

8-19-23 August Meeting Minutes of the “San Diego (SD) County Community Committee Of Co-Dependents Anonymous (CoDA)” (By-laws official name)

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 , SoCal's Zelle
account board@socalcoda.org

World CoDA website: www.coda.org

<https://socalcoda.org/recordings> (2010-2023 SoCal Conference recordings-speakers,
workshops, flyers & handouts)

Attendance: total 25 attendance, Officers/Chairs - (11) Sharleene, Michelle, Mika, Sonya, Joe, Laurine, Aaron, Gary, Robert, Laura, Csilla; GSR's - (12), Jim W, Jimi, Marilyn, Sarah K, Anna, Bryna, Von B, Adelaide R, Amanda, Cindy, Esmeralda, Chris., Elisa; Guest (2) Adelaide, Cassidy.

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.' read the bylaws' meeting purpose. The San Diego (SD) County Community Committee Of CoDA's one purpose is to serve the CoDA fellowship and carry the message to those who suffer, and offer support of continuing growth for those seeking healthy relationships, in 3 ways: 1) although it has no authority or control over individual groups or CoDA as a whole, the Committee serves as Inter-group coordinator and facilitates communication between CoDA groups at all levels; 2) it serves as voice of the groups it represents with other CoDA community committees and with State and National CoDA organizations; 3) It encourages new groups, provides information and starter materials.

Bryna read this month's 8th Service Concept. Michelle read the long version of Tradition Eight.

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

Shar, Community Representative: Conference recordings fr 2010 to 2023 is on SoCal (Regional) web. Please pass this on to your groups. Use this wonderful resource. Shar will discuss an app' by a student group from Stanford that supports CoDA in 2d part.

Sonya, Alternate Community Representative: no report

Sonya, Public Info' Mail: Only 1 piece of Mail, a 7th tradition. Will send to Treasurer Michelle B.

Laurine, Recording Secretary: 7-15-23 July 15, 2023 minutes & contact list were sent out yesterday Thursday 8-18-23 and corrected minutes sent out this morning 8-19-23 at 9 am. Please consider this morning's corrected minutes for approval in meeting 2d half. Shar

asks everyone to check that their information is correct in the contact list.

Michelle B, Treasurer:

Cash Balances at 7/31/2023

Checking \$10,402.89

Savings \$7,603.27

Literature Petty Cash \$110

Total Funds \$18,116.16

	July 2023 only	YTD 2023 (Jan-July)
INCOME		
7 TH tradition	\$198.22	\$1,686.85
Interest	\$0.32	\$0.61
Conference (Reimbursed by SoCal)	\$1,631.85	\$2,904.85
Literature	\$1,180.85	\$4,528.40
Totals	\$3,010.92	\$9,120.71
EXPENSES		
Rent	\$0.00	\$30.00
Conference	\$0.00	\$2,898.65
Treasurer	\$25.20	\$25.20
Zoom	\$0.00	\$149.90
Activities	\$41.28	\$282.57
PO Box Rental	\$0.00	\$194.00
Website	\$0.00	\$800.22
Literature	\$0.00	\$7,767.09
Totals	\$66.48	\$12,147.63
Net Income / (Loss)	\$2,944.44	(\$3,026.92)

Robert L., Parliamentarian:

According to our bylaws, the Parliamentarian ensures the meeting is conducted in accordance with the 12 traditions, our group conscience and parliamentary procedures established by our group Bylaws and Roberts' Rules of Order. The community meeting is held once a month, and consists of reports (of officers, chairs' & group service representatives [GSR]) in the first part and new and old business in the second part (discussion and motions).

Any CoDA member is welcome to attend this meeting and address the Community. Each of you has a voice so we encourage your discussion participation; however, only GSRs and most officers and chairpersons (voting members) can offer a motion, second a motion and vote. If you 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.

Aaron L, Regional Rep: Next SoCal Regional meeting is Sept. 2, 2023, Sat., 10am - 1 pm , hybrid, online and in person, in LA. As mentioned in previous meetings, Bryna asked about a San Diego location for the meeting. Aaron will check out local libraries and other locations.

To receive SoCal announcements visit the website. Submit your email at the bottom of the page. To send a message to Socal use "board@socalcoda.org." This goes out to all the board. Another thing is, Socal does have a Zelle account. Use "chair@socalcoda.org."

Tony, Alternate Regional Rep': Not present.

Gary, Literature: Report for July, 2023, Sales- \$376.60; Petty Cash- \$110.00; Core Orders- 0; Inventory- \$3903.97; Deposits (2) 7/13/23- \$622.85, 7/13/23- \$558.00, Total Deposits - \$1180.85.

Joe, Website Chair': "sdcodawebmaster@gmail.com" Some updates to websites and meeting changes. No BBQ at bay today because of weather. Send any website items to email above.

Jimi asks if Community minutes are on website. Yes. Laurine sending rest of 2023.

The new meeting, "Pathway to Freedom" was listed on CoDA.org (World) but not on SD CoDA. Joe will fix on SD website. They start 9-11-23. They get the \$75 new meeting free literature.

Csilla, Newsletter: August Newsletter, posted. Current CoDA info is in newsletter. Send any newsletter items or your "CoDA Moments" (your experience, strength and hope story) to newsletter@sdccoda.com.

Laura, Activity: confirms bonfire/BBQ tonite canceled because of the expected "Hillary" hurricane/tropical storm. She's been doing it a year so if anyone would like to serve, she's glad to give it up. Otherwise she will continue.

Sonya, Public Info.' Mail: - Sonya picked up 1 piece of mail and sent to Treasurer Michelle.

Gary, Public Info.' Phones: Gary says it's the usual. Been a slow month- only 5 calls but long ones. People happy to talk to someone. It was worthwhile. Joe asks if other than Gary's personal phone will be used for Public Info' Phones. Gary says it is in the process. Joe offers his phones to reprogram to use for Public Info' phone. Some services out there only \$10-15/month. Joe offers to share info' with Gary.

Workshops, Seminars, Panels Chairperson: OPEN.

Mika M., H&I (Hospitals & Institutions) Chair: Once again emailed jail with no response. She will contact by phone now.

Mika, Outreach : No report.

AD HOC Reports.

Laurine O., Liability Insurance Coordinator, Ad Hoc: Sent a certificate for the new “Pathway to Freedom” meeting as requested by meeting contact Trish B. Have your GSR contact Laurine O., 858.733.0111 (text or call) for a certificate. Give landlord name, address, meeting info’ - mtg ID., GSR email, phone.

[Shar’ Zoom Hint - to save useful information in the Chat, go to bottom of chat, look for 3 dots, hit “save chat.” This should save on your computer in a Zoom file.]

GROUP REPRESENTATIVE (GR) REPORTS

Robert L., Joy in Journey - attendance still 35-40. Now collecting 7th tradition His group has lot of discussion on outside app’s (applications), such as What’s Ap and others talking about CoDA.

Chris R., Journey to Higher Self - secretary, treasurer positions are still open. Opened Venmo and bank account. Giving out birthday tokens. Has a scholarship fund for books such as the green workbook and CoDA blue book, etc. for those who can’t afford it.

Jimi, Men’s Warriors - going well, usually 50 in attendance. Proud to be of service for his men’s group.

Anna, Virtual, Loving Support - new at this. Will make announcements every week even if repeats. If any concerns from the meeting, she will ask and report to us. Lot of newcomers since they listed on World website. Had some questions re’ her role.

Jm W. - Sun 5:45p Temecula. Virtual- doing well, 30 attend every week. Glad to be of service to the meeting.

Bryna, Friday Serenity Lifers - Last month, Bryna asked Regional for use of the SoCal Zoom account for their meeting. But she was told that account is plagued by disruptor/bombers. So she told SoCal her group has an effective policy for bombers. Bryna wrote the procedure up & sent to Shar to be shared. She thanks Joe and Robert for their ‘bomber’ input before the June SoCal conference. This will be a discussion item in 2d part of meeting today.

Marilyn, Sunday Serenity, In Person (at Twiggs Cafe) - At the business meeting last week, they discussed when to announce what in the meeting. They decided to do GR announcements after the business mtg. Meeting going well.

Amanda, Sisters Set Free, Monday Women’s mtg - doing well. All positions are filled. 20-25 attendance.

Aaron, CoDA Monthly Speakers Mtg - is once a month, 1st Sun, hybrid, at Kensington

Church. 2 speakers, 25'@. If no speakers, 3 persons share in that 25' time.

Sarah K., Women's Truth & Recovery, Thurs nite, Oceanside - going well. A good, longstanding mtg.

Elisa P, Fresh Air Fridays (new) - changed to WW meeting so it's large - 75 attendance. Any suggestions for large attendance meetings? - different format? streamlining? introduce everyone - where from etc? what can make it a great experience for all? A discussion item.

Meeting breaks at 11:02 am, Return at 11:10 am, 8 minute break.

=====

The meeting resumed at 11:11 am.

Parliamentarian, Roll call: It was determined we have 30 meetings. 30% quorum is 9. Roll call was taken and quorum was met by 24 voting members.

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

OLD BUSINESS:

1.-Approval of Minutes, Secretary Laurine. Laurine moved to table the July 15, 2023 minutes until the correct month's treasurer report is inserted. Mika seconds. No vote needed because it's tabled.

2. Discussion of new, non personal phone number for public contact, Gary. waiting for Joe input. Tabled to next month.

3. Discussion of Meeting Bomber/Disruptor Procedure, Bryna Their leader's script mentions their policy of monitoring for disruptors & misbehavior. People actually leave after hearing this. Misbehavers are put in waiting room. The meeting is locked 15-20' after it starts. Meeting leaders need 2-3 meetings experience. Once a bomber signed up to be a fake leader. Fake readers read wrong things endlessly. Members feel safer with a procedure in place, more willing to share. Suggest Community wide guidelines.

Inappropriate behavior by a regular attendee. What's the procedure? Elisa suggestion - if regular member inappropriate, have someone take them outside in person. Or switch to a chat room or offline discussion. Esmeralda - are there behavior guidelines in a welcome pamphlet, meeting format or elsewhere?

Locking meeting after a certain time. Bryna tells us that bombers typically start 15-20' after meeting begins, after readings. Jim W. locked mtg 5' after start, then stopped lock since it didn't prevent bombers. Laura thinks we shouldn't lock a meeting because sometimes there are late newcomers, or just late members. Locking a meeting is too harsh.

Michelle moves to extend discussion 2'; Laura seconds. Majority voted to extend. No abstentions.

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.

1. Discussion, should we track 7th tradition donations by meeting? Michelle. Michelle acknowledges receipt of 7th tradition. Shar feels we should track. Others - denotes health of a meeting, for accuracy, record keeping, transparency & honesty of treasurer.

2. Discussion, should treasurer send acknowledgement letter for Zelle, Venmo & PO Box 7th traditions, Michelle. Letter is not so much acknowledgement but a thank you and letting them know how funds are used. If send a letter, Michelle needs an address. Jim W. says a 'thank you' should go to treasurer of the meeting. Robt suggests a 'thank you' email. Bryna- put something in introduction, "If thank you letter needed, contact Community Treasurer." Majority looks like they want a letter sent to acknowledge. Michelle thanks meeting for input.

3. Discussion, change Community meeting format to delay introductions till after readings so more people will be present for attendance, Shar. Meeting approval not needed. Shar can make that change because it's part of her job.

4. Discussion, Outside social media, literature and app's used in CoDA meetings, Robert, Shar. There's a lot of app's, social media used during meetings, often in the chat inappropriately. Gary-Tradition 11 is Anonymity in any media (social & otherwise). This discussion topic is about outside app's using CoDA name, not closing down chat during the meeting. Shar suggests groups say chat is to be used only for CoDA related business.

Gary moves to extend discussion 2'. Laura second's 13 Yes, 0 No, 1 Abstain. Discussion extends 2'.

5. Discussion, App' created by group at Stanford specifically for fostering meaningful CoDA discussions and group interaction, Shar. Shar received the app, "Mysterious," and shared with the meeting. It was legitimate for its purpose but rejected because it was for-profit and an outside source which we cannot promote. The Mysterious app' collects names of participants, so anonymity is also an issue. Shar- thanks for all input. She will discuss with this person who asked.

Tabled till next month, September:

- How WW (World) meetings join the San Diego community. Shar-we are getting meetings that would like to be part of the San Diego community that did not originate here. Joe is looking for clarity on that because he's the one posting them online.

-Moving SoCal meetings to San Diego next month.

Sonya moves to adjourn meeting. Michelle seconds. 15 Yes 0 No, 0 Abstain. Motion passes to adjourn meeting.

Mtg closes at 12:17 pm with Serenity prayer by Shar.

Respectfully submitted,

Laurine O., Secretary