

**Minutes of the  
San Diego County Community Committee of Codependents Anonymous (CoDA)  
Business Meeting, Saturday, May 21, 2022**

Attendance: ( 15) Sharleene, Gary, Anita, Mika, Michelle, Laurine, Aaron, Nancy, Jimi (visitor), Csilla, Bea, Leslie, Tina, David, Debra.

The meeting was called to order about 10:05 a.m. by Sharleene, Community Representative. Today's transition to new Zoom online account delayed meeting start. All welcomed, including Jimi, visitor to Community meeting. 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. All the traditions, as required by CoDA tradition, and service concept were read. Group Conscience was clarified.

**Officer/Chairperson Reports:**

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

**Community Rep,' Sharleene:** The Zoom transfer - if you didn't get Thurs' email with new Zoom ID, put your email in chat for Laurine. Thanking Diane for sitting at old Zoom meeting to send folks to new Zoom. Thx to Joe for sending out email blast. Laurine sent out email to Shar of the 5-6 who didn't get new zoom info.'

The new online app' (Zoom) link is:

Meeting ID 883 4535 8086 # passcode 557229 or **SDCoda ??**

**Regional Representative, Aaron L:**

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Aaron's Report:

**Southern Cal' Meeting 5/7/22 10 am-1 pm**

Find documents and flyers in this folder: [Regional Meeting Items](#)

**Chair Report:** June 4 there will be an assembly meeting - anyone can vote at this meeting.

9/10/[2022] will be our next So Cal Business Meeting

Video Montage: link in the agenda to make a video to be shown at the SoCal conference

**Treasurer Report:** looking okay. \$24,281 in the checking general fund. \$2,661 in Savings

**Corresponding Secretary:** 20 thank you notes

**Sub Committee:** Survey - Collect data as to the purpose of conference. It will be distributed at the conference.

**Gary** - registration almost ready. Need volunteers for Zoom expertise and speakers/workshop leaders.

New Business:

1. A motion was made and withdrawn to have the Webmaster be responsible for audio recordings of speakers - how to make those available to the CoDA community. We had a long discussion about how to make these available. An Ad Hoc committee was formed to investigate the best way to do this chaired by J.
2. There will be a service rotation at the next assembly on June 4 at lunch time.

Chair: 2 years  
Vice-chair: 1 years  
Treasurer: 2 years  
Recording Secretary: 2 years  
Webmaster: 2 years  
Hospitals and Institutions: 2 years  
Delegate 1: 2 years  
Delegate 2: 2 years  
Alternate Delegate: 1 years

3. Please get out the word to submit a video montage for the SoCal conference.

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**Registration** for June 3-5, 2022 SoCal Conference is ready. Link is at our [SDCCOda.org](http://SDCCOda.org)

On June 4, Sat. at the SoCal conference, they will hold a **Regional meeting w/ election of all the officers**. Anyone can vote, not just the Regional Rep.' [All are 2 year terms except the Vice Chair & Alternate Delegate which are 1 year terms. So elections for Chair, 2 yrs, Vice Chair -1 yr. Treasurer - 2 yrs, Recording Secretary- 2 yrs, 2 Delegates - 2 yrs & Alternate Delegate - 1 yr. and Committee positions -all 2 yr terms. ]del.

At World CoDA conference in South Dakota this year, all are welcome. SoCal Regional sends 2 Delegates and an Alternate.

They want to do a **video montage** for SoCal conference. Want Community meetings to send any videos, pictures of interest, even flyers of events.

A **subcommittee** is researching. "Do people understand what SoCal conference is about?" Our Gary J. is chairing.

Shar- the Assembly meeting is interesting. She encourages us to sit in on it. It's like our Community meeting but on another level.

**Alternative Community Rep', Sonya P:** No report.

**Alt. Reg. Rep, Diane P:** no report

**Recording Secretary, Laurine:** Sent out minutes twice, 5-17-22 and 5-4-22 after the 4-16-22 meeting, with treasurer attachments, updated contact list, and meeting reminder and Zoom info.'

**Treasurer, Erin:** Total assets as of April 2022 is \$25,048.43 [last month assets \$24, 875.25.] Erin paid P.O. Box bill. She sent her report via email. Plans to be here next month (June).

Treasurer's Balance sheet (End of April 2022) attached.

**Literature, Gary:** - Sales of \$440. Petty cash still at \$110.00. 2 CORE orders of \$1211.90 and \$170.70. Inventory is \$2,407.70. There were 2 deposits of sales totaling \$727.00.

**Newsletter - Csilla:** - Nothing new. Continues to send out newsletter found at <https://www.sdccoda.org/newsletters/> Contact her for any newsletter submittals at [newsletter@sdccoda.org](mailto:newsletter@sdccoda.org). Csilla asks if she's supposed to update meeting list. No, Joe H., webmaster, is temporary meeting updater. Shar' reminds that

newsletter has lots of useful information. Check it out.

**Webmaster, Joe H.:** Send website submittals to him at [webmaster@sdccoda.org](mailto:webmaster@sdccoda.org). Send meeting updates to him at [meetings@sdccoda.org](mailto:meetings@sdccoda.org).

**Meeting List Chair, OPEN.** Send meeting changes to [meetings@sdccoda.org](mailto:meetings@sdccoda.org) Joe H. is temporarily doing meeting list updates; and so efficiently. Thank you Joe!

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

**Activities, OPEN :**

**Public Information Mail, Sonya P:** collected mail. Will send pertinent mail to Treasurer, Erin.

**Public Information Phones, Gary:** 10 calls this past month, Questions were, "Can I get literature? Is this mtg still going? Are they meeting in person? Is this a safe place?"

**Hospitals and Institutions (H&I), Mika:** Back from vacation. Will start contacting jail. Homeland Security - checking for action from them. (Homeland Security cannot act on a background check request until the institution is COVID cleared. Need Homeland Security check to get into jail. She will visit the various sober Houses with packets she and Gary put together w/ input from a therapist.

**Outreach Mika:** Mika did not have info' about this job, so Laurine, last Outreach Chair,' will connect with her.

## Ad Hoc Committee Reports

**The Flyer Committee, Ad Hoc, Michelle:** no report.

**Liability Insurance Ad Hoc, Laurine:** no report.

**SoCal Conference Chair', Gary J.** - check the website. Registration is thru Event-Brite. Share at meetings. Screen share to perk interest at meetings.

For the video montage, we can take pictures, even of the flyers. Look for photos or flyers of the walks/hikes, beach breakfast & tide walk, storyboard event, Super Sat's, speaker meetings. Montage is to show what SoCal is doing to help Codependents.

SoCal Conference **Volunteer help** -Need someone to help fill in the Google files of the activities, meetings and Zoom links for folks to click on to get to meetings, etc. Please let Gary know if you can help. Go to Volunteer website under 'Save the Date' on the website.

**"Call for Fellowship"** from Thuy (pronounced Twee), SoCal Regional Chair.' This is a chance to meet in person or online after the conference days. There are fellowship sites in LA. Thuy is hoping for San Diego fellowship sites. Need volunteers to set up fellowship times. For 1st day, Fri Jun 3, time can be 7pm - 9 pm? (Conf. ends 6:30 p) Suggest - allow 30' travel time from conference location to fellowship site, free & easy parking, outdoor location. Days are long with lot of daylight.

People can meet at a restaurant, someone's house, a beach or park site. Need contact name, phone no., where & when in person fellowship will happen. Conference ending Sun, Jun 5, 2022.

Fellowship Saturday is online, & Sunday possible too. Contact Thuy, check conference website.

We can add this to discussion item in 2d part of Community meeting, if we want.

**Community Meeting Google doc' Notes, Ad Hoc, Elisa:** no report. Elisa's Google doc link: [\*Notes for San Diego CoDa GSRs \(and Other Members who want to share the message\)\*](#)

### **GSR Reports of their Meeting -8' total but extended 2'**

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

**Aaron L., CoDA Warriors meeting/ Aaron, CoDA Warriors (Men's mtg)** - Recently they were 'bombed' by unwanted visitors. The co-host lets members enter. He can enable the waiting room. Also happened at a Speaker mtg. Gary asks does host remove person completely or just leave in waiting room? Diane - You can remove or report them. If you report them, Zoom removes person from Zoom. If bomber is just removed, can come right back again. Shar - it's a preset before the meeting to do a report to Zoom or set up waiting room. Can activate waiting room after the bomber strikes. It's under 'Security'. At Warriors' mtg member proposed a speaker meeting about men's meeting experience. Aaron says a speaker mtg also proposed for women's meeting experience.

**Nancy M.-"Not Just Beginners" Sunday mtg**, Exciting-last week they got their 1st international visitor from Ireland. 9 am in Ireland; 12 noon in San Diego. Another note, the meeting's group conscience is it's not open to students or professionals for observance. So Nancy directed a visitor, studying to be a family therapist, who asked to observe their meeting, to other meetings. Nancy did talk with the visitor about CoDA, so that was good Outreach.

Nancy related this true, charming CoDA story. Nancy & Frank were walking hand in hand recently and were stopped by a young couple. The couple asked how to keep the relationship going. That young couple didn't know any couples among friends or family with relationships longer than 10 years. The couple had no modeling for relationships, so Nancy referred them to CoDA! [can Csilla to put this story in the newsletter?]

**Tina H., "Miracles" in Allied Gardens, Wed 9:45 am. in person.** Meeting member, Craig, passed away recently. He was a member of the Community meeting for years. He was the Public Info Mail Chair' at the Community meeting. There will be an observance on Saturday, June 18, 2022 at Crown Point. Cheri is coordinating, ph: 619.368.9722. Tina V. is helping. There's a BBQ at 4 or 5 pm and meeting after.

When they started Zoom in that meeting, Tina used her Zoom but wants to give it up. She is frustrated. It's a large meeting of 30-35 members who seem dependent on her account. Joe says there is a Zoom account that meetings can use for free so someone doesn't have to use their personal account.

Tina's Thurs in-person meeting wants to change day & time. The meeting didn't know how to change the mtg info. Joe H. responds how she can do it thru him at email "meetings@sdccoda.org".

Meeting breaks at 11:12.

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Meeting resumes at 11:18 am, starting with remaining GR reports.

**Anita, Loving Support, Tues nite** - she is traveling for several months soon so looking for another GSR to fill in for her.

**Debra, Mon. Serenity Seekers & Wed Step Study** - Question - Is there another Step Study? Csilla & Shar - Debra, check CoDA newsletter. There's a box on pg. 2 with Healy's name & contact info.' She is there to help start step study or other meetings. Debra reiterates the Step study is amazing- honest about life and growing together.

**Bea, Wed. AM, Allied Gardens, Miracles** - has taken on too much. Looking for GSR to take her place. CoDA helped her a lot. She was nervous when she first came to Community meeting. People ask her how to find sponsors. She's been looking for a sponsor 9 months. She asks meeting, how to find a sponsor? Shar' will send her useful info,' an outline re GSR.

**David B, Friday Encinitas Seaside Mtg.** - nothing to report.

**Leslie, Sunday 5:45 pm** - get new members all the time, well attended. Her meeting looking for Sponsors

**Laurine, Escondido Saturday Morning** - Hybrid, which is working well considering weak signal at church. 4-5 persons usually in person. 4-7 persons online. Still meet 2d Saturdays 8:00-9:00 am for coffee/donuts fellowship. 2d Saturdays are business meeting, so fellowship encourages attendance. Meeting time changed 15' to 9:15 - 10:45 am. Name corrected to "Escondido Saturday Morning" per World CoDA website.

**CoDA Speakers Meeting (1st Sunday, Kensington) , Aaron L.**- If you would like to speak or know someone you want to suggest, contact Aaron at [SDCoDAspeakers@gmail.com](mailto:SDCoDAspeakers@gmail.com). Meeting requests speakers in-person for a 20-30' share. There are 2 speakers. They can speak on "How they came to CoDA; what they were like: what happened; what they are like now. There is a speaker guideline.

**Webmaster , Joe H:** [out of order. Should have been in officers' and chair's reports], How to update a meeting? On website main page, the meeting update email "meetings@sdccoda.org" goes direct to Joe. He also changes meeting info' on CoDA World website, <https://Coda.org>.

Joe H.- CoDA World has a Zoom we can use for free. (!) Can be used for continuous meetings. Sent out in last SoCal Coda email. Free Zoom. Will send that info to Tina. But Joe has to set that up so meetings can use that Zoom. Some constraints.

End of Group Rep' reports.

## **2d part of meeting**

**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; and Group Svc Rep reports of their meetings. 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. Minutes from previous meeting are approved or not. The second part is old and new business where motions and discussion items are addressed.

**Roll Call & Quorum.** San Diego Community has 30 meetings. Need 10 voting members for 30% quorum. Roll call was taken and quorum was met by 14 voting members.

14- Laurine, Gary, Mika, Bea, Nancy, David, Diane, Tina, Debra, Anita, Aaron, Joe , Leslie , Csilla.

No vote - Sharleene, Community Rep' & Michelle B.-Parliamentarian, also the 2 visitors - Jimi P. fr CoDA Warriors' mtg & Janina B. fr. Sun Serenity.

Minutes changes to April 16, 2022 meeting- added Shar's changes regarding Zoom account

**MOTION for Approval of April 2022 minutes by Michelle.** Mika seconded

11 Yes / 0 No/ 3 Abstentions. Motion passes.

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:

**1) Discussion (Informational) - What are Required Readings in a CoDA meeting?** by Sharleene. Per Shar's research there are 4 required readings:

1) the Welcome; 2) Preamble; 3) Steps; and 4) Traditions. Traditions must be read as written, i.e. in full, not just the tradition of the month.

This question came up last month because, a meeting reported a change to read one tradition a month. CoDA Characteristics, For Safety's Sake, the Promises are not required to be read. format. Gary suggests David ask WSO why Promises are not required reading.

if any question, go to <https://coda.org/> in Meetings section. There's a PDF regarding which readings are required.

Additionally, wording changes from last year were minor - in the Welcome, Traditions, suggested formats, 'Family and other systems.' The 11th tradition wording change is "... maintain personal anonymity at the level of **'film, television and other forms of virtual communications.'**" " So meetings have autonomy but also consistency.

### New Business:

**1) Discussion - CoDA Community camping trip (like Sherry used to do) by Aaron L. & Janina (Sun' Serenity, Twiggs mtg).** Already reserved at Burnt Rancheria campground, 2 sites - #29 & #30. Aug 11-13, 2022, Fri & Sat nites & Sunday (day). Vacate campsites by 11 am Sunday. Come for the weekend or part of it. Will do Event-brite invite & RS VP. Janina picked this weekend because of good star gazing. There's a meteor shower. You may bring a trailer/RV. Csilla will put their flyer in newsletter. Tony did flyers, not quite complete. Deadline to sign up - Aug. 1 (soft deadline)

**2) Discussion - Re SoCal Conference, led by Gary.** None, no questions.

**3) Discussion (Informational) - Csilla clarifies re World Conference in South Dakota,** Aug 21-25th is business part; Aug 26-28 is workshops & speakers.

-----End discussion.

Michelle moved to adjourn the meeting. Csilla seconded.

**Vote : 14 Yes/ 0 No/ 0 Abstain. Unanimous. The motion passed.**

Shar' thanks everybody for connecting to each other with GSR reports, the Grass Roots of the CoDA Community & the fun camping trip. This concludes the business meeting. If questions, ask someone after meeting. Sharleene adjourned the meeting followed by the Serenity Prayer at 11:48 AM

Respectfully submitted,

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**Laurine Ota, Recording Secretary [May 21, 2022]**

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