

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

**Mtg Url link: [https://us06web.zoom.us/j/88345358086?
pwd=VDMwbitrR05uZWxYcEtvTzcvZGpoUT09](https://us06web.zoom.us/j/88345358086?pwd=VDMwbitrR05uZWxYcEtvTzcvZGpoUT09)
Online Mtg ID- 8834 535 8086 Password = SDCoda**

Attendance: (14) Sharleene, Gary, Mika, Michelle, Laurine, Aaron, Nancy, Jimi, Csilla, Erin, David, Debra, Elisa, Emily, Visitor - Bryna from her Fri 6 pm - Mira Mesa Mtg newly renamed Serenity Lifers.

The meeting was called to order at 10:02 am by Sharleene, Community Representative. All welcomed. 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 steps, traditions, as required by CoDA tradition, and service concepts 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 new online app' (Zoom) link is:
<https://us06web.zoom.us/j/88345358086?pwd=VDMwbitrR05uZWxYcEtvTzcvZGpoUT09>
Zoom mtg # **883 4535 8086** , Passcode - **SDCoda**

Regional Representative, Aaron L: next Regional meeting is Saturday Sept. 3, 2022, (10 am -12 pm).

Alternative Community Rep', Sonya P: no report.

Alt. Reg. Rep, Diane P: no report

Recording Secretary, Laurine: Sonya P. Sent out June 2022 minutes and Community contact list on Tuesday. Laurine sent out May 2022 minutes this morning, Saturday.

Parliamentarian, Michelle: no report

Treasurer, Erin: Our total assets as of end of June 2022 are \$23,502.68;

June income: \$542.00;

June Expenses: \$530.43;

7th tradition year to date is \$1572.63

San Diego County CoDA

Balance Sheet
As of June 30, 2022

	TOTAL
ASSETS	
Current Assets	
Bank Accounts	
COGS Petty Cash	0.20
Union Bank Checking	11,999.15
Union Bank Savings	7,601.76
Total Bank Accounts	\$19,601.11
Other Current Assets	
Literature Inventory	3,491.57
Petty Cash - Literature	110.00
Uncategorized Asset	300.00
Total Other Current Assets	\$3,901.57
Total Current Assets	\$23,502.68
Other Assets	
Key Deposit	0.00
Total Other Assets	\$0.00
TOTAL ASSETS	\$23,502.68
LIABILITIES AND EQUITY	
Total Liabilities	
Equity	
Opening Balance Equity	0.00
Retained Earnings	25,196.40
Net Income	-1,693.72
Total Equity	\$23,502.68
TOTAL LIABILITIES AND EQUITY	\$23,502.68

Literature, Gary: - For June 2022 , Sales-\$375.00; Petty Cash- \$110.00; Core Orders- 2 for a total of \$515.43; Inventory- \$2857.50; Deposits-\$0.00

Newsletter - Csilla: the newsletter has 3 parts,

1. Local coDA news;
2. Checking CoDA.org and finding things of interest to San Diego CoDA Community;
3. is CoDA moments.

Newsletter found at <https://www.sdccoda.org/newsletters/> Contact Csilla for any newsletter submittals at newsletter@sdccoda.org. Deadline - by 25th of month before.

Mika asks is there a min./ max length for newsletter articles?. None per Csilla. Shar' reminds that newsletter has lots of useful information. Check it out.

Activities: Erin - has Activities info - for Discussion items.

Webmaster, Joe H.: Not present. Send website submittals to him at webmaster@sdccoda.org. Send meeting updates to him at meetings@sdccoda.org.]

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

Workshops, Panels, and Seminars, OPEN :

Activities, OPEN :

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

Public Information Phones, Gary: 5 calls this past month, Questions were, Is this mtg going? Gary reached out to mtg contact but no response.

Hospitals and Institutions (H&I), Mika: Report - emailed Bridget Wright at Sheriff's office. What is acceptable or needed info to start a mtg. She contacted Scott Masters re Outreach for suggestions.

Mika- received an email asking about Step studies. She will refer to Healey, who is helping start up Step meetings. Healer's info in newsletter.

Outreach Mika: Outreach info for Mika (fr last Outreach chair' Laurine O. :

1)One page flyer with pull-away phone numbers announcing CoDA organization and help. Post at Alano clubs, libraries, churches.

2)Post CoDA info' in local and community newsletters- The Reader, etc.

3) send letters to mental health professionals, announcing website, phone no, and meetings to refer patients. (Laurine has lists and sample letter)

4)set up booths at mental health, women's Care & similar Fairs. We have materials - sign, pens, pencils, bring literature pamphlets.

Ad Hoc Committee Reports

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

Liability Insurance Ad Hoc, Laurine: no report.

Community Meeting Google doc' Notes, Ad Hoc, Elisa: no report. It's there. Useful , interesting CoDA notes from various sources. Anyone may enter info. Any questions contact Elisa(203) 524-3222, elisainrecovery@gmail.com. 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.)

Online Miracles Mtg, Allied Gardens Mtg, Mika (for Bea) : Their mtg money has been sitting for 2 years so mtg did a distribution to administrative arms. Voted to use hand signal

(electronic) instead of chaotic piping in. Maybe have a new position [mtg leader or mtg chair'] to call on raised hands?

Not Just Beginners, Sunday 12 pm, Nancy M.: -Primary contact changed fr Nancy to Healey. It's changed on website. How long will it take with World CoDA ? Also mtg Changed Treasury to PayPal. They will say how it goes. Aaron -says World CoDA changes take 1 day, Very fast.

Elisa's , CoDA Empowerment Wed: Lot of interest fr mbrs on doing, learning Google Doc's. She Found amazing resource - her favorite Instructor - series of 4 workshops. Where could she put this info out?. Put on Chat for now, maybe put on website and newsletter later. Shar can put on our Business notes. (which are Useful info' for new and old GR's,

This is outside entity so need to be careful about putting on official sites. Or w caveat.

"Non-CoDA Resource that may be useful for CoDA members who are utilizing Google tools at their meetings: FREE 4-part tutorial that will get you up and running with Google's free suite of office apps. Click here to sign up: <https://access.wearethegreywave.com/google-apps-lb/> Feel free to reach out to me if you have further questions. Elisa - 203-524-3222"

Serenity Seekers mtg, Debra: mtg growing.

CoDA Warriors meeting (Men's mtg), Jimi S. : is new GR!

Jimi asks Is there an update to the Introduction to CoDA document? Joe H. has it. It's a pdf now so Shar has to go thru him. Waiting Till after World Conf. because a few more changes then. So by Aug 2022 or so, a new complete flyer is expected. Current copy of pamphlet available on CoDA.org

Jimi - new step study fr men's Warrior meeting. Questions contact Jimi, Jamespaschall222@gmail.com, 619 931 3721.

Meeting breaks at 10:50 am.

=====

Meeting resumes at 11:01-am,

Friday Encinitas Seaside Mtg. David B: - no report.

Escondido Saturday Morning, Laurine - It's a Hybrid mtg, 9:15-10:45 am Saturdays at Trinity Episcopal Church, 845 Chestnut St. (intersection 9th Ave). Sometimes meet outside in peaceful front yard w fountain or in small library adjacent to front yard.

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 Service Representative 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 12 voting members.

12 - Gary, Aaron, Mika (substitute for. Bea), David, Csilla, Debra, Nancy, Erin, Elisa, Emily, Laurine, Jimi.

(Erin is backup GSR for Wed. Empowerment mtg so she's taking Elisa P.'s place as GSR today.)

No vote attendees - Sharleene, Community Rep' & Michelle B.-Parliamentarian, also 1 visitor - Bryna, Serenity Lifers (new name), Fri nite Mira Mesa).

May 2022 Minutes change:

Nancy M. - change Frank who referred couple to CoDA , not "Nancy referred..."

MOTION for Approval of May & June 2022 minutes by Michelle. -Elisa seconded.

May minutes, 12 Yes / 0-No/ 0-Abstentions. Motion passes to approve May 9, 2022 minutes.

9- Yes / 0-No/ 1-Abstention. . Motion passes to approve June 18. 2022 minutes. Laurine seconds. Changes? None

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

Old Business:

1) Discussion - Who is hosting SoCal Conference? Continue next month.

Shar, Desert area declined to host for 2022. We expected to host in 2023 but we didn't vote on it.

Gary J. wamed that SD hosted. It was a big learning curve. There were Only 2 months to put on the 2022 SoCal conference since Desert declined hosting.

We need to motion and second SD hosting 2023 SoCal CoDA conference. Also Need a Chair.' Gary reassures all. Don't worry, once you commit/ volunteer, many volunteers come out of the woodwork!!

GR's go back to mtg. Ask meetings for a theme, no. 1. Details, please, re' the theme they suggest.

Maybe put out newsletter article. Anything we can do to reach the CoDependent who suffers, our spiritual aim. The SoCal CoDA conference will be- May/June 2023.

Shar' - Go to the Community(mtg)& ask them," What do **YOU** want to do? This is what's involved.- the appx date- May, June 2013, **need a theme, need a Chair**, Sub-chairs, flyer designer, breakout meeting leaders, in person (we hope) so food committee, greeters, registration (Evite?) etc., We have time to ask. Or the Community Committee can discuss. Shar' would like to see the whole CoDA Community put it on with all participating not just the Committee.

Shall we put it out to the groups/Community? Yes. Ask for volunteers to help.

Nancy - we have a month to go to meetings and come back to Community Committee mtg.

Mika - what were previous themes - CoDA related, "Using 12 traditions," "The Joy is in the Journey," "Steps - , Puzzle "

Elisa - suggests, data/ numbers - for example (not real), "need 10 speakers, 15 small mtg leaders, 5 for reception, 10 for registration, etc. Ball park no. of participants?, 400 befo, 300 this year. Last live one, in SD 185 in SD, 1 day conference.

Key - these 3 things. Does anyone want to Chair? Be part of the organizational committee? Theme?

We need to just let SoCal /Regional know yes or no , whether we will do SoCal Conference in 2023. So waiting from response from meetings/groups. To be continued next month as Old Business.

New Business:

1) Discussion - CoDA Spkrs mtg, Aaron needs spkrs for Aug. Contact: Aaron L., 619-807-0869, SDaaronL@gmail.com

Looking for response fr Bea who volunteered. Nancy will speak Oct,

Need two in person spkrs' at Kensington Community Church , 1st Sun. 5:30-7 pm. 20-30' each speaker, Speak on how CoDA helped you. Bring this to your meetings. Looking for folks w at least 6 months Recovery, & familiarity w CoDA Steps.

2) Discussion - Camping Trip, Aaron: We have 2 camp spots, 8 persons each. Still have sleeping spots. To sign up go to link on flyer. Contact Aaron & other contacts to work out details. If just coming for pot luck or for day, let them know for a head count. It is \$10/vehicle for parking.

Elisa - Sleeping spots are full? No, just other camp sites are full. Might be camp site if you go early that weekend (held in reserve) But our 2 spots have spaces. We are charging \$5/ nite. if you overnite only 2 vehicles per campsite.

[Info from last mtg: Aug. 11-13, 2022 Fri-Sun. at Burnt Rancheria camp. Arrive Fri, vacate by Sun, 11 am. Campground #29 & 30. Potluck Sat nite. Janina picked this wkend for the meteor shower, good stargazing. Invite details, RSVP by Evite. Sign-up Deadline - Aug. 1, 2022]

3) Discussion -Elisa announces new CoDA mtg using book Joy In the Journey (\$15): -
Recover with color (coloring book), Meeting Thursday 6:30-8 PST, Meeting ID: 821 0275 3564,
Passcode: journey, More info' call Robert L. 760-672-2101. Not a step study according to Robert.
Not on meeting list yet. Gary J. (Literature Chair') has books.

-----End discussion.

Michelle moved to adjourn the meeting. Csilla seconded.

Vote : 11 Yes/ 0 No/ 0 Abstain. The motion passed.

Shar'-Thanks to GR's taking info back to meetings. Concludes business mtg at 12:00 pm.
Ask aft' mtg if you have any ?'s

Respectfully submitted,

/S/

Laurine Ota, Recording Secretary [July 16, 2022]

=====End Minutes