

(Approved 10-21-2023) SEPTEMBER 2023 Meeting Minutes of the “San Diego (SD) County Community Committee Of Co-Dependents Anonymous (CoDA)” (By-laws official name) 9-16-23

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

San Diego (SD) CoDA website www.sdccoda.org

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

World CoDA website: www.coda.org

Grupos Espagnol: www.spanish.coda.org

Attendance: 23

Officers/Chairs - (8) Sharleene, Sonya P, Joe H. , Laurine O, Aaron L., Gary J., Robert L., Laura G.E.; GSR's - (14), David B, Abby, Elisa P, Cassydy, Amanda, Adelaide, Nadine, Jim W, Bryna B., Jimi, Tina , Judy, Cindy, Von B, Visitor -(1) Andrew, Total 23

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

Sharleene, Community Rep': read the meeting purpose, Article I. B. from the bylaws.' The San Diego 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...

Laura read this month's 9th Service Concept. Gary read the long version of Tradition 9. Introductions of all present.

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

Shar, Community Rep' : Shar respectfully declined the use of the communication app' "Mysterious" offered by a Stanford student as decided by Group Conscience last month. That issue is resolved.

Sonya, Alternate Community Representative: No report.

Sonya, Public Info' Mail: Mail collected and sent to Michelle B., Treasurer. "Sisters set Free" meeting sent us a package of their literature and tokens. Sonya will send to Literature Chair.'

Laurine, Recording Secretary: Please consider for approval the July and August 2023 minutes in meeting's 2d part. The August 2023 minutes & contact list were sent out 9-11-23 Monday this week. The July 2023 minutes were sent out Sunday the day before.

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.

Michelle B, Treasurer: not present. Report by Shar for Michelle. No written report because no deposit or pay out. August bank statement same as July 2023.

Cash Balances at 7/31/2023; also 8/30/2023

Checking \$10,402.89

Savings \$7,603.27

Literature Petty Cash \$110

Total Funds \$18,116.16

	Aug (same as July) 2023 only	YTD 2023 (Jan-Aug)
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)

Aaron L, Regional Rep: SoCal Regional quarterly meeting was last weekend, Sept 2, 2023. CoDA World Delegates gave their report first on the July CoDA World conference in Dallas. They will report to any Intergrroups, so Aaron requested for SD. Waiting to hear.

Their role is to solicit feedback from SoCal to report to World. Surveys on issues on they want feedback on were sent but not a lot of feedback.

Next CoDA World conference is in Ottawa, Canada. Date unknown as yet.

Treasury is good; has \$200,000+ over the Prudent Reserve.

Motions ~All CoDA teen motions passed including a preamble and literature.

~A committee motion passed that included financial help for some communities to come to the World conference.

~A Northern California motion passed regarding steps four and five. It might have been a pamphlet. ~Several literature motions passed. There's a new booklet called "Repairing Our Inner Child." There's a new book as big as the Blue Book, "Growing up in CoDA." Printed but not yet distributed. ~And then, there's an updated version of the workbook in a different color.

Board motions. ~One passed removing Roberts Rules of Order from the Fellowship Service Manual. [World CoDA already using an alternative system.] Other board motions that passed. ~There's a new delegate relations task force. ~There's seed money for a pilot program to one community to provide CoDA literature to inmates (H&I). // End World Delegates' report

Regional Chair's report: Nxt Regional meeting is Dec 1, 2023, hybrid. New officers preside then.

~The Hospitals & Institutions (H&I) position was removed from SoCal Regional Board because it's not effective at the Regional level.

Our Michelle B., also the SoCal treasurer will give treasurer's report, including reimbursement to World Delegates, and June's SoCal conference report at Dec. 2 meeting. There is a SoCal Zelle account for any meetings that want to send 7th tradition. Email for SoCal's Zelle account board@socalcoda.org

Our Joe H. (SD Webmaster) is the SoCal historian. He put not only the summer San Diego SoCal conference recordings on the SoCal website but other years, <https://socalcoda.org/recordings> (2010-2023 SoCal Conference recordings-speakers, workshops, flyers & handouts) Great CoDA materials and resource. Awesome work, Joe Joe! Thank you.

CoDA Hispania-Spanish Speaking Intergroups.

There's one in LA, one in the Valleys near LA, Orange County and one in the desert. Orange County Spanish speaking group had a picnic last weekend. The Los Angeles Inter Group (Spanish speaking) have a bunch of people interested to help the conference next year which LA is supposed to put on.

LA Intergroup has 14 willing to help SoCal Conference next year 2024 but no Chair' yet. Anna, SoCal Chair, will ask our Robert L., SoCal Conference facilitator, to reach out to folks to step up.

Discussion. ~A meeting is using non CoDA approved media, like YouTube or similar. They weren't sure how to deal with it, so they were referred it to the Fellowship Service Manual.

~There was a motion to change the role of the Conference Facilitator who's Robert L, but it was tabled.

~A motion on Volunteers in LA was tabled. Not voted on, but did have discussion.

Tony, Alternate Regional Rep': Not present.

Gary, Literature: sales \$871.25; petty cash \$110; Core - no orders; deposits made but not computed so report next month; inventory \$3,252.95. Joe H is stoked by Gary's literature sales increases. Awesome!

Joe, Website Chair': send items for SD CoDA website to sdcodawebmaster@gmail.com. No report. Quiet on the web. But web host subscription renewal is coming up next month. Joe is working on the 'free' pamphlet, "Recovery from Codependence: a Brief Introduction." One roadblock was he didn't have a proper app' to do the pamphlet originally done in Adobe Illustrator and saved in PDF. Now he has Acrobat & other app's which he paid for (~\$500) to do his own projects. He'll use them to work on the pamphlet. Joe and Gary discussed wording of the welcome in the pamphlet, the long & short version. They might have to contact World CoDA for the correct wording.

Joe points out & congratulates Gary J on the big increases of literature sales lately. Big kudos to Gary J, our Literature Chair.

Csilla, Newsletter Editor: not present, traveling. Shar reports. Send newsletter items or your "CoDA Moments" (your experience, strength and hope story, to Csilla at newsletter@sdccoda.org before the end of month for next month's newsletter. Requests by 20th. GR's tell your meetings there's great info' on newsletter - how to get involved in step study, CoDA activities, CoDA moments (members' experience, strength, hope). Newsletter sent to webmaster Joe 1st week of month. Joe posted Sept' newsletter.

Laura, Activity Chair': - Tonite potluck & bonfire at Mission Bay. info on newsletter. Also on chat. Laura reports Activities needs more participation. Always a problem.

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

Gary, Public Info.' Phones: Gary answered 8 calls. Some in Spanish directed to CoDA Hispania. Bryna asks status of the Joe's old phones to use for Public Info Phones - no

action yet, busy month per Gary.

Workshops, Seminars, Panels Chairperson: OPEN.

Mika M., H&I (Hospitals & Institutions) Chair: not present. No report.

Mika, Outreach : not present. No report.

AD HOC REPORTS

Laurine O., Liability Insurance Coordinator, Ad Hoc: no report. Have your GSR contact Laurine O., 858.733.0111 (text or call) for a certificate - landlord name, address, meeting info' - mtg ID., GSR email, phone.

GSR reports

Amanda, Sisters Set Free - doing well.

Jim W, 5:45 Temecula mtg - going well, appx 30 attendance. This is his last month as GSR. Pleasure serving.

Robert, Thurs Joy in Journey - attendance 30, 1 yr anniversary last week; they do birthday tokens; started 7th tradition; have a phone list; threw out 3 bombers, lasted 90" (seconds).

Jimi, Men's Warriors, Mon pm - took info re bombers, member inappropriate behavior, inappropriate use of app's on chat, & 13th stepping. It doesn't happen at their meeting because of introductions. (13th stepping = interacting with ulterior motives; not with recovery intention)

Aaron L , Sun. Twiggs in person - going well, good business meetings.

Aaron L, Sun. Spkrs mtg - he is secretary., not GR. Meeting always looking for speakers. 2 spkrs, 25' each. Speaker requirements- 6 months in CoDA, attending meetings and started steps, at least.

Abby, Serenity am Sun, online - hasn't been able to attend. May have to give up GR post.

Tina, Alt. for Oceanside Womens mtg - strong, fellowship, lots of activities - museum, kayaking, and others.

Judy, Hybrid in Women's meeting in San Marcos - problem; needs help. How to change contact, & other info on their meeting listing. Meeting needs support, only 2-3 core women keeping meeting going. Original meeting lead is leaving, burnout?. Judy is sub'ing for her. Judy has been the treasurer. Want bomber help.

Meeting breaks at 11:00 am, 10 minute break.

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The meeting resumed at 11:10 am.

Parliamentarian, Roll call: It was determined we have 31 meetings. 30% quorum is 9. Roll call was taken and quorum was met by 17 voting members consisting of GSR's and officers; 2 non-voting (Chair' & Parliamentarian), 1 visitor.

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', concise. Any questions on procedure? None.

OLD BUSINESS:

1. Approval of Minutes.

Secretary Laurine moved to approve the July 2023 minutes. Elisa seconds. 16 Yes, 0 No, 1 Abstain. Motion passed to approve July 2023 minutes.

Laurine moved to approve the August 2023 minutes. Laura seconds. 14 Yes, 0 No, 2 Abstain. Motion passed to approve August 2023 minutes.

1.-Discussion. Listing of WW meetings (online) not based in San Diego geographically but wanting to be in SD Intergroup, Joe :

>>>SHORTEN??? Abby online meetings that list SD as their intergroup makes people think its located in SD. Sonya - which groups are asking.? Are they originally SD, then went to online, World? Joe doesn't know. Joe has request from a group asking to be SD. They started in pandemic. Unless it has a SD connection of some sort Sonya doesn't know why it should be listed in SD Intergroup. Aaron, Regional Rep' says there is an ONLINE INTERGROUP. Aaron goes to an online meeting originally started in SD but now everyone is from everywhere. Still some SD people.

Gary - Some meetings don't have an intergroup like Orange County or Riverside County. Jim W. - His Temecula meeting is in Riverside county. They tried a CoDA Intergroup but unsuccessful, so asked to be in SD Intergroup. Temecula has a historical association with SD Intergroup.

The discussion was voted to extend 3'.

Robert - Monday Warriors is SD because SD people started it. Now a WW online meeting. Why can't they list as SD Intergroup?

Joe -We continually supported Temecula and vice versa, Temecula supported us. Joe suggests if a meeting wants to list as SD Intergroup, they need to support us. End discussion. No motion or decision.

2. ACTION. By Chair' Shar to create an Ad Hoc Committee to update By-Laws. Needs a Chair.' The committee will review the by-laws for necessary changes - spelling, punctuation, correct numbering/lettering, simplify confusing wording, and incorporate any approved by-law changes. Will review past minutes. Volunteers are Joe, Sonya, Gary, Laurine, Bryna, & Elisa (Bryna & Elisa- proof read & edit only). Joe will email the ad hoc Committee volunteers.

3. Discussion. Regarding meeting Disruptors document/ video, by Gary. Amanda & Gary had discussed this. Gary - Fear regarding the disruptors triggers us, but we can go to a place of Empowerment. Let's put together all the information into a document or video to present. Bryna & Aaron want to contribute. Gary - We can say the Serenity Prayer, then deal w/ the disruptors. Cassydy will help. She was trained at work on this. Can create videos, tear sheets, etc. Laura, Robert also volunteer.

4. Next month - Shar will bring up Robert's Rules of Order changes next month as a new item.

5. Joe moved to adjourn meeting. Gary seconded. 15 Yes, 0 No, 0 Abstain. Motion passed to adjourn. Shar closes meeting with Serenity prayer at 11:52 am.

Respectfully submitted

Laurine Ota, Recording Secretary

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