

**Minutes of the  
San Diego County Community Committee of Codependents Anonymous (CoDA)  
Business Meeting, Saturday, Oct 15 , 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  
Community Rep' / Contact for 2023 SoCal Conference - [SDCcoda.zoom@gmail.com](mailto:SDCcoda.zoom@gmail.com)  
Newsletter - <https://sdccoda.org/newsletters/newsletters.php>**

Attendance: (25) Sharleene, Mika, Michelle B. , Laurine O., Nancy M., Jimi, Csilla, Gary J, Abby L., Joe H., Bryna B., Aaron L., Dominic S., Nadine, Nancy M., Erin W.,. Sonya P., Jim W, Laurie S., Marlene E., Robert, Jonathan, Dani T. Visitors: Tony A. (Sunday Serenity mtg, Warriors), Laura

The meeting was called to order at 11:00 am by Sharleene L., 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, all the traditions, (as required by CoDA tradition) and the service concept of the month were read.

**Officer/Chairperson Reports:**

10' report by Regional Rep.', 5' by other officers and Chairs.' And a total of 8' for GSR reports.

**Chairperson, Sharleene (Shar) L.:** Shar's new email is [SDCcoda.zoom@gmail.com](mailto:SDCcoda.zoom@gmail.com).

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

**Regional Rep, Aaron L:** FYI a legitimate email went out that discusses starting an intergroup for virtual/online meetings. If the virtual meeting is not tied to a geographical Intergroup. Shar says an Intergroup is not a governing body. SD Community meeting (this meeting) is one, LA has one, the mountain group has one. Intergroup meets ev 2 months.

At SoCal Regional a few positions are open. a) **Recording Secretary**, You only need to take minutes once every 3 month, quarterly. Could be done on Zoom. b) **an Alternate Delegate to World CoDA conference**. There are 2 voting delegates. The 1 alternate (non voting) position is open. Next meeting is Dec. 3, 2022, 10-1 pm. Hybrid; in-person is at Culver City, L.A.

**Alternate Regional Representative, Diane P:** Not present.

**Alternate Regional Rep,' Diane P:** no report

**Recording Secretary, Laurine:** Met with Joe H., historian and long time Community member. He pulled some historical papers and suggested rest could be destroyed. Last meeting's minutes (September 17, 2022) were sent to meeting members just before this meeting. Contact list sent the day before.

**Parliamentarian, Michelle:** Ensures mtg in accordance with 12 traditions. Meetings always open to visitors. Anyone may address mtg, but only GSR's, certain officers and chairpersons may present motions and vote. Please put discussion items & motions (for vote) in chat.

**Treasurer, Erin Report (End of September numbers for Oct' meeting):**

Checking: \$13,268.78  
Savings: \$7,602.48  
Total Assets: \$20,966.08  
Month of Sept income: \$1,433.28  
Sept expenses: \$15.00  
Year to date Net Income: \$321.33

**Literature, Gary: (End of September numbers for Oct' meeting):**

SDCCoDA Literature Report  
Sales \$798.65  
Petty Cash \$110.00  
Core Orders 0 (Core=regular and bulk mail order literature source)  
Inventory \$2204.20  
Deposits – 2  
9/12/22 \$386.45  
9/30/22 \$. 798.65  
Total Deposit. \$1185.10

The cheapest way to get CoDA literature is through the CoDA Community Literature Chair, Gary J. Go to our website, <https://sdccoda.org> and click on “order literature” on the left side column. Contact Gary at [sdccodaliterature@gmail.com](mailto:sdccodaliterature@gmail.com), ph (760)215-9060. Make arrangements w/ Gary to pick up OR pick up at “Loving Support” in-person meeting Tuesday evening in Clairemont.

**Joe H. Webmaster:** updated SD (San Diego) CoDA web meeting list. He modified the meeting list as follows: If you hover over the link for the meeting ID (turquoise), it opens at [coda.org](http://coda.org) (World CoDA) to allow for group secretaries to quickly verify meeting and contact information. It also shows a map and directions. Links for zoom meetings or the physical address have also been optimized for better readability. Kudo's to Joe from all for a great website with timely, accurate, helpful info. Enjoy using the accurate meeting list and its “bells & whistles” Send any website submittals to him at [webmaster@sdccoda.org](mailto:webmaster@sdccoda.org).

**Public Info Calls, Gary:** - 8 calls, misc.- How to get on, I can't get on, wrong no., calls asking for Spanish meetings which were directed to CoDA Espagnol in LA. 2 calls just needed to talk.

**Public Information Mail, Sonya P:** sent all mail to Erin.

**Outreach Chair,' Mika:** - received outreach info' bin fr Laurine.

**Hospitals and Institutions (H&I), Mika:** No report. (?)

**Activities Chair,' OPEN: (but Laura nominated and voted in as provisional Activities Chair', in second part of meeting)**

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

**Workshops, Panels, and Seminars, OPEN :**

**Newsletter, Csilla:** October newsletter is out which includes SoCal Regional and CoDA World items. She is taking submissions of your CoDA stories you want to share. Csilla says it did a lot for her recovery when her share was published.

SD CoDA Newsletter is at <https://www.sdccoda.org/newsletters/> Contact Csilla for any newsletter submittals at [newsletter@sdccoda.org](mailto:newsletter@sdccoda.org). Deadline - by 25th of month before.

Shar reminds us the newsletter is an awesome resource. Take advantage of it for yourself and share with your meetings that it is chock full of info,' updates, sponsor & step study info. Healy is the coordinator for starting step studies.

Per group conscience, meeting breaks at 10:53 am rather than doing GSR Reports and going past 11:00 am.

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Meeting resumes at 11:08 am

**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 19 voting members.

**Voting (19)** Mika, Laurine, Sonya P., Joe H., Csilla, Gary J, Abby L., Erin W, Nadine, Bryna B., Jimi. Nancy M, Aaron L., Dominic S., Jim W, Laurie S., Marlene E, Robert., Dani T.

**Non-voting (5)-** Sharleene, CommunityRep,' Michelle B. Parliamentarian, Visitors- Jonathan, Tony A. (fr Sunday Serenity,Warriors ), Laura.

**Motion. Michelle asks for group conscience to postpone approval of Sept. 17, 2022 minutes because there was not enough time for members to review. (sent by secretary just before meeting)**

**VOTE:** 12 Yes, 0 No, 1 Abstain. **The motion passed.**

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:**

**New Business:**

**1) Motion: Joe H. moves to upload past years speaker recordings from Super Saturday Seminars and Monthly Coda Speaker meetings on San Diego CoDA website.** Seconded by -----. Nancy M. re' Anonymity risk, don't post recording unless permission granted. Gary -no waivers signed for CoDA speaker meetings at all in past years. Waivers signed for Super Saturday Seminars.

Joe amends motion.

**Amended Motion: Joe moves to post Super Saturday Seminar recordings only (NOT Monthly CoDA speakers) on San Diego CoDA website, <https://sdccoda.org>.**

**Vote:** 12 Yes, 1 No, 5 Abstain. **The motion passed.**

**2) Meeting administrative question,** Jim - asks if meeting recording can be sent to him. Shar' agrees to send him link.

**3) Motion: Mika moves & Robert seconds to nominate Laura – as Activities Chair.'** A new Community meeting member, Laura lists her qualifications - 5 meetings a week/ 1-2 step studies a week, knowledge of the Steps & Traditions, was a teacher so is organized, did club activities. When she attends 4 more CoDA Community meetings she will be the permanent Activities Chair.' She looks forward to planning holiday get-togethers, hiking and fellowship activities. Look for her Thanksgiving activity- open to all CoDA, probably at her home, in SD East county.

Nancy M. notes if there was no Activity chair, a group could support a holiday activity.

**VOTE:** 13 Yes, 0 No, 4 Abstain. **The motion passed.**

**4) Discussion, by Michelle B. Michelle suggests canceling the Quickbooks 2 Subscription coming up for renewal in Jan 2022 (\$270/month) and replacing it with a “pen and paper” reporting and recording system.**

**Points:**

**A)Quickbooks was “Overkill.”**

Michelle started Quickbooks for the meeting when she was Treasurer a few years back, — to —, before Gary J. When profit/loss was presented last month, Michelle noticed discrepancies. Michelle was able to correct way back. She thinks maybe Quickbook was not the right thing to

do. Costs \$270/ year. Increases every year. It's overkill. It was for double checking. We will not be audited. Just need basics. What's in bank account, what's in literature.

B)**Operation Pencil and Paper**. She proposes our reporting and recording just be done via "Pen and Paper."

C)-Sonya P., Dani F. and others felt an **automated application that accurately computes addition, subtraction and basic math. Also for readability** was needed.

D) Michelle B. and Erin W. are concerned about the ability or **ease of teaching our financial system to succeeding treasurers.**

E) the group came up with idea of a **quarterly review of our treasury** by a Community group or committee. Michelle liked that.

F) Discussion Tabled till November 19, 2022 meeting.

5) **Discussion: Shar - introduces SoCal 2023 Conference Committee.** They already met. Michelle B,- interested in Treasurer or Registration. Nadine - interested in art/ graphic design. Tony - in technology position. Robert - interested in Volunteer coordinator with a co-chair who is not here today.

GSR's please take conference info' to your meetings. It is on the website, [sdccoda.org/](http://sdccoda.org/), and newsletter. Ask for volunteers. Volunteers can contact Shar' at [SDCcoda.zoom@gmail.com](mailto:SDCcoda.zoom@gmail.com). Link in chat for conference volunteers. (?)

6) **Discussion: Thanksgiving** - At least 2 meetings will be open on Thanksgiving day for those who need fellowship and support that day.

— "Joy is in the Journey" meeting, VIRTUAL (online) - Thursday 6:30pm – WW700 (v, s)  
Zoom Meeting ID 821 0275 3564 , passcode - journey, contact is Robert (760) 672-2101

— Thurs 6:15 pm (may open earlier), Women's Truth and Recovery, Emmanuel Lutheran Church, 1900 S. Nevada Street, Oceanside, CA 92054 - In person, probable pot luck & Co-Ed (open to men and women). Contact is Dani T.(916) 917-7797

Notices for these Thanksgiving mtgs will be in newsletter and on SD web, [SDCcoda.org](http://SDCcoda.org) //

Shar, Community Rep' appreciates everyone's presence.

**Motion: to extend 10' for GR reports** beyond 12:00 pm. Seconded.

**VOTE: 8 Yes, 9 No, 0 Abstain. The motion NOT passed.**

**So meeting is adjourned.**

Respectfully submitted,

**Laurine Ota, Recording Secretary, October 15, 2022**

**Link to these minutes on Google doc- -----**

**[https://docs.google.com/document/d/1OSgmGpw7k55DwA-miFcUCzXPPGOoi-rKw0CPdxB\\_IAU/edit](https://docs.google.com/document/d/1OSgmGpw7k55DwA-miFcUCzXPPGOoi-rKw0CPdxB_IAU/edit)**