

Minutes of the San Diego County CoDA Business Meeting

June 20, 2020

Present: Diane P., Sharleene, Michelle B., Nancy, Sonja, Rick, Marlene, Nathan, Susan, Amy Wendy Joe, Tina, Frank, Csilla

The meeting was called to order at 10:00 a.m. by Diane P. and the CoDA Opening Prayer was recited by participants. Diane welcomed any newcomers and explained that the first part of the meeting consists of officer and chair reports, while the second part is for motions and discussion items. 7th Tradition can either be forwarded to the P.O. Box, or participants can wait to give their money when we again meet in person. A 10-minute break will be called at around 10:50. Diane reminded all to mute their mikes and cellphones.

Diane read the 6th CoDA Service Concept and the 12 Traditions were read by some of the meeting participants.

Officer/Chair Reports: Each person has 5 minutes to present his/her report

Diane, Community Rep: Diane reminded everyone that we have several open positions: Alternate Community Rep, Treasurer, Workshops/Panels/Seminars, Newsletter, Public Information Phones, and Public Information Mail..

Alternate Community Rep: Open

Csilla, Secretary: Csilla emailed copies of the May minutes, along with an updated phone list. She asked that if you failed to receive this email to please let her know in the Zoom chat section. We will vote on approving these minutes after the break.

Treasurer: Open Gary submitted the following information: The income for May was \$68.00 and expenses were \$133.00. For May, we were \$65.00 in the hole.

Marlene, Regional Rep: The SoCal Assembly was held on June 13th during the CoDA Conference. All open positions were filled except Webmaster. It will be decided at a future meeting what the Community wants/needs to do about this. Two changes to the by-laws were approved. Marlene gave kudos to the Conference Committee since they did an amazing job of making this virtual conference happen.

Jill, Alt. Regional Rep: Absent

Newsletter: Open

Workshops, Panels, and Seminars: Open

Public Information Mail: Open Gary sent a report stating that he picked up 3 pieces of mail this month – 2 bank statements and 1 deposit adjustment notice (in our favor).

Public Information Phones: Open

Frank, Hospitals and Institutions: Frank reported that no one from the outside is allowed into the jails during this Covid time. The jails are just trying to keep the women safe. The women there really appreciate CoDA and Frank is boxing up some of the literature to take to them. He is looking into renewing his jail membership which has expired. However, it is quite disconcerting that there is no news about if and when the jails will be allowing CoDA back in.

Sharleene, Literature: Sharleene reported that she is still providing literature on an individual basis. CoDA members can email Sharleene and she will arrange with them to drive by her house and pick-up what they need.

Laurine, Outreach: Absent

Tina, Activities: Tina has arranged a couple of zoom activities – a virtual walk and a dinner. She will give more feedback during the discussion portion of the meeting.

Joe, Webmaster: Joe reported that the meeting list is up to date. He is working on cleaning up the conference workshop's MP3 recordings so that they can be added to the SoCal website with a link to them on the SDCCoDA website.

Sharleene, SoCal Conference: Sharleene thanked Joe for all his technical web services. The conference committee put forth a monumental effort in coordinating a 3-day conference on Zoom without expertise with this type of virtual event. 150 CoDA members showed up for the conference and came from as far away as the U.K, Panama, and New Zealand. The Zoom fees for the conference were under \$1000.

Michelle, Email ad hoc committee: Michelle has emailed the Group Service Reps (GSRs) to ask if they would like to receive a monthly email flyer to take back information to their CoDA group. She emailed the first flyer to Joe who will email it to members who are subscribed to the mailing list. The flyer seeks to encourage GSRs to attend the monthly community business meeting.

Break was called at 10:55.

The meeting was resumed at 11:05 with the parliamentarian, conducting the roll call. Since we have 25 meetings, 8 members were required to form a quorum. The quorum was met by 12 voting members.

Michelle moved that the May minutes be accepted. Joe seconded the motion. A vote was taken and the results were: **8 – Yes; 0- No; 4 Abstentions**. The May minutes were approved as written.

Old Business:

Two items of old business were not addressed because neither person who proposed them were at the meeting.

New Business:

Tina brought up a discussion item about how the different SDCCoDA meetings are coping with the online Zoom meetings. Many GSRs reported that members are enjoying the Zoom meetings and that they are attending meetings all over SoCal and the entire United States. The numbers of people in attendance via Zoom are sometimes double and triple what they have been at in-person meetings. Lots of newcomers are attending their first meetings via Zoom. In Temecula, 2 meetings have been established that will remain zoom meetings after in-person meetings resume, and a Zoom account has been purchased. Sonja suggested that when we are permitted to meet in person, a meeting may choose, with computer access, to be concurrently in person as well as on Zoom. Frank wondered about having Zoom meetings in the jails during this Covid time.

Since there was so much input from the GSRs during the Zoom discussion, Tina made a motion that there be time during the monthly business meeting for the GSRs to regularly report information or concerns that have been raised at their meetings. A discussion proceeded about how this idea would affect the flow of the business meeting and if there would be enough time for these reports. It was acknowledged that sharing of information about the various happenings at the individual meetings was valuable. Having time for the GSRs in the first half of the meeting, might bring up a discussion item to be addressed in the second half (the business portion) of this meeting. It was suggested and agreed upon that instead of reading the long form of the 12 Traditions, we only read the long form of the tradition of the month in which the meeting is being held. The motion was revised to read that during the first half of the meeting, if time permits, the GSRs are invited to report on any issues or concerns from their meeting. A vote was taken and the results were: **11 – Yes; 0 – No; 1 – Abstention.**

A discussion item was brought up about how newcomers are welcomed during these virtual meetings. Some ideas were the following: recognizing anyone who is a newcomer and welcoming them at the beginning of the meeting; welcoming them during fellowship after the meeting and giving them a chance to speak or ask questions; encouraging newcomers to go on the website for further information; mailing newcomer tokens to them. Sharleene said that newcomers are always welcome to come and pick up a newcomer token at her house. Rick said that at one of his meetings a member who has been in CoDA for a while will take 3-4 minutes at the beginning of the meeting to share their experience, strength, and hope so that the newcomers may hear words of encouragement.

Tina brought up a discussion item about the virtual activities that she has planned/is planning. There have been 2 so far – a zoom walk and a zoom dinner. They have been sparsely attended, but enjoyable. She looked for thoughts on future activities and how to promote them. Cathy volunteered to do a meditation on either a Saturday or Sunday evening. There was a

suggestion to call or email the upcoming activities to the GSRs so that they can promote them. There was the thought that participation in activities will gather momentum during these lonely times.

Sharleene made a motion to adjourn and Tina seconded it. The meeting was adjourned at 11:40 am.