

NOVEMBER 16, 2023 Meeting Minutes of the "San Diego (SD) County Community Committee Of Co-Dependents Anonymous (CoDA)" (By-laws official name)

Attendance: 22

Officers/Chairs - (11) Sharleene, Sonya, Mika, Joe, Michelle, Csilla, Aaron, Gary, Robert, Laura; Tony, GSR's - (9), Von, Cindy, Chris, Judy, Amanda, Bryna, Jimi, Marilyn, Sarah ; Visitor (2) Adelaide, Tina, Becky.

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 (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,

Laura read the 11th Service Concept. Cindy read the long version of Tradition 11.

Introductions of all present.

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

Shar, Community Representative: Hope you had a chance to look at documents sent out. 1) the Group Conscience structure & procedure. 2) Outline for Healthy Communication and Meetings, supporting recovery

Robert L., Parliamentarian: According to our by-laws, the Parliamentarian ensures the meeting is conducted in accordance with the 12 traditions, our group conscience and [parliamentary procedures-to be replaced] established by our group Bylaws and [Roberts' Rules of Order-to be replaced.] 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 current 31 meetings has a representative at the meeting. Today looking for 9 voting numbers for a quorum.

Michelle B, Treasurer: will do budget in 2d half.

Cash Balances at 10/31/2023

Checking \$11,393.62

Savings \$7,604.52

Venmo \$0.00

Literature Petty Cash \$110

Total Funds \$19,108.14

	Oct 2023 only	YTD 2023 (Jan-Oct)
INCOME		
7 TH tradition	\$567.40	\$2,507.25
Interest	\$0.30	\$1.86
Conference	\$0.00	\$2,904.85
Literature	\$788.20	\$6,187.85
Totals	\$1,355.90	\$11,601.81
EXPENSES		
Rent	\$0.00	\$30.00
Conference	\$0.00	\$2,898.65
Treasurer	\$0.00	\$25.20
Zoom	\$0.00	\$149.90
Activities	\$0.00	\$282.57
PO Box Rental	\$0.00	\$194.00
Website	\$0.00	\$800.22
Literature	\$994.12	\$9,256.21
Totals	\$994.12	\$13,636.75
Net Income / (Loss)	\$361.78	(\$2,034.94)

Aaron, Regional Rep: - No report. Next meeting Dec. 9, 2023, so report at December Community meeting. Spanish speaking Rep's from Orange County.

Tony, Alternate Regional Rep': No report. Aaron will be Secretary at SoCal. SoCal new officers started Sept-Oct, 1st meeting after the annual conference.

Gary, Literature: As of 31 Oct 2023, Sales \$392.60; Petty cash is \$110.00 as usual; Expenses- fr CORE, 2 orders totaling \$994.12, tax and shipping included. 1 Deposit of \$788.20. Inventory is \$2929.10. These days lots of orders from in-person meetings.

Joe, Website Chair': send items for SD CoDA website to sdcodawebmaster@gmail.com. Working up costs for the 2024 website. Need new hosting provider in Jan 2024 because time is up. Little less expensive but they incur other costs.

Csilla, Newsletter Editor: Nov' newsletter, posted on website. GSR's, remind your meetings of newsletter on web & events listed in newsletter. Send any news and CoDA Moments (your experience, strength and hope story, 1 page OK & typical) to Csilla at newsletter@sdccoda.org any time of month. If not in the next month, it will be in month after, if still timely. Let her know, if any errors, changes or questions.

Laura, Activity Chair': the current activity is the holiday pot luck party after Sunday Speaker's Meeting, Dec. 3, 2023. This is her last month as Activity chair. She needs help for setup and cleanup. Thank you to Laura for her service.

Gary, Public Info,' Phones: Gary answered 8 calls. Gary will get with Joe for new phone number and system. Maybe by Dec'. Plans to vote on a new system. Joe is donating phones. By next year maybe a new phone, a new number, a new Public Info person.

Workshops, Seminars, Panels Chairperson: OPEN.

Mika M., H&I (Hospitals & Institutions) Chair: Mika talking with William (Bill) Brookes who is planning in-person CoDA meetings at Las Colinas Women's prison. He needs 1 or more volunteers to go in with him.

Marilyn used to do Las Colinas with Bill. She's working on her jail clearance now. Marilyn will ask for volunteers at her meeting.

Csilla will talk to Bill to put an article in the newsletter. Mika will contact Bill ASAP to run for H&I Chair' for January elections. It's an elected position, so he needs to come to our meeting to declare his desire & willingness.

For now, volunteers should contact Mika. Use the H&I email, h-i@sdccoda.org. She or Bill will find out who and how to start the lengthy jail clearance. Marilyn may know since she is working on hers.

Mika, Outreach : No report

AD HOC REPORTS

Laurine O., Liability Insurance Coordinator, Ad Hoc: Not present. No report.

Gary, Bylaws Committee: Need last 2020 copy of by-laws to send to everyone. All by-law motions will be entered for ratification at Dec meeting. Then sign this date in December. Please take advantage upon receipt to review and input and vote.

Gary, Disruptor Committee: They plan to make a Disruptor video. Was waiting for input which hasn't happened. So they will go ahead without it. Committee name changed so not so scary. Lot of talented folks helping on this. Gary thanks Amanda for being the inspiration for providing him a sense of safety. Knowing Amanda was "on it" let him know he has a Protector. Thanks Amanda!

GSR REPORTS (check-ins)

Chris, Sunday Night Serenity: meeting elected new secretary and meeting contact person. Doing well.

Sarah, Thurs, Women's Truth & Recovery, Oceanside: every first of month, they do an after meeting tea for fellowship. Also a Friendsgiving gathering tomorrow nite - Sun. at an Oceanside restaurant. Fellowship outside meeting works.

Aaron, Sunday Spkr's mtg: no GSR. He is secretary - looking for 2 speakers/ meeting with 6 months in CoDA & working the steps. Each speaks about 30'. Hybrid meeting.

Jimi, Thurs, CoDA Warriors: rotating officer positions- Sec, Treas, etc.

Laura, Literature Chair, Sun' Spkr's Meeting: Question. Their meeting has small 1 page, fold over pamphlets, some out of print. What to do with them? Should they charge members? Sometimes given to newcomers, if pertinent. Gary notes even if out of print, they are still good literature. Marilyn's Sunday Serenity meeting also has a "ton" of old foldover pamphlets which they give to those who can't afford literature.

Shar - It is up to the meeting's group conscience. They can be sold or given free. The meeting purchased the pamphlets so it owns them. She clarifies foldover pamphlets are not free. Costs meeting 40 - 50 cents each. Different from the newcomer free flyer,

“Recovery from Codependence: A Brief Introduction.”

Marilyn, Sunday Serenity, in person: - Their new home/ location is Lestat, 4496 Park Blvd, SD. They sent new location to webmaster Joe & it's already posted.

Judy, Fri, Women's Peace & Serenity: - small mtg, not enough rotation of officers. Same persons are officers for several years. Asking others to step up. They struggle with this.

Robert, Thurs, Joy is in the Journey: they will participate in CoDA-thon, sponsor a meeting. If you go to CoDA.org website. The first banner lists the CoDA-thon's for the holidays - Thanksgiving, Christmas and New Year's.

Shar welcomes Von who just joined meeting. He's GSR for Serenity Seekers in Chula Vista. Also welcomes Becky, who is visiting. Very happy they are here.

11:00 break. Return at 11:10 am

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The meeting resumes 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.

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

OLD BUSINESS:

1. Approval of Minutes. NONE. Next month is approval of Oct & Nov. 2023 minutes.

NEW BUSINESS:

1. Proposed 2024 BUDGET Discussion, Michelle: (15' min., extended 10')

Today, Group Conscience decided on these amounts for the 2024 budget:

INCOME

7th Tradition, \$2586.00 ? extrapolate to \$3405.00

Insurance Contribution - \$0.

Interest - \$2.00

Literature - \$5,000 (subtracted out \$558 Lit' income from 2023 SoCal conference),

Gary agrees with \$5,000. There are 2 new books & people are ordering literature like crazy. They are just beginning to come back (fr COVID). Blue book and workbook are sold with a discount (no price increase)

EXPENSES

Comm. Rep' Shar, Rent - \$0.

Zoom - \$150/ yr unless change.

Alt. Community Rep., Sonya - \$0

Regional Rep., Aaron - \$0. (used to be travel but covered by SoCal)

Alt Regional Rep., Tony - \$0

Secretary, Laurine- \$0, (absent, confirmed by email) used to be printing but no more since email and zoom.

Treasurer - \$20.00. / -\$300.00. Minor printing/ paper costs for bank letter re officer changes. \$20. Email & hard copy required last year but may change if we change banks.

Treasurer Michelle is canceling "Quickbooks" program. Too robust for our needs. She is also the SoCal treasurer which just uses Excel program. Saves Community \$300 something. Quick Books was linked to US Bank but US bank not user friendly. Michelle entered all data manually, anyway. A mailing expense is a new Endorsement Stamp.

Gary - do we have the new Excel form for Treasury? Michelle- not ready yet.

Parliamentarian, Robert - \$0.

Workshops, Panels & Seminars - \$0. 2 Super Saturday Seminars / year. At Kensington Church, \$250 rent for Hall, \$250 for kitchen. Increased. Allow Food, main dish for potluck. \$600 X 2 = \$1200. Joe points out 7th tradition contributions always zero'd out the cost. Never lost money. Always a money maker. Worst was \$600 expense but \$700 income. Net \$0 on budget, then.

Public Info- Mail, Sonya- \$215.

\$194 box rent last year, Sonya says budget \$215 for increases. Mailing done on her dime while she holds position. When meetings were in person, mail handed off to treasurer. Now, mailed for quickest delivery. Postage estimated at \$4 X 12 = \$48.

Motion to extend budget discussion 10', till 11:45 am. Passed. 15 Yes , 0 No, 3 Abstentions.

Public info - Phone, Gary - \$240.00. Free physical phone from Joe. Cost of phone subscription, tax, etc, Cheapest Joe knows is \$15-20/ month. Just need lowest level. Email Michelle if estimate changes.

Public info - Internet, Joe, Website - \$640.00

In 2024, \$152 - web, domain registration for 3 years for cheaper rate. Will always do 3 yr registration. Include? Certificate, etc. hosting. Will set up in next year (few months).

Literature, Gary - \$5500.00 (Community takes a \$1.75 loss on the Blue book & green workbook which were recent price increase. Estimate \$200-\$375, spent more than received on those 2 books. It's only loss on literature. Another expense is \$75 to new meetings for literature. X 3 new meetings in 2023 = \$225. Budget \$5500, w \$500 loss. = literature budget. Shar agrees. There's loss on a few other literature.)

Outreach, Mika - ? (\$25 last year) Expenses for San Diego Fair? Mika Left. Michelle will contact.

H&I, Mika - ? (Michelle estimates \$500 - literature, etc.) Michelle will contact.

Activities, Laura - \$600. (not include holiday party (\$500+) budgeted elsewhere because sometimes done by other chair or committee.)

Laura covered expenses herself sometimes. Michelle says Laura can be reimbursed.
Laura - lost receipts. Last is picnic expenses.

Liability Insurance, Michelle - \$450.00 (\$438 last year. Paid totally in December each year to avoid late charges)

SoCal CoDA Conference donation - \$1,000. (SD Community donates \$1,000 every year to the Intergroup sponsor when we don't do it. In 2024 LA will host, so we give to them.)

Thanks to all for input. Michelle will make changes to proposed Budget. Vote next month, December 16, 2023.

2. Discussion, Jan' 2024 Elections, Shar':

Positions up for election; also persons occupying part year, willing to stand for a 2 year term. Shar will send list of open positions to GSR's to advertise. Designation of odd/even year term starts taken from 2/15/2014 by-laws, Article V, A.,p.2.

1. **Community Rep'** (Officer, term starts even year)- OPEN for election. Previously Sharleene. (Timed out = served full 2 year term)

(Alternate Community Rep', Officer, odd year; Sonya Not interested in Community Rep.' Will serve out 2d year of her Alt' Comm' Rep' term.)

2. **Regional Rep** (Officer, even year) - OPEN for election. Previously Aaron. (Timed out)

(Alt Regional Rep', Officer, odd year; Tony not interested in running for Regional Rep.' Will serve out 2d year of his term.)

3. **Recording Secretary** (Officer, odd year) - OPEN for election. Previously Laurine. (served half term 2022, & half term 2023)

4. **Treasurer** (Officer, even year)-OPEN for election. Previously Michelle (Timed out)

5. **Parliamentarian** (Officer, odd year) - OPEN for election. Previously Robert, mid year. Would like to step down to serve as Workshop, Seminar,&Panels Chair. But willing to continue if no one steps up.

He may serve as officer Parliamentarian and Seminar Chair' simultaneously which is allowed. Super Saturday workshops were 2 x/ year.

6. **Literature** (Chair,' even year) - OPEN for election. Previously Gary (Timed out)
(Newsletter Chair,' odd year) - Csilla continues 2023-2024. Started midyear 2022 (2021?)

(Public Info-Internet Chair,' odd year; also *Webmaster* - Joe did part term, half way thru. Will finish his term end of 2024. Up for election 2025)

7. Meeting List Chair' - [Not a formal chair position according to last 2014 by-laws] OPEN for election. Currently Joe is Acting.

(Public Info-Mail Chair, odd year - Sonya willing to continue if rules allow. Midway, thru her term. Combined time between 2 positions is 4 years.

8. Public Info' Phones Chair,' even year - OPEN. Previously Gary. Willing to run again.

9. Activity (Chair,' even year) - OPEN for election. Previously Laura, part term Nov 2022-Dec 2023. (If no one steps up, can continue but will only do 3-4 activities a year)

10. H&I Chair,' even year - OPEN for election. Currently Mika, possible candidate is William Brookes. Mika checking.

(Mika, Outreach - odd yr so can continue)

11. Wshops, Panels & Seminars Chair' even year - OPEN for election. Robt would like to run. He is willing to do Parliamentary officer and Workshop, Panels & Seminars Chair'. But there is 4 yr limit on service.

3. Discussion on 4 year continuous rule, Shar':

Csilla was secretary 3-½ yrs then newsletter for 1-½ yrs. What does that do to her service limit? Article V, B "No person shall serve for any combination of positions for more than four consecutive years..." Secretary is officer position. Newsletter is Chair' position. Is there a difference between officer and chair position for 4 year limit?

All positions are 2 years. Some start odd year, some start even year.

Can only do 1 officer/board office at a time, but can do officer and Chair simultaneously, or 2 Chair's simultaneously as we have practiced it. 4 Year limitations are to prevent burnout.

Confusing. To keep us honest Shar will check last year notes. But new Group Conscience process makes it less tricky, sticky.

From: 2/15/14 By-laws revision. <https://sdccoda.org/community/bylaws.php> [click 1st pdf, "...current community by-laws..."]

Article V. B. TERMS OF OFFICE 1. The term of the above named officers shall be for two calendar years. No officer shall hold the same office for more than one full term. No officer shall hold more than one office at any one time. No person shall serve for any combination of positions for more than four consecutive years. After one year in a non-officer capacity, full eligibility for holding office is reinstated.

Article VI, C.,p.5, C. FORMAL SUB-COMMITTEE CHAIR POSITIONS, [List of (9) Chair's, no formal Meeting List Chair.]

4. Discussion, Elimination link re AI (A-I) component on Zoom screen, Shar: this is for privacy. You can disable the AI component to get it off bottom of your screen. It's a multi-step process. Shar' can send online instructions link. This AI button may not appear on all devices. Tony has a free account and doesn't see anything on bottom of

his screen.

Closing - Shar,' no motion (vote) has been needed to close the meeting. Also, and in accordance with new group conscience principles/ process, Community Rep' Shar' asks if anyone does Not want to close the meeting. No one. Shar closes meeting about 12:10 pm. All recite Serenity prayer. Shar' thanks all for staying a little late. She will stay, if any questions.

Respectfully submitted

Laurine Ota, Recording Secretary

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