

**Minutes of the
San Diego County Community Committee of Codependents Anonymous (CoDA)
Business Meeting, Saturday, April 16, 2022**

Present: 17 , Sharleene (Shar') L, Diane P, Laurine O, Michelle B., Gary J, Aaron L., Erin W., Bea T, Debra, Mika M, Csilla F., Elisa P, David, Rita, Sonya P, Joe H, Elaine (visitor).

The meeting was called to order at 10:00 a.m. by Sharleene, Community Representative. All welcomed, including visitor Elaine. No newcomers. The CoDA Opening prayer was recited. Attendees introduced themselves, their position (Group Service Representative, GSR, officer or chairperson) and their meeting. The meeting purpose & function were read. The meeting serves the CoDA fellowship and carries the message to those who suffer. The meeting coordinates intergroup recovery, serves as voice of the group to state & national organizations, provides information and starter materials to new groups. The 4th tradition and service concept were read. Group Conscience was defined.

Officer/Chairperson Reports:

10' report by Regional Rep.', 5' by other officers and Chairs.' A total of 8' for GSR's.

Community Rep,' Sharleene: 2 areas need attention - 1. the upcoming June SoCal CoDA Conference. Next week hopefully 2 flyers will go out - the "Call to service" and "Save the Date" flyers. Webmaster Joe will post on CoDA website. There are various jobs for which to volunteer -helping on zoom, letting persons into the mtg, if you know of speakers, & other simple jobs.

2. The "Recovery from Codependency: a Brief Introduction" flyer hasn't been reproduced this year because there are changes. Joe H. originated this document, so he can make the changes and reproduce. The changes - a change in the welcome 're dysfunctional families, other systems/programs, a change in "radio, press & ..." which now just says "media," and the phone number on front changed. Joe will make changes.

Alternative Community Rep', Sonya P: No report.

Recording Secretary, Laurine: Sent out minutes a week after the 3-19-22 meeting, and again yesterday Friday 3-15-22 with treasurer attachments, updated contact list, and meeting reminder and Zoom info.' Next time will send out 2d minutes 5 days before the meeting. Laurine is doing breast cancer chemo.' She will do secretary as long as she can but may need a back-up secretary. Sonya P. graciously volunteered to back-up except May when she will be traveling.

Parliamentarian, Michelle B: Michelle explained that the Community Meeting is conducted in accordance with the 12 Traditions, Group Conscience, and Parliamentary procedures developed by our groups & Roberts' Rules of Order. Any member in CoDA is welcome to attend this meeting and address the group but only GSR's, most officers, & Chair's may present motions, second motions and vote. Add any motions or discussion items to Zoom Chat.

The monthly Community meeting has two parts. First consists of officer, regional rep' & chairperson reports. In second part a roll call establishes whether a quorum is reached. Quorum is when 30% of the total number of meetings has a representative at the meeting. Anyone is welcome

to visit but may **not** offer motions, second or vote. The second part is old and new business where motions and discussion items are addressed.

Treasurer, Erin: Currently Total liabilities and equities as of end of March, 2022 is \$24, 875.25. This month several hundred dollars of 7th tradition came in. Erin will deposit. Bank signatures - see Old Business after break.

Regional Representative, Aaron L: May 7th is next Regional CoDA business meeting. It's similar to our business mtg. Mar. 5th was last mtg. Nothing else to report. Elisa - what is the name of the Sat. May 7 mtg? The name is The Southern California Region of Co-Dependents Anonymous (SoCalCoDA), socialcoda.org. It consists of 4 representatives of 4 groups -Los Angeles CoDA Community, The Valleys Community Committee (TVCC), Desert Communities, San Diego CoDA Community, and Regional Rep's & alternates, officers and chairs.' (There is also an active CoDA Hispana) Main purpose of the regional meeting is to send 2 rep's + alternate to CoDA International. and put on the annual SoCal CoDA conference.

Alt. Reg. Rep, Diane P: no report

Workshops, Panels, and Seminars, OPEN position: no report

Literature, Gary: Literature sales of \$ 287. Petty cash remains \$110.00. No CORE order (\$0), our mail order source. Inventory is 1,578.30. Deposited \$222.40 into bank. Sent \$36 in materials to Hospitals & Institutions (H&I).

Webmaster, Joe H.: Posted April meeting updates and other information. Send web changes, including meeting updates, to him, webmaster@sdccoda.org. He checks webmaster email every 2-3 days. Meeting updates, meetings@sdccoda.org, go to his personal email which he checks daily. Joe's health has been spotty. Last month not feeling well. Still not 100%.

Meeting List Chair, OPEN. Send changes to meetings@sdccoda.org

Newsletter - Csilla - not present but welcomes any submissions. The newsletter includes an inspiring article, Csilla's share on service. Others are encouraged to submit articles, too. The newsletter is a great resource. <https://www.sdccoda.org/newsletters/>

Activities, OPEN :

Public Information Mail, Sonya P: collected thru last week. No 7th tradition in last pickup. Will send anything else to Treas' Erin.

Public Information Phones, Gary: 7 calls this past month, questions like "Is this mtg open; where is a Spanish speaking meeting?" It varies each month.

Hospitals and Institutions (H&I), Mika: Out of town next week. Will start H&I visits middle of May. Her psychologist is looking at packet she and Gary put together. She needs jail screening (background check) but they can't start them till Jail is open, cleared for COVID safety. A volunteer needs a Homeland security clearance to enter.

Elisa asks Mika what our H&I program will look like in the jail. Mika - CoDA meetings are held in jail. Sonya P. informs us only the women with highest security clearance at Las Colinas can attend CoDA meetings. The meetings are viewed as a class. It must be approved by the jail authorities. The makeup of the women in the meetings changes often depending on their jail time. The Trustee and student level attend. They are a great, enthusiastic group who attend the CoDA meetings. For volunteers to enter it's a lengthy process, even a year, to get cleared to go into jail.

Outreach Mika: ---

Group Conscience decision. We will do Ad Hoc and GSR reports after the break because of the technical problems delay at the start.

Meeting breaks at 11:00 AM.

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Meeting resumes at 11:05 AM

Announcement - Sunday "Not just Beginners" is not meeting because of Easter Holiday.

Ad Hoc Committee Reports

The Flyer Committee, Michelle: sent flyers to all on Community list. She updated the 3 OPEN positions - 1)Workshops, Panels & Seminars; 2)Activity; & 3)Meeting List Chair's. Included the "Seeking GSR's" flyer & "How Our Meeting is Run" flyer, also Shar's "WelcomeNewcomer" document. Webmaster Joe H. will post flyer on website & include in an upcoming email. Please spread word at all your meetings. We need more participation and want all meetings represented. Shar - the call for GSR's was added to the newsletter.

Liability Insurance Ad Hoc, Laurine O: The Springbrook Insurance Agency has not been responsive. She asked for a general Certificate of Liability Insurance Not received by email or mail. Email to new owner not answered. Will keep trying. May be start-up problems. Company switched to a new owner. Treasurer Erin confirms she received a paper copy of 2022 (Dec 2021-Dec 2022) Insurance policy when asked by Laurine.

Community Meeting Google doc' Notes, Ad Hoc, Elisa: A shared document with useful info' for your meeting and yourself. Everyone has edit access. Be careful no one accidentally deletes the document. [Contents - CoDA newsletter link, Getting Started Working Steps 1,2, & 3 Using the 30 Questions, Twelve Tips for Sponsors, Virtual Activities - CoDA Fellowship Forum last Sat's 12 pm-recorded (available), Arizona Intergroup Saturday Speakers Series, Step Study Info,' link to San Diego CoDA meetings, Recurring San Diego Activities, Current Service Opportunities, the CoDA Communications Committee, CoDA Translations (TMC) Committee Seeks Volunteers, CoDA Men's Step Study Fri 6 pm, Co-Ed Step Study Mon 6 pm, *2022 CoDA Service Conference and International CoDA Convention*, Elisa's Cut and paste from WSO service newsletter in 01/2022] Elisa's Google doc: [Notes for San Diego CoDa GSRs \(and Other Members who want to share the message\)](#)

GSR Reports of their Meeting

(To report anything- items of interest, problem issues, questions.)

Bea, Wed. AM, Allied Gardens, Miracles -stepped down fr GSR because of health. Mika speaks - meeting is looking for phone list person to replace previous person who is not showing up. They are reading all the traditions each meeting instead of just tradition of the month.

Rita, Women's Peace & Serenity Fri San Marcos - still on Zoom & in Person in San Marcos in good facility. All welcome in person or online. She's moving to St. Louis MO later in year. Rita's question. There are 4 things required to read in order to be a CoDA meeting - the Welcome, preamble, steps & traditions. Is that a group autonomy thing? Gary J. - Mika's meeting chose to read all traditions instead of just tradition of the month. That is within that group's autonomy authority.

Aaron, CoDA Speakers' Meeting - Speakers mtg is looking for speakers. Request in person speakers who do 20-30' share. There are 2 speakers in a meeting. They can speak on "How they came to CoDA," and other. There is a speaker guideline. Gary points out they can contact Aaron's meeting email SDCoDAspeakers@gmail.com.

Aaron, CoDA Warriors (Men's mtg) - There is a new secretary. 30-50 attend. It's online. With such a large mtg, they talked about doing breakout rooms so more can share. But it was voted No. People can share at "meeting after the meeting."

David, Encinitas Seaside - nothing to share.

Debra - Monday, Serenity Seekers, Started new step study Wed' on Zoom. The other regular meeting is in person. They read just that month's tradition. Is that wrong? No. Still in compliance. Step study is amazing. People grow, learn their Higher Power (HP) & gratitude. Step mtg is Open. This month, April, doing 3d Step/Tradition. But probably will cut off after 3d Step/Tradition. Where listed? Who to contact? Debbie will get back to Gary. Suggest posting in newsletter or website that Step Study is closing after the 3d Step, Tradition, Concept.

Elisa - Wed, Empowerment Through Recovery - A couple updates. Reminded all GSR's, meetings w/o GSR's, who would consider service. She created a google doc' which was emailed to GSR's. See **Ad Hoc, Google Doc, Elisa**, above.

Google workshop -Elisa did a Google doc/ Google sheets learning workshop on 3-31-22. Learned a lot, had lots of fun. Ask Elisa if any Google docs/sheets questions. May do again.

Roll Call & Quorum. It was determined that we have 30 meetings. Need 9 voting members for 30% quorum. Roll call was taken and quorum was met by 13 voting members.

13-Laurine, Aaron, Rita, David, Erin, Gary, Mika, Debra, Bea, Sonya, Joe, Elisa, Diane. // 2- Shar' & Elaine (visitor) no vote.

[**Approval of the March minutes** - see below. Done out of order.]

Michelle reiterated the procedure for submitting motions and discussion items (put in Chat). For motions & discussion items 2' to present, 5' discussion. Please keep questions and comments concise.

Old Business:

(Bank signing & Zoom account change)

1) Discussion - Shar - Bank signing authorization will probably push till June 2022 because of Treasurer’s work schedule. Bank does not do transactions on weekends. Bank Signers & secretary, 4 people, must appear in person on a week day. End discussion.

1)Motion - Michelle moves to change Zoom account to Community meeting’s from Community member’s (Diane P.’s) personal account. Erin seconds it.

Discussion - Changing the Zoom account from a personal account to the Community meeting creates autonomy, consistency, and continuity from trusted servant to trusted servant. It costs about \$15/month or about \$150 annually. Use a general title not Community Rep’ name so the Zoom account name can continue. The ID and password changes, but continues the same after we create a Community account. The Zoom account needs a bank account (credit card) and a gmail. Account must have a gmail but may not necessarily use the gmail.

Joe H. suggests a separate registration gmail account for the Zoom. SoCalCoda Regional uses SoCalCoda-Zoom@gmail.com. For us, Joe suggests SDCCoDA-Zoom@gmail.com. Connect it with ‘mail forward.’ The Community Rep’ & others would have access to this email (and zoom account)

Erin will coordinate the Zoom account transition. Joe and Shar also. The account change will not happen till after next business meeting, so it can be announced & published. Not urgent. End discussion.

Vote: _12_ Yes / 0__ No/ _1_ Abstention./ Motion passes.

MOTION for Approval of March, 3-19-22, minutes by Michelle B. Elisa seconded. (Approval of March minutes taken out of order) No changes for minutes as submitted.

11 __ Yes,/ 0 __No,/ 1__ abstention. / Motion passes.

[Secretary will send out reminder 5 days (5-16-22) before next meeting (5-21-22) along with minutes the second time]

New Business:

2) Discussion -Elisa P - Her meeting, Empowerment Through Recovery, wants to start a short term meeting or a workshop about the ”12 piece Relationship Toolkit” pamphlet.

The meeting person willing to lead is a San Diego local who has been waiting several months. The group’s consensus was to wait for a new Activity Chair’ to coordinate this. This isn’t a new meeting per Shar.’ Joe H - sounds like a step study. Erin - if needed, anyone can create a new meeting. Needs an originator with about 3 persons to start a meeting. Shar - this could be considered a step study, not a new meeting which requires documents to read and registering with

WSO (World Service Office). This event could publicize on the web and newsletter. A repetitive event is a meeting or step study. If one time, then a workshop. End discussion.

3) Discussion - Mika, our H&I plan to go into the jails. Gary - they train you that this is a jail. People are there for a reason. But they are hungry for recovery so meetings there are rewarding. And exciting to see them on the outside continuing recovery.

Men and women can go into the men's jail. Women and men can go into the women's jail. Mika didn't know there was a program for the men's jail. She will check. Frank G., our long time H&I Chair' has been very helpful to Mika. Rita is in touch with and will contact Linda & Delores who went to Vista jail for years for additional information. End discussion.

Michelle moved to adjourn the meeting at 11:53 AM. Sonya seconded.

Vote : 12 Yes, 0 No, 0 Abstain. Unanimous. The motion passed.

Shar' thanks everybody for patience, participation and all. Thank you for allowing us to be perfectly imperfect. Sharleene adjourned the meeting followed by the Serenity Prayer.

Respectfully submitted,

/S/

Laurine R. M. Ota, Recording Secretary Apr 16, 2022

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