

Meeting Minutes of “San Diego (SD) County Community Committee Of Co-Dependents Anonymous (CoDA)” [By-laws official name] , 4-15-23

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: the 3-18-23 “After meeting” discussed importance of including GSR reports in the meeting, especially into first half of meeting. Sometimes their input results in a motion or discussion item. Therefore reports will be concise and timed.

Attendance: 25 on 4-15-23 Officers/Chairs - (10) Sharleene, Michelle, Joe H. , Laurine O , Sonya P., Csilla F., Aaron L., Tony A., Robert L., Laura G.E.; GSR's (13)- Nadine, Abby, Jim W., Bryna B., Jimi, Jim W., Dominic S, Marilyn, Sarah K, Will C. (Willi), Chris R., Elisa, Cindy / Visitor-(2) Amanda, Elisa, Total (25)

The Meeting was called to order at 10:00 a.m. and all welcomed by Sharleene, Community Rep. Attendees introduced themselves, their position (Group Service Representative -GSR, officer or chairperson) and their meeting. The CoDA Opening prayer was recited.

Sharleene, Community Rep:' The meeting purpose & function were read. The Committee has but one purpose - to serve the CoDA fellowship and carry the message to those who suffer and 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. It provides information and starter materials to new groups. Laura read the long version of Tradition four. Tony read the 4th Service concept..

All the steps, all the traditions, (as required by CoDA tradition) and the service concept of the month were read.

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

Shar, Community Representative: Welcomes all, especially GSR's who are voice to the groups of the Community. Asks all to give reports concisely so GSR reports can happen in first half.

Sonya, Alternate Community Representative: No report

Laurine, Recording Secretary: 3-18-23 minutes & contact list were sent out Monday, 4-10-23. Please consider for approval.

Robert L., Parliamentarian:

According to By-laws the Community Meeting is conducted in accordance with the 12 Traditions, Group Conscience, its by-laws and Robert's Rules of Order (Parliamentary proceedings) by the Group. Two parts to the meeting. First part includes Officer, Chair', and GSR reports. Second part is approval of minutes, 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:

Balances at 3/31/ 2023

Checking \$ 11,430.75

Savings \$ 7,602.84

Literature Petty Cash \$110.00

Total Funds \$ 19,143.59

March 2023 only -Income

7th tradition \$ 180.00

Interest \$.18 (18 cents)

Literature \$ 0.00

Total \$ 180.18

Expenses

Literature \$1,704.57

Total \$1,704.57

Net Loss (\$1,524.39)

YTD 2023 (Jan- Mar)

Income

7th tradition \$ 635.53

Interest \$.18 (18 cents)

Literature \$ 1099.10

Total \$ 1,734.81

Expenses

Rent \$30 (last time to pay because canceled for Zoom only meetings)

Website \$ 800.22 (& related expenses)

Literature \$ 2,904.08

Total \$ 3,734.30

Net Loss (\$1099.49)

Aaron L. Regional Rep: - Next SoCal business mtg is May 6, 2023. Reviewing few things.

1) Thuy wants to rotate location of in-person SoCal mtg. Need a location in SD for hybrid mtg. Only 5 or so meet in person.

2) Assembly (Regional mtg) mtg always held at the SoCal conference. Voting on new positions.

a) Vice Chair - similar to our Alternate Community Rep;'

- b) Recording Secretary;
- c) Corresponding Secretary - acknowledges receipt of 7th traditions;
- d) Conference Facilitator;
- e) Delegate 2, to World Conference for 2024-25, next year, not in Texas. Represents all SoCal;
- f) Alternate Delegate;
- g) Historian.

Tony, Alternate Regional Rep': No report.

CHAIR REPORTS - have 5.'

Joe, Website Chair': Working on a different presentation for our website. Correction on March minutes. His is not a paid position. He will send correction in chat to everyone for approval in next half.

Joe is concerned that SoCal CoDA is not getting the word out about the SoCal June 2-4, 2023 conference. It wasn't on the CoDA World website, etc. Nadine explained what she did on this. Robert suggests we discuss further in the *Ad Hoc* Conference part of reports.

Jim moves to extend discussion 2 minutes. Michelle seconds. 9 Yes, 9 No, 1 Abstain. Shar breaks tie. No extension. Will address this in conference report time.

Csilla, Newsletter: newsletter, posted for April. GSR's remind meetings of the newsletter link on web. There's SD, SoCal, World CoDA information. You can submit your Experience, Strength & Hope of your CoDA Moments by 25th or even to last day of month to newsletter@sdccoda.org.

Gary, Literature: Not Present.

Laura, Activities: 5 attended March's activity, a picnic outing at Lake Miramar. (Same time as March Madness' Sweet 16, Basketball) Need more participation. This month is a bonfire at Mission Bay. Details are on chat and newsletter. Coda activity April 29 at 6 pm Mission Bay at Pacifica Playa. Bring a chair. BBQ-if you like, bring something to bbq or share. Text or call me for more information. Laura, 619.405.4142.

Workshops, Seminars, Panels Chairperson: OPEN.

Sonya, Public Info.' Mail: - Sonya picked up mail. Sent to Treasurer Michelle by priority mail for speed and traceability because of the debit card. Mail included one 7th tradition and the rest was bank mail.

Gary, Public Info.' Phones: not present.

Mika M., H&I (Hospitals & Institutions) Chair: Not present. Shar shares for Mika regarding CoDA World's H&I effort to produce a pamphlet on how to start H&I in your area. Contact Terry D., 203-313-7192. H&I Chair' at World CoDA, if you have H&I experience taking meetings, literature to jails & institutions. Experience, strength, & hope type input is also good. They meet April 20, 2023.

Mika, Outreach: not present. Bryna says Mika produced a 2 page tear away flyer but

needed help to reduce it to 1 page. Bryna produced a 1 page Word version of the Outreach flyer which she will post [to our website]. Please take and help post at libraries, Alano clubs, professional and doctor offices.

AD HOC Reports.

Laurine O., Liability Insurance Coordinator, Ad Hoc: No report.

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

Robert L., SoCal Conference Chair,' Ad Hoc, "CoDA: It's a Journey, Not a Destination... are we there yet?":

Committee did meet and vote on reaching out. Nadine finishes her share from first half. Christina, Conference Facilitator, sent Nadine, Jeff's contact information. He's from the board. Nadine talked to Jeff 2-3 weeks ago to let General SoCal SoCal know of the June conference. He is the person to send flyers to, to let SoCal know there is a SoCal conference in June. He assured that's done. They did send an e-blast to SoCal but it didn't highlight conference and let all know volunteers are needed. Nadine pointed out the 2 volunteer links to Jeff.

They need someone to follow up to get the SoCal conference on the front page of CoDA.org (world) web.

Misc. - Robert reports the facility is paid for. On 4-24-23, Monday, the Committee will visit the venue. They are meeting at end of month with volunteers to collect workshops & speaker info & ideas. Robt has not talked to hotels re blocking out rooms yet.

Joe's questions -1) are you coordinating with Thuy or whoever about posting to CoDA world? 2) he's not familiar with any Jeff on Board or web position. Robt explains. Attended last SoCal mtg. He reached out to all of the Board. Christina is the Conference Coordinator/Facilitator. Robert says he was successful contacting all at SoCal.

Will asks, are there any virtual (online) volunteer positions? Yes! Need room hosts, greeters & other jobs. Tony can say more. He is the flyer guy - will put all info' on chat re the links that GSR's can distribute to meetings. Email Tony with any link issues. Shar & Laura, checked the sites to confirm they were correct and working.

Bryna is working on a slide show of Codependent characteristics. Csilla put an ad on the CoDA Voice for anyone with a story to share. For example, if you caught yourself in a codependent pattern and were able to turn that around. In the middle of something you think, "Wait there's a healthier way to handle this." The show will be anonymous but credits can show your first name and last name initial if you want. Bryna needs quick stories, not extensive as CoDA moments. How you use CoDA in life. Nadine has been helping her. GSR's please share w/ groups Send to Shar, sdccoda.zoom@gmail.com .

GSR REPORTS (Check-ins)

Nadine - Needs help determining what to report to her group. What is pertinent & important?

Abby-her Monday nite is doing well. Started small 7-8, up to 18-20 women now. They love this small intimate mtg. She's the meeting host, so Amanda is visiting to looking at GSR spot. Not everything pertinent for smaller meeting.

Chris R- GSR for Sunday Serenity meeting (in Riverside not Twiggs meeting) 30-40 people.

Aaron - is Secretary for SD CoDA Speaker meeting, once a month Sunday nights, No GSR now. Always looking for speakers. If you have at least 6 months in CoDA and want to share your story, contact them. Need 2 speakers a meeting for 20-30'each. Hybrid but they ask speakers to come in person.

Laura G.E.- GSR's please announce the monthly CoDA activity at meetings.

Laurine - Escondido Sat morning, online. averages 8 a meeting. Int'l sometimes.

Shar- there's a great event, the UK (United Kingdom, England) Speakers Series on Service & Tradition 7. There's a Sunday May 6, workshop. Topics -how not to go crazy in service, 12 step tools kit & other things explained. Deals with service at all levels.
<https://codauk.org/new-6th-may-service-a-doorway-to-connection>

Robert - took the Zoom security training, It's tentatively May 13, 2023 for our CoDA Zoom bomber training. Recording will go to Joe. A notice w details will go out to GSR's on this. Jim W- mentions he thinks Zoom Bombing is illegal.

Meeting breaks at 11:02, 8' break till 11:10 am

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The meeting resumed at 11:10 am.

Parliamentarian, Roll call: we have 31 meetings. 30% quorum is 10 voting members. Roll call was taken and quorum was met by 19 voting members. 2 non-voting (Chair' & Parliamentarian) 2 visitors.

The procedure for submitting motion and discussion items is to submit it in the Zoom chat. 2' to present. 5' of discussion. Can request extensions in 2-5' increments generally. Keep responses concise, 1-2 comments, please. Any questions on procedure? No.

Approval of Minutes. [Secretary Laurine]

Laurine moved to approve the March 2023 minutes as amended by Joe's amendment in chat for all to see. Sonya seconds. 17yes, 0 No, 2 Abstain. Motion passed to approve March 2023 minutes as amended in chat.

OLD BUSINESS:

1. Table discussion - Joe asks that the discussion on saving Community meeting minutes & Super Saturday seminar speakers to another site (YouTube), continue to be tabled.

2.-Discussion/Motion. Michelle: shall we accept 7th tradition by virtual method, such as Zelle, Venmo, Cashout, Paypal?

Will new bank accept those applications? - Union Bank accepts all these app's but it's unknown whether the new U.S. Bank will.

Fee's - Any fee for sending or receiving? No, for certain of those apps.' No fee for sending & receiving Zelle if sent as friend or family. Venmo is free but if you use Venmo with credit card, then 3% fee. Michelle has no info on Cashout app.'

Michelle recommends Zelle at this time. It does not require using an account number to send or receive money, only an email or phone number. So a new account number when the bank changes ownership does not matter. Also no fees for sending & receiving for CoDA Community or Meetings. Any discussion?

Joe asks -when we open Zelle account what will we use for name of the account? An email so easily transferable to next treasurer. Bryna question. Will we still accept checks? Yes, but not Treasurer's preference.

Michelle moves to accept 7th tradition and other transactions via Zelle. Abby seconds. 19 Yes, 0 No, 0 Abstain. Unanimous. Motion passed to accept 7th traditions & other transactions by Zelle.

3. Discussion - Michelle: Change bank statements from paper to electronic? Bank statements by mail goes to P. O. Box, then mailed to Michelle. Michelle goes online anyway to check statements. Treasurer Michelle prefers electronic so she gets statement immediately & it can be saved on google drive.

Sonya - Erin got info' electronically and received paper as backup.

Laurine re Transparency - asks if we will have paper copy for transparency, for others to check. The actions, bank statements will be electronic for others to check.

Michelle moves to change our bank actions from paper to electronic. Laura seconds. 17 Yes 0 No 0 Abstain. Motion passed to do bank transactions electronically.

4. Joe, old item. Joe not present, temporarily. Will check back with him.

NEW BUSINESS: 2' to present, 5' discussion and questions

1. Discussion, Elisa: issue, meeting is not getting 7th tradition because meeting is online. Elisa is treasurer of Wed' Empowerment mtg. On 16th - 7th tradition was \$207. 12-40+ people attend meeting, including worldwide members.

Aaron- his mtg treasurer said same thing. Not enough donations. Because it's online, only a few regular donors. Treasurer told group why 7th tradition is important and that there weren't enough donations. So not an issue after that.

Sonya - do you make time for 7th tradition statement? Sentence explaining why and ways to donate - Venmo, mail check?

Laurine, point of order - can a non GSR, non voting Community member bring a discussion item? Yes, anyone can, but non voting member cannot bring a motion.

Will - donates at in-person meetings but he is guilty of not donating at online meetings. Out of sight; out of mind. 7th traditions are needed to pay for Zoom subscription. Treasurer needs to say why 7th tradition is important, how used.

Laura - her way of donating is not send bill for her bought items.

2. Discussion, Shar: there are 3 CoDA (foundational) documents with updated wording. Simple but important differences.

Go to www.CoDA.org a) in preamble, "Fellowship of men and women" was changed to "...people." b) "...family relationships" to "...family & other relationships." c) In 2d paragraph of Tradition 11 - Anonymity "...at level of press, radio, film, television and 'all other public forms of communication.'" (New wording in blue) Go to CoDA.org/Member Resources/CoDA Meeting Materials/Meeting Readings to see changes.

3.-Discussion, Chris R: reports criminal activity in his meeting. Robert- members are encouraged to report to law enforcement but CoDA doesn't get involved because of anonymity.

Chris R. & others became aware couple months ago that a meeting member was tormenting another member, 13th stepping. They tried talking to people with more time in meeting but got kicked out of meeting. Meeting disbanded/ ended. Chris & others still trying to do something. People hurt because meeting ended.

Tony suggests a Group inventory, found on CoDA website. There are steps to inventory. Tony will put in link/ chat.

Robert was told about it. They did a new link and kept meeting going. If several reports made to World CoDA, they will send someone. But It's a long process. Best World can do is take meeting off official list.

Shar - Group Conscience is important. It can be brought to Community's attention but needs to resolve within the meeting. Community mtg has no authority over groups/meetings. If the trusted servant, the person in charge, seems to be the perpetrator, someone could attend meeting, and say in the meeting, "I don't feel safe in meeting. We need to do something." The group needs to make the change.

4. Discussion, Elisa: suggests all meetings remove city/location name on CoDA meeting list. If meeting is virtual. it's not pertinent and confusing.

Laura - doesn't see benefit of removing city in meeting list. If she knows the meeting's location, for ex: Escondido, she might want to connect with Escondido members.

Shar- meeting should end now. We can continue this discussion or table till next month. Elisa-this can be tabled. Can someone bring up as old business, if she's not here? No.

Person who presents discussion must be there. Discussion can continue when Elisa returns.

Does anyone want to extend meeting? No. Michelle moves to adjourn. Sonya seconds. 15 Yes 0 No. 0 abstain. Motion passed to adjourn.

There was question whether a motion was needed to adjourn. Michelle says Yes. Shar leads out with Serenity prayer. Meeting closes 12:03 pm.

Respectfully submitted,

Laurine Ota, Recording Secretary