

LA CoDA Minutes- September 10th 2022

Join Zoom Meeting

<https://us06web.zoom.us/j/84474719301?pwd=V015Vk55UHZvbmNhdFBjbUVldit2UT09>

Meeting ID: 844 7471 9301

Passcode: lacoda22

One tap mobile

+16699006833,,84474719301#,,,,*57942162# US (San Jose)

Dial by your location

+1 669 900 6833 US (San Jose)

Meeting ID: 844 7471 9301

Passcode: 57942162

Find your local number: <https://us06web.zoom.us/j/kxQ2DCT2g>

9:00 am OPENING

Serenity Prayer

Reading of the 12 Traditions

Introduction and Member Count off

Newcomer Greeter-(Tom)

Reading of Conduct and Guideline Statement (Appendix A)

Secretary- (Niki)

Approval of prior month Minutes- August and July August approved as amended

Upcoming meeting October 8th 2022

REPORTS (3 minutes each)

Chair- (Sue) Chair@lacoda.org

This meeting should be a safe place for everyone, and we should respect everyone in this business meeting. Occasionally a member or members might engage in behavior that feels unsafe, or someone might perceive that happen. In such a situation any member not just the chair may call time out or thirty seconds. During that time everyone ceases talking and spends time seeking guidance from higher power. At the end of thirty seconds members may say the serenity prayer before resuming the meeting.

Vice Chair- (Robert) Vice chair @lacoda.org- No report

Treasurer- (Lloyd) Treasurer@lacoda.org-

August, 2022 LACC Treasurer Report (presented at September 10th, 2022 LA CoDA Business Meeting)

- Expenses for August: \$0.00

- Income:

 - o Total 7th tradition donations = \$268.50

 - o Literature = \$0.00

 - o Other Income = \$0.00

 - o Total Revenue = \$268.50.

- Bank Balance on 09/05/2022 was \$12,097.88

- Notes

- July 2022 balance was \$11,829.38

- \$15,000 is suggested prudent reserve for 2022.

- Mail box was checked on 09/03/2022 and contained:

 - o 3 checks for deposit to be reported at the October LACC business meeting

 - o Post Office Box Service Fee Notice to be paid this month and reported at the October LACC business meeting

 - o 3 credit card applications, shredded and disposed of (recycled)

- Use the following to cut and paste into your Zoom meetings: Follow this link to donate to LACoDA directly through Zelle:

<https://sites.google.com/view/lacoda/donate>

Respectfully submitted, Lloyd A, LACoDA Treasurer

SoCal CODA Rep-(Tom) socal@lacoda.org-.

The So Cal quarterly meeting is in conflict with the LA meeting... So I will be at that meeting and report next month. Below is a brief report based on what I know from my involvement in an Ad Hoc committee at that level.

The Ad Hoc committee researching popular reasons for the annual convention has some results from the survey.

There were only 24 respondents, so the statistics are not great.

The overwhelming reason folks go the annual convention is for recovery activities.

Not to support as a fund raiser, and not to attend the Assembly

Do not expect any changes in the near future as a result.

Info Line (Niki) callback@lacoda.org- No report

Events (Open) events@lacoda.org

Historian (Open) Historian@lacoda.org

Hospitals and Institutions (Sharon) h-i@lacoda.org-

Blurb on the site about doing fellowship with people who are incarcerated

I received the following message from our SoCal delegate and will pass along here as my report:

World Coda is looking for volunteers to do service for H&I that are sponsors; I think to sponsor people who are in hospitals or institutions. They are looking for 1 spanish language sponsor, 5 female sponsors, and 1 male sponsor. For further details contact: hosp@codependents.org

Literature- (Open) Literature@lacoda.org

Meeting Speaker List (Blair) Meeting@lacoda.org

Coda Communities Liaison (Guy) communities@lacoda.org- No report

Publications and Newsletter (5 members need a chair) publications@lacoda.org

Public Information and Outreach (open) [outreach @lacod.org](mailto:outreach@lacod.org) AND info@lacoda.org

Virtual office Chair (Ruth) webmaster@lacoda.org

Didn't meet last month - meeting this month

If anyone wants to join, you don't need any experience

We would appreciate the help

Road to Recovery- (Open) retreat@lacoda.org

Ad Hoc Report- (Ruth)

Hi,

This committee hasn't met yet. We emailed about our schedules and hope to meet soon.

For reference, our ad Hoc committee purpose based on the motion that passed last month is:

If you discuss it please refer to it as Safety Exploration as we don't want people to misunderstand it as an actual safety resource which World CoDA has

1. Discuss safety in meetings, the 12 Traditions, look at the Dealing with Disagreements pamphlet, read what is in the FSM about safety, look at the ACA 8 steps dealing with abusive people, the new ACA 13th Step tent card, Gambler's anonymous safety plan, SLAA scripts, etc and learn from other 12 step fellowship's experience.
2. Create clear steps to take when a person is abusive in a group and safety suggestions for a healthy group conscience, hoping to make both a metaphor to use in relationships. Also create a writing with general safety suggestions for navigating CoDA.
3. Discover if we create a pamphlet, optional meeting reading, or a webpage (or combo) and say that this is something local LA CoDA is trying out for a year or two and if it benefits our community, we'll pitch it to world to become CoDA approved. (This is what NorCal did with the 30 questions over the course of ten years)

Anyone interested in joining, please email codasafetyexploration@gmail.com.

GSR & MEETING NEWS 1 minute each

Sunday

Atwater Women/Non-Binary CA1364 (Anna): We're staying hybrid and nothing new to report

Monday

Hermosa Beach WW601 (Tom): Fairly large meeting, 25-35 people per week, online only, all of our positions seem to be filled

Writing and Sharing CA1520 (Michelle): We were recently on the verge of a group conscience to close the meeting but we're happy to report that we did do some shifts in our scripts and announcements in other meetings so we are now growing, getting 2-3 new people per week. Attendance went from 2 to 18.

Tuesday

Rustic Canyon CA1281 (Dorene): Online but a year ago we added one meeting per month that is in-person. They did vote on a trial basis to go to a weekly meeting. We're holding a group conscience in the Zoom meeting about fully separating into two meetings.

Wednesday

Silver Lake CA1238 (Jeremy – Neiki): Going strong with hybrid, have added tech equipment like a microphone to improve the sound, when we popcorn shares we switch back and forth between in-person and virtual. We also voted to create a landing page mini site that has all the information we share on the phone list document, minus the actual phone list

Thursday

CA1444 (Ruth)

Friday

Saturday

Newcomers and Longtimers CA0262 (Kojie): 30+ people, we have a couple positions open, meeting discussion in a week where we're transitioning out with our treasury

Meditation Meeting CA0856 (Lesley): Meeting remotely, about 6-9 people, small but consistent

OLD BUSINESS

NEW BUSINESS

DISCUSSION

Virtual vs In-Person Meetings

- If a meeting is purely Zoom and is planning to continue to that, should it permanently become a WW meeting?
- Rustic Canyon meeting, even if it separates, is going to be mostly California people
- If a meeting keeps a CA number and is hybrid, it can only be discovered in the California meetings site, not open to the world

- If it's a WW number, it will be discovered globally – it can also be on local meeting list as long as they try to / do have a GSR and list their meeting in Pacific time
- Had voted previously that we'll re-assess in December 2022

Events

- Been a while since we've had an event and would be great to do something to reinvigorate the fellowship and get people to the new meetings
- Could be impactful to have an Intergroup longtimer be a guest speaker to talk about the importance of the committees and being a chair or co-chair
- Meeting that had been virtual just had an in-person meeting at Pan Pacific, we had a sound bath and meditation, did shares, read some literature, and then fellowship
- Will take a little while to plan - have something accessible and meditative
- Too late to do marathon meetings in November/December - flyers would have needed to go out in August, and it was so stressful for the people planning it
- Last year for "marathon" meetings, we each contacted different people from different meeting days and asked if they'd be willing to be the intergroup "Thanksgiving" meeting and then the meetings did group consciences and voted on it
- Marathon meetings are somewhat outdated because it was to have extra resources during the hard times of holidays but we all have access to zoom meetings all over the world now
- Great idea of voting in each meeting if they a) want to hold the meeting during the holiday and b) want to open the meeting up during the holidays even if it's typically for a specific segment
- Super important to have an official point of contact for the respective holiday meetings because the typical point of contact may not even be joining or available
- IF COMFORTABLE, EVERYONE CAN GO AHEAD AND START ASKING IN MEETINGS IF THEY WANT TO VOTE ON BEING THE HOLIDAY MEETING IF IT FALLS DURING A HOLIDAY TIME
- ADD TO AGENDA NEXT MONTH – HOLIDAY MEETINGS

Resources

- Silver Lake meeting is creating a landing page with all the resources and info that we have on our big phone list Google Sheet Niki will share minus phone info
- Would be nice to have a co-sponsoring blurb on the LAcoda site – right now it's just a link out If it's not already written on the google sheet, Niki can write

Writing & Sharing Monday Night Meeting

Michelle had to jump

ADJOURN WITH SERENITY PRAYER 10:45