

Meeting Minutes of the “San Diego (SD) County Community Committee Of Co-Dependents Anonymous (CoDA)”, March 18, 2023

Zoom Mtg ID- 8834 535 8086 , passcode= SDCoda; Mtg Url link:
<https://us06web.zoom.us/j/88345358086?pwd=VDMwbitrR05uZWxYcEtvTzcvZGpoUT09> ;

Community mtg contact: sd coda.zoom@gmail.com

SD CoDA website www.sdccoda.org

Southern California (SoCal) Regional CoDA website: www.socalcoda.org

World CoDA website: www.coda.org

[Note: Last month’s Feb. 18, 2023 after meeting talked about Zoom bombers and using breakout rooms in large meetings.]

Attendance: Officers/Chairs - (11) Sharleene, Michelle, Mika, Joe H. , Laurine O , Csilla F., Aaron L., Tony A. Gary J., Robert L., Laura G.E.; GSR’s - (10), Nadine, Jim W., Rose Marie, Bryna B., Jimi, Marilyn, Sarah K, Will C, Debbie M, Steven M, Total 21

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.

Sharleene, Community Rep:’ The meeting purpose & function were read. The meeting’s purpose is to serve the CoDA fellowship and carry the message to those who suffer, offer healthy growth for those seeking healthy relationships. The meeting coordinates intergroup recovery, serves as voice of the group to state, national, and world organizations. 2. Serves as a voice of the group with other CoDA service arms. It provides information and starter materials to new groups. Marilyn read this month’s 3d Service Concept. Aaron read the long version of Tradition three.

OFFICER / CHAIR’ REPORTS (Each has 5.’ (minutes) Regional Rep’ has 10.’)

Shar, Community Representative: current bank signers (Community Rep’ Shar, Alternate Community Rep, Sonya P., and Treasurer, Michelle B) established 3-15-23 with Union Bank. Name soon to change to U.S. Bank (Mar/Apr 2023). COVID illness among various officers caused several signature authorization reschedules.

Sonya, Alternate Community Representative: No report. Not present,

Sonya, Public Info’ Mail: All mail collected and sent to Michelle B., Treasurer.

Laurine, Recording Secretary: Mar. 18, 2023 minutes & contact list were sent out Monday, 4-10-23.

Robert L., Parliamentarian: [Gary reminded that meeting procedure requires Parliamentarian to read this.]

According to By-laws the Community Meeting is conducted in accordance with the 12 Traditions, Group Conscience, and Robert’s Rules of Order, Parliamentary proceedings by the Group. 2 parts to the meeting. Officer, Chair’, and GSR reports in first part. Second part is old and new business, motions & discussions.

Any CoDA member is welcome to attend this meeting and address the Community. However,

only Group Service Reps (GSRs) and most officers and chairpersons can offer a motion, second a motion and vote. Each has a voice so they are encouraged to discuss and vote. If they have a motion or discussion item, write it in the Zoom chat box.

Quorum is established at the beginning of 2d part by a roll call. 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.]

Michelle B. Treasurer: Researched 7th tradition. Will report. Received some 7th traditions from groups (Thank you).

Balances at 2/28/2023

Checking \$12,955.32

Savings \$7,602.66

Literature Petty Cash \$110.00

Total Funds \$20,667.98

Feb 2023 only -Income

7th tradition \$395.53

Literature \$431.60

Total \$827.13

Expenses

Rent \$15.00 (last month to pay; auto payment cancelled)

Literature \$565.27

Total \$580.27

Net Income: \$246.86

YTD 2023 (Jan-Feb)

Income

7th tradition \$455.53

Literature \$1,099.10

Total \$1,554.63

Expenses

Rent \$30.00

Website \$800.22

Literature \$1,199.51

Total \$2,029.73

Net: Loss (\$475.10)

Aaron L. Regional Rep: - reported on Mar 4, 2023 Regional mtg. Regional SoCal Chair Thuy wants to rotate regional in person meeting location, possibly San Diego. Looking for a place not too expensive, hybrid capability, for 5-7 in person. Others, mostly fr LA, Valley & Desert attend online. The June SoCal Regional mtg in will be at SoCal CoDA Conference, as usual.

SoCal Regional's Treasury has over \$25,000. Budget not approved yet. Delegate budget increased to account for inflation. SoCal Treasurer Anna using personal Venmo and paypal info for electronic donation. SoCal has a Zelle account, chair@socalcoda.org

Election. Open positions. for Regional meeting at SoCal Conference, June 3, 2023 Sat.

Vice Chair - 1 yr

Recording Sec' - 2d year of 2 year term

Corresponding Sec' - 2 yr term

Conference Facilitator - 2 yr

Delegate 2 -for 2024 & 2025 World Conference

Alternate Delegate -for 2024 World Conference

Historian -2 yr

Hospitals & Institutions Chair' - 2d yr of 2 year term

There's a Spanish speaking Intergroup in SoCal CoDA Regional, Intergrupul Hispana CoDA. Their meetings in California are mostly in person in LA and Orange County. Includes one virtual mtg from country of Columbia, South America. 4 activities a year. <https://codaenespanol.org/>

CoDA Teen presentation. SoCal Regional is looking into starting CoDA Teen. All of the Intergroups voted for CoDA Teen except San Diego. San Diego listed the detailed safety & security requirements and meeting the CoDA traditions for their No vote. Option - teens can attend the regular CoDA meetings with their parents. Will C.-CoDA Teens could attend Adult Children of Alcoholics (ACA) version of Alateen (AI-Anon/ Alcoholics Anonymous).

Misc. SoCal Regional's new website not live yet. It uses a Google site. Will send out mailers 2d Sat of each month. SoCal Regional's Historian is our Joe H. He is putting links to old SoCal minutes.

SoCal Conference report to Regional by Chair Robert L. He gave a great report. Links to: 1) flyers - <https://sdccoda.org/pdfs/2023/SoCal%20CoDA%20Conf.%20Flyer%20v3.pdf>

2) Call for volunteers - https://docs.google.com/forms/d/e/1FAIpQLSeyshjfaBPZwr4bvqrM-jxrAdFlyXpbexUQbsAun_IBk40Vvg/viewform?vc=0&c=0&w=1&flr=0

3) Call for service - <https://sdccoda.org/pdfs/2023/SoCal%20CoDA%20Flyer%20Call4v3.pdf>

CoDA World Conference Delegate reports he/she submitted motion to CoDA Service Conf. (CSC) to publish earlier motions for consideration at conference. They (Delegates) will summarize and send quarterly report from CoDA. CoDA World Conference is in Houston, TX July 23-30, 2023 (July 23-27, CoDA Service Conference; July 27-30 International CoDA Conference.)

Aaron L. SD Regional Rep,' - sdaaronL@gmail.com , - SoCal contact information - Thuy (pronounced Twee) K., SoCal Regional Chair', 562-208-5553, chair@socalcoda.org

Tony, Alternate Regional Rep': No report.

Gary, Literature: sales \$431.50; core 3 orders - totaling \$565.27; tax and shipping included. No inventory this year. Orders from in-person meetings. Had large orders last and this month. Depleted his inventory. 2 deposits of \$667.50, \$431.60, totaling \$1099.10. Michelle's deposit number is different.

Lower prices & Free Literature for those who can't afford it. Gary- Community subsidized literature to remain at earlier lower price. Robert - also those who can't afford it, can get it *gratis* (free).

Joe, Website Chair': Also serving as SoCalCoDA Historian, he's completed 7-8 years (2014-2022) of SoCal Conference recordings. Working on Wordpress for San Diego CoDA website. Aaron said SoCal Regional is going to Wordpress (a website/blog) app' because their

webmaster knows Wordpress.

Using YouTube for recordings - Joe is thinking of saving Super Saturday workshop speaker recordings and videos on YouTube instead of on CoDA website. Allows for another location/ source. Tony asks the difference between Google site and Wordpress?

Robert is concerned with folks, including bombers, taking YouTube recordings and amending it their way. Joe - most conference go'ers sign releases for their speaker recording. Joe - YouTube recordings not often viewed nor the ideas stolen. Gary - speakers who sign releases may not know we will place their recording on YouTube.

Gary motioned to table this discussion. Laura seconded. Motion passed to table discussion on whether to store or place CoDa minutes, speaker recordings and other CoDA matters on YouTube.

Csilla, Newsletter: She posted March newsletter on website. GSRs please remind your groups, newsletter is part of website. Has current SD , SoCal and World events. & ideas. CoDA Moments at end. Asking SD folks to share their Experience, Strength, & Hope as CoDA Moment,. 1 page OK & typical. Let her know, if any errors, changes or questions. Email newsletter submissions or your "CoDA Moments" to editor Csilla at newsletter@sdccoda.org before the end of month for next month's newsletter.

Laura, Activity: - Mar. 26, Sunday, 10 am, Miramar Lake picnic outing - biking, walking, hiking, roller blading. April - possible baseball game. Sonya, Public Info.' Mail: - Sonya picked up and sent to Treasurer Michelle.

Gary, Public Info.' Phones: Gary, the usual.

Workshops, Seminars, Panels Chairperson: OPEN.

Mika M., H&I (Hospitals & Institutions) Chair: Mika wonders re our tradition, whether H&I and Outreach is promotion not attraction ? Discussion please. Wondering re Laura's activities, also

Mika, Outreach : same as H&I.

AD HOC Reports.

Laurine O., Liability Insurance Coordinator, Ad Hoc:

The 2 questions asked in earlier meeting were answered. Are Step study groups not meeting with a registered group covered by Community's liability insurance? No.

Is SD SoCal conference activity covered by Community's liability Insurance? Not needed because the whole SoCal conference is covered by insurance the venue requires.

If you need a liability insurance certificate, your GSR can contact Laurine O., 858.733.0111 text or call. Provide landlord name, address and your meeting information (CoDA mtg no.), GSR email, phone.

Robert L., SoCal Conference Chair,' Ad Hoc.:

Preparations going well. Save the date, June 2-4, 2023, Fri-Sun. On Fri - Online & Keynote speaker. Sat - In Person and Online workshops, speakers, and the SoCal Regional meeting. Sun.is online workshops.

Can still use volunteers. To volunteer, email arewethereyet023@gmail.com OR on electronic conference flier, click QR code to open the Volunteer sign up form. (See SoCal Conference report links at beginning of minutes, Regional report)

Meeting breaks at 11:10 am, 5 minute break.

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The meeting resumed at 11:16 am.

GSR reports will be after old and new business. Might be after mtg ends.

Parliamentarian, Roll call: It was determined we have 31 meetings. 30% quorum is 9. Roll call was taken and quorum was met by 18 voting members. 2 non-voting (Chair' & Parliamentarian) No visitors, all GSR's and officers.

The procedure for submitting motions and discussion items is to submit it in the Zoom chat. 2' to present. 5' of discussion. Keep responses concise, to 1-2'. Any questions on procedure? No.

Approval of Minutes. Secretary Laurine said the main January revision was deleting the erroneous listing of Aaron L.'s election as Regional Rep. It's not the year for electing Regional Rep.' It's in the even year.

Laurine moved to approve the January 2023 minutes. Michelle seconds. 17 yes, 0 No, 1 Abstain. Motion passed to approve January 2023 minutes.

Laurine moved to approve February 2023 minutes. Laura G.E.seconds. 17 yes, 0 No, 1 Abstain. Motion passed to approve February 2023 minutes.

OLD BUSINESS:

1.-**Discussion. Electronic banking.** SD Community looking at electronic banking for Community level. (PayPal, Zelle, Venmo etc). Treasurer Michelle B. researching it.

2. **Discussion. Who maintains the Community's GSR, Officer, Chairperson Contact List?** Though the by-laws state the Newsletter Chair updates Community's GSR, Officer/Chair' list, it's been delegated to the Secretary with input from the Community Rep' for this newsletter chair's term (Csilla F.) at her request during her election. The list keeper also kept a subscriber list, individuals requesting newsletter.

Michelle moves to extend discussion 2 minutes. Laurine seconds. Motion passed.

Gary - the newsletter chair' can delegate this job. Tony-newsletter chair should be here since it involves her. Parliamentarian Robert - It's delegated, so OK [for secretary to continue to update GSR, Officer, Chair' contact list.].

3. **Discussion. Insurance coordinator.** Gary J. agrees to be involved with the insurance. Anyone else is welcome, especially with insurance experience. Michelle suggests a permanent position for insurance coordinator. To be determined.

4. **Discussion. Volunteers for Meetings at H&I (Hospitals & Institutions) Mika M.** - looking for volunteers to do CoDA meetings in jails, probably in person. Depending on schedule, Gary, Marilyn (as long as no technology involved), and some from Marilyn's meeting willing to volunteer. Marilyn did Las Colinas, women's incarceration, before. Helpful to have clearance. Need several volunteers for back-up.

5. Discussion. Bomber Workshop & Breakout room Info. Robert - lot of interest in it. Shar - pick a date. Maybe a month before conference for everyone in Community. Also let SoCal know. Gary-Record and place on web. Robt will do a draft & send to Gary who asks to be involved.

It's suggested best to do online. Michelle suggests a free app, 'Loom (screen recording & video) for a Zoom workshop. It speaks, allows screen sharing.

NEW BUSINESS:

Shar - meeting needs time extension. Michelle moves meeting extend to 12:15 pm; Gary seconds. 12 Yes, 2 No, 5 Abstain Motion passed. Extend to 12:15 pm.

2 new items in chat. One is 'Changing savings to electronics.' Can both be tabled if no time.

1. Discussion. Anonymity in public media. Laura doesn't want anything about her (no voice, no picture, nothing) on public media such as YouTube. Michelle asks Joe why Community should move material to YouTube. Joe - It's standard for other self help groups such as AA, NA, to use YouTube for their recordings. Allows us another place to store material. I.e. it's a space thing.

William C. - anything about receiving donations on social/public media? Joe - another subject. Just talking about anything on Google Doc.' "Scraping" is possible - info retrievable? They can't get much. (ie stealing ideas).

Just discussion now. Gary - if any change, must be voted on.

2.-Discussion. Mika - Promotion v. Attraction at H&I. Should she offer CoDA (meetings) or wait till they ask? Is sending letters too much promotion? Bryna - if go back to previously sponsored meeting facility seems ok to offer again. Depending on what administrators' say.

Joe says sending letters to facilities to offer CoDA is actual function of the Outreach chair. But wait till volunteers are available before even offering, maybe 3-4 persons.

Robert interested in helping but need a plan. Same as Joe's point. GSR's need to ask meetings for volunteers.

Shar- 2 facilities, Veterans Village and Balboa House asked for CoDA meetings but we don't have volunteers yet.

Mika - will commit for a volunteer plan for next meeting. Group can vote on it.

Mika M., H&I (Hospitals & Institutions): - looking for volunteers to do CoDA meetings in Jails, probably in person. Depending on schedule & location, Gary, Marilyn (as long as no technology involved), and some from Marilyn's meeting willing to volunteer. Need more info. Marilyn did Las Colinas, women's incarceration, before. Helpful to have clearance. Robt - need multiple volunteers to cover multiple windows/ facilities. Laura - Mika, give her a call. Has Las Colinas Info. She was there last week.

This is the role of Outreach. So not promoting.

Table 2 new items listed in chat to next month's meeting.

Nadine moved to adjourn meeting. Mika seconded. 12 Yes, 0 No, 5 Abstain. Motion passed to adjourn. Shar leads Serenity prayer at 12:17 pm to close.

Respectfully submitted

Laurine Ota, Recording Secretary

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