way that preserves, rather than dismantles, the connection between us. In my opinion, this is the heart and soul of loving and healthy relationships.

Tacit agreements not to upset each other in this fellowship repeat my family of origin dysfunction (you don't say anything that challenges, criticizes or upsets me and I promise not to do that to you, so we never have to face our negative feelings and uncover the wounds that trigger them). In other words, we preserve our sense of safety at the cost of our healing. I want and need to be recovering in an environment where, unlike my original family, everyone is encouraged to engage in full expression of his or her thoughts, feelings and opinions in spite of difficult feelings that may arise in the process, and each of us is committed to responding to those feelings with consideration, compassion and respect, rather than fear, resistance and defensiveness. I have grown so much in this program, and I do feel some sadness that in order to grow some more, I need to move on. Thank you for sharing this part of my recovery journey with me.

Karla K., SDCCC Community Representative  
12-17-11

SD CoDA Literature Report  
 November 2011  
 Chuck D.

November Activity

- Bank Balance (10/31): \$ 1385.63
- CoRE Order (11/4): \$ -972.29
- CoRE Order (11/24): \$ -1190.29
- Sales (11/1 - 11/30): \$ 1001.65
- H & I \$ 0
- Value of Literature (11/30): \$ 1858.55  
*(note - order of 11/24 not yet received, so not included in inventory)*
- Deposit (11/22/11): \$ 940.25
- Cashbox (11/30): \$ 33.34
- Bank Balance (11/30): \$ ?

Summary Information

	Inventory	Cashbox	Bank Balance	Net Value
January 31	\$3,950.70	\$101.84	\$1,052.14	\$5,104.68
February 28	not tallied	\$1,195.44	\$1,052.14	
March 31	\$2,395.40	\$29.24	\$2,771.69	\$5,196.33
April 30	\$2,807.40	\$589.04		
May 31	\$2,052.30	\$176.34		
June 30	\$3,699.30	\$572.96		
July 31	Not tallied			
August 31	\$2,436.55	\$982.04		
September 30	\$1,801.50	\$68.19		
October 31	\$1844.10	\$67.04		
November 30	\$1858.55	\$33.34		