

Minutes of the San Diego County CoDA Business Meeting

December 17, 2022

Present: Officers/Chairs - Sharleene, Michelle, Sonya, Laurine, Joe, Laura, Mika; GSR's - Jim W., Nadine, Nancy, Dominic, Abby, Bryna, Emily, Robert L., Beth, Dani, Jimi, Wendy, Aaron, Gary, David, Beth; Visitors - Tina H.

The meeting was called to order at 10:00 a.m. by Sharleene, Community Rep. 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, and world organizations. It provides information and starter materials to new groups. The traditions were read.

Officer/Chair Reports:

Sharleene, Community Rep': there will be a CoDA-thon, 24 hour meetings during holidays.

<https://www.codependents.org/codathon.2022.12.31.22.pdf> [this has an amazing list of CoDA meetings that were open for the holidays.

There will be meetings both on New Year's eve 12-31-22 and New Year's day 1-1-2023

GSR's announce which of their meetings will be open locally and online on the holidays.

Sun morning Serenity mtg - hybrid mtg. On Christmas,

Wed Journey mtg - open both holidays (Christmas and New Year's).

[December 2022 newsletter, note location of World CoDA-thon meetings for future holiday times.

[Microsoft Word - CoDA Voice - December 2022.docx \(sdccoda.org\)](#)]

Sonya, Alt' Comm Representative: no report

Erin W., Treasurer: Not present. But here is her reporting from email 12-19-2022 for November:

Checking: \$13,190.63

Savings: \$7,602.48

Total Assets: 21,015.15

Month of November Income: \$299.70

Month of November Expenses: \$1,011.38

Year to date Net Income: \$258.18”

Laurine, Recording Secretary: mentions September and November minutes corrections. [Big thanks to Sonya P. for filling in as secretary for November minutes. Sonya covered the election and term of positions with great understanding and accuracy of the many valid points made.]

Gary J., Acting Parliamentarian: the Community Meeting is conducted in accordance with the 12 Traditions, group conscience, and Roberts Rules of Order. 2 parts to the meeting - reports in first, 2d part is motions/ discussions. Quorum established at the beginning of 2d part.

Any member in CoDA is welcome to attend this meeting and has a voice. However, only Group Service Reps (GSRs) and most officers and chairpersons can vote. A quorum is reached when 30% of the total number of meetings has a representative at the meeting. Anyone having a motion or discussion item is encouraged to write it in the Zoom chat box.

Aaron L, Regional Rep: - attended Dec. 3, 2022 SoCal CoDA Regional meeting;

a) Next meeting for SoCal Regional is Sat Mar. 4, 2023, Hybrid - 3 hours;

b) Open positions -1) Recording Secretary; 2) Hospitals & Institutions (H&I) Chair' (previous Chair' stepped down); 3) Delegate 2 to World Conference, next in Texas.

Aaron says neither Delegate 1, 2 or Alternate Delegate are from San Diego. A Delegate from San Diego could represent SoCal CoDA at the World Conference.

d) SoCal CoDA is working on getting Zelle,(a money transfer application), into their financial process.

e) A representative came from the newly formed desert *Intergroup*. There are no clear procedures for forming an *Intergroup*. The requirements are to have Officers, a business meeting, and keep minutes. Los Angeles, the Valleys, San Diego-Temecula are some of the Intergroups in the SoCal region. In addition to the Intergroup requirements, SoCal CoDA is planning a map that draws up the geographical areas of SoCal.

f) The new webmaster is planning a new website by the new year.

g) SoCal Regional H&I - a woman in prison looking for Spanish speaking sponsor.

h) Regional waiting for us to elect a conference Chair so they can send us seed money. Robert L is now Chair,' so they will send money. SoCal CoDA Conference - Aaron reported on our Committee's efforts.

i) Looking for input from former delegates - how to better interface with members. Maybe do surveys. But people don't respond well. Only 30-40% will respond.

j) Gender Inclusive task force was formed. Proposed by Canada. Trying for more

Gender affirming language in documents and literature. Need members for Committee. Contact Board@CoDAworld.org

k) Nancy describes CoDA World Conference. It's 5 days. Conference sends motions out ahead of time. Delegates vote. All expenses paid by SoCal CoDA (Regional). It's all business. You will be working with strong CoDA committed people. Bonding happens. We are lucky in San Diego for our committed CoDA people.

Alt. Regional Rep: Open

Gary, Literature: Gary reported November 2022 sales and deposit of \$299.70, Petty Cash of \$110.00, CORE order of \$996.38, and inventory of \$2,483.70.

Joe H., Webmaster: has uploaded Community business meeting minutes back to 2007 to the SD CoDA website. Check website menu, left on bottom. Missing some minutes 5 years & before. In response to questions, Joe says he posted updated list of contacts.

Meeting List Coordinator': Open

Shar praises and thanks Joe for the "two hats" he wears as Meeting List Chair' (acting, temporary) and Webmaster. Joe updates meetings when he gets the info' in 3-4 minutes. Meetings on San Diego CoDA website are accessed 600 to 2,000 times per month. Meetings are the most critical part of outreach to the suffering Codependent.

Robert L. also thanks Webmaster Joe for his great and speedy response. It's a big difference from World CoDA. "You nailed it, buddy!"

Csilla, Newsletter : Newsletter Chair Csilla not present. But Shar encourages us to use this great resource. [San Diego County CoDA Newsletters \(sdccoda.org\)](http://sdccoda.org) The December 2022 newsletter is on the website.

Shar' asked GSRs to remind their groups to share this information. The newsletter contains San Diego activities, SoCal and CoDA national & world news. It includes the "CoDA Moment" which is a place for people to share their CoDA stories - their inspiration and hope.

Csilla is taking submissions for the CoDA Moment. Please email submissions to newsletter@SDCCODA.org. Newsletter deadline is 25th of the month for the next month's newsletter.

Aaron L. announces the CoDA Speakers New Year's meeting (5:30 -7 pm) is having a pot luck (7-8 pm) after the meeting.

Workshops, Panels & Seminars Chair' - OPEN position

Sonya, P., Public Info Mail: Sonya asks if certain mail can be opened to send to appropriate person. Yes, she is trusted steward.

Gary, Public Information Phones: 10 calls. The usual. "What does it take? How much does it cost? What's in it for me?" It's a pleasure to interact and direct them to help. Lot of "how do I get a sponsor?" Get sponsor pamphlet. The little 40c. Flyers are powerful

pieces of information. They are often free as a download from CoDA.org (World CoDA).

Mika, Outreach: Psychologists refers six questions/persons to her. “How to join?” Easy, just show up. She has all the PDF files, banner sign, and the 1 page flyer that she is updating (new phone number) to post on web.

Mika, Hospitals & Institutions (H&I): Mika hasn’t heard requests from H&I people in CoDA but problem was her phone erased those calls.

Laura, Activities: There was a Holiday gathering at Kensington Community Church. Pot luck. Activity Chair’ Laura and GSR Dani T. coordinated south San Diego and north county holiday gatherings. Thank you Laura and Dani!

AD HOC Reports:

Laurine O., Liability Insurance Coordinator: 2 certificates sent in 2022 including Dominic’s meeting, “Monday La Mesa” at St. Dunstan’s in San Carlos. If you need certificates, meeting’s GSR can contact Laurine O., 858.733.0111 text or call. Need name of the landlord, the address, and that you are an official CoDA meeting. The insurance company sends it very promptly by email.

Michelle, Flyer Ad Hoc: Will list Community positions to fill on website and other sources. Discussion in 2d part.

Robert L., SoCal Conference Chair,’ Ad Hoc, also Michelle- Treasurer/ Registration , Nadine - Art & Design, Dani - Food Chair’, Tony - Tech’ Chair’, Venue Coordinator/Sec - Shar, Workshops & Speakers - Tina.

Theme “CoDA: A Journey, Not a Destination: Are We There Yet?”

The 2023 SoCal CoDA Conference committee is taking shape with Robert L. stepping up to conference chair. Thank you to Robert and all who stepped up.

Spots to fill: Volunteer Coordinator, Zoom Hybrid Facilitator, Fellowship Brunch Coordinator.

If you would like to fill a chair’ spot and help plan this exciting event, please email at the address below or join the next January 18 Zoom meeting, Wednesday, at 5:00 pm. The zoom link & information:

email: Arewethereyet?@gmail.com

Planning meeting link- <https://us02web.zoom.us/j/82501630843?pwd=vxnWvTzansEaQ0javONHMRsinbJQ54.1>

Meeting ID: 825 0163 0843; Passcode: Coda Conference

“I started doing service to give back. Turns out, the more I give, the more I receive.”- **In This Moment**

Meeting breaks mid-morning at 11:00 am. 10’ break - be back at 11:10

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During break, Sonya P., previous acting secretary in 2021 and current backup secretary clarifies correct minutes procedure. Once the meeting is adjourned, it is incorrect to include any discussion after the final meeting close in the minutes. But it can be referred to in the meeting minutes of the next meeting.

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The meeting resumed at 11:10 am.

It was determined we have 30 meetings. 30% quorum is 9. Roll call was taken and quorum was met by 18 voting members. The procedure for submitting motions and discussion items is to submit it in the Zoom chat.

Approval of the minutes: Laurine moved to approve the November minutes as presented. Robert seconds.

Vote 17 Yes, 0 No, 1 Abstain. Motion passed to approve November 2022 minutes.

Old Business:

1. Robert moved to approve proposed 2023 budget as published in email. Abby seconds.

15 Yes, 0 No, 3 Abstain. Motion (budget) passes.

2. Shar- some budget related items, to be acted on in 2023.

a. Goodbye Mira Mesa Presbyterian Church - Group conscience decided to discontinue Mira Mesa Presbyterian Church rent. Shar will notify the church, return key and express our great thanks to them. Joe says we have been at Mira Mesa Presbyterian since 2004-05, 18 years!

b. Money \$ owed to Webmaster - Shar says Joe stepped out of volunteer webmaster in 2021 to paid webmaster in 2022. \$740 was owed him for 2022 - \$10 for —, \$730 for domain. Joe - actually it's \$800.22. Four items - 1)\$37.88 Server, 2)\$42.34 Domain Renewal, 3) \$80.00 Alpha SSL, discounted, 4) \$640 Year's web maintenance. He will send statement to Treasurer.

c. Shar - once we have a treasurer, we will redo check signers.

3. Last old business item, Election review. After last week's lengthy discussion, (how to fill a position, maximum amount of time to fill a position according to by-laws, etc) we will have 2 types of positions up for election.

1st positions up for reelection are ones where the candidate filled a partial term last year. They are willing to serve the next full term.

Alternate Community Rep.'

Secretary

Newsletter chair'

Regional Rep'

2d type position are the open positions (with no history of a partially filled term).

OPEN -

Alternate Regional Rep'

Treasurer - CoDA Community is trying to make this position easier for a non-professional financial person to fill. For example, making "Quickbooks" app', Excel or other spreadsheet optional and offering Michelle's simple financials documenting format.

Parliamentarian - does readings, times presentations, keeps discussions on task, keeps meeting orderly and all within the 12 traditions.

Workshops, Panels & Seminars Chair' - (not filled last few years because of COVID). This chair coordinates Workshops- Super Saturdays - an all day event of speakers and workshops; panels - presentations in individual meetings; Seminars; Conferences- —

Meeting List Coordinator - Question - is position needed?? considering how efficiently Webmaster Joe fulfills that temporary duty. Item for discussion next meeting.

All candidates must have 1 year + CoDA membership, knowledge of Steps & Tradition. Also have attended last 4 CoDA Community meetings. If not, attend 4 meetings as Acting _____, until complete 4 meeting attendance requirements.

4. Tabled Item - Videos illustrating patterns & characteristics & recovery behavior. Bryna, this was originally proposed by Frank G. Her meeting suggested videos illustrating patterns and characteristics and recovery behavior. Well received. May present it at SoCal CoDA June conference. Format could be a cartoon, comic book, coloring book, or video without showing face. Bryna will wait for further input from Frank (and Nancy Mc.?) since it was originally his idea.

GSR Reports -

Proposed Veterans Village meeting - Sharleene reported that Veterans Village on Pacific Hwy reached out and is interested in re-starting a meeting at their location..

***New step meeting-* Dominic S. - Monday LaMesa mtg - planning a new step meeting, an hour before the meeting at 5:30 pm at St. Dunstan's Episcopal Church in San Carlos.**

Abby -keeping CA# (local) mtg to keep smaller and intimate. It's an all women's meeting with sensitive sharing. Lot of their people asking about sponsors.

Wed pm, Escondido - Empowerment through Recovery, Wendy, new GSR, Meeting changing their Zoom. They were using a personal zoom account. Changing name of group and will post on website.

Robert- Wednesday "Enjoy the Journey," getting consistent numbers. A core group is forming. His mtg might consider a CoDA- thon slot, pick Christmas or New Year's and

host a meeting. It's a blessing. It's amazing to see world wide attendance.

Abby -Monday Sisters Set Free, same issue as Wendy's changing from a personal zoom to meeting zoom. Didn't need to change name. Go to Coda.org. On banner - add your meeting.

Dani - audio problem. We are unable to hear her report.

Jimi- Warriors doing well

Friday Serenity Lifers – mtg, Bryna - WW# (online) is doing good for mtg. Available to more people.

Nadine, Tues. Loving Support (Virtual) says same of their meeting, WW#.

Mika - speaks for Miracles mtg. Beth is GSR. Meeting Bombers - How to deal with them? Happens since they changed to online status. People are upset. Shar suggests - in Settings/ Security/ Enable the waiting room. Host and Co-host can put intruders there. Downside is latecomers may be stuck in waiting room.

Jim W. - 5:45 Sunday Temecula, 10 am Sat. meeting got lot bigger, from the new online status. It's world wide - Spain Armenia, Taiwan, New Jersey.

Shar - concludes business meeting. Thanks everyone for their participation. Stay after if questions.

No motion to adjourn or vote.

Sharleene leads Serenity Prayer and meeting adjourned at 11:56 pm.