

LA CoDA Board Meeting Minutes

June 10, 2023
9:06 AM – 10:40

Opening:

- Serenity Prayer
- Chair read excerpt of the Guidelines- MEETING CONDUCT & GUIDELINES
- [12 TRADITIONS](#) Read by Deborah B
- Next Meeting Date 7/8
- Introductions/GSR Count-Off
 - o Ruth (Thomas (SoCal Rep, Dawn (GSR), Dorene (GSR), Austin (GSR), Dawn (GSR), Lloyd (Treasurer), Sharon (Events), Guy (Communities Liason), Anna (GSR), Jeremy (Secretary/GSR)
- Skipped Newcomer Greeters – no newcomers
- Minutes from May approved as amended by Tom (Jeremy added to meeting minutes here:)

Board Member's Reports

Chair (Ruth) chair@lacoda.org -

Share if we have Old or New Business & how many motions

While putting together the agenda, I found parts of reports that GSRs may want to share with their meetings and changed their color to **orange**. GSRs, feel free to take back anything that resonates with you, not just what is highlighted, also, no pressure to share any of it. Please share with your meeting at your own pace, putting your recovery first.

Found this in the Guidelines about Intergroup, want to share it as I resonated with its clarity-

“Our goals are to carry the CoDA message to those who still suffer from codependence and to offer healthy support for the continuing growth of those recovering. To do this, we:

1. Acknowledge that each CoDA group is autonomous and intergroup has no authority or control over individual meetings or CoDA as a whole. We serve as an inter-group coordinator and main line of communication between groups in order to help address problems, and share information and solutions.
2. Encourage and help new meetings with info, guidance, & starter materials.
3. Finance and support our intergroup committees and activities, entertainment and service events, locally and in cooperation with other CoDA service groups, with 7th Tradition contributions and members' service contributions.
4. Provide info and speakers to local public, government, and business organizations seeking information about CoDA, and to local hospitals and other institutions which house persons who are unable to attend regular CoDA meetings.
5. Maintain public records of all financial donations to LA CoDA intergroup and all disbursements of our funds.
6. Serve as the voice of the groups we represent when communicating with other CoDA Communities, Southern California CoDA, and CoDA World.”

-paraphrased from the Guidelines

Some news: I thought this might be of interest whenever we revisit our temporary trial of allowing worldwide meetings to be part of our intergroup...

Before the pandemic, we only had in-person meetings. When we started hybrid, some switched to online only forever, called "Worldwide" meetings. All CoDA Worldwide meetings didn't have a central hub intergroup to join for meeting support. So we voted for alternative meetings that were already in our intergroup to stay in our intergroup or to join it if they're new and that we'd revisit if this idea is sustainable in Dec 2022. Details here:

<https://sites.google.com/view/lacoda/meetings/how-to-be-listed> It's past that time and I'm not in a hurry about revisiting. But wanted to share the CoDA World update as part of this journey.

CoDA World said in May that CoDA created an intergroup for phone/ online/ hybrid meetings who want an alternative format intergroup *and* that they see it as kosher for those types of groups to have the other option of joining an intergroup tied to a place, like ours, if they'd like.

This is from World CoDA in a 5/2/23 mailing list email:

All meetings who currently meet by phone, online, hybrid (face to face and online), or any other electronic meeting format now have a choice to join the Alternative Meeting Format (AFM) Voting Entity or to join a face to face Voting Entity with which they identify.

If your group is interested in having a group service representative (GSR) represent your meeting in the Alternative Meeting Format (AFM) Voting Entity (VE), please send an email to alternativeformatmeeting@codanet.org.

PS- For anyone wondering, they use the word "Voting Entity," but for us in LA it's "Intergroup." Regional CoDA communities use the words differently, but here, Home meetings join a local Intergroup, intergroups join a Voting Entity (ours is Southern California CoDA) and our Voting Entity takes our regional votes to the World business meeting once a year so we can have our voices heard when it comes to things like new literature, etc. But technically, any group of CoDA members that carries a vote to a larger group of members (like LA's votes are taken to SoCal by our group rep Tom) is an entity that votes, aka a Voting Entity.

Vice Chair (Niki) vicechair@lacoda.org - No report

Treasurer (Lloyd) treasurer@lacoda.org -

May 2023 LACC Treasurer Report (presented at June 10th, 2023 LA CoDA Business Meeting)

July 2023 LACC Treasurer Report (presented at July 8th, 2023 LA CoDA Business Meeting)

- **Expenses for June: \$0.00**

- o Note: Partial payment for \$300.00 Share Room and storage cabinet rent. Remaining \$260 to be taken and reported in the August 2023 treasurers report.

Total expenses	-	\$0.00
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- **Income:**

- o Total 7th tradition donations = \$0.00

Meeting No. & Day of Week	Meeting location and time	Amount	Submitted
-	-	-	-

- o Literature = \$86.00
 - o Other Income = \$0.00
 - o **Total Revenue (Literature Sales plus 7th Tradition) = \$86.00**
- **Bank Balance on 06/24/2023 was \$13,328.70**
- **Total funds (checking plus cash) available \$13,527.70**
- **Notes**
- April 2023 balance was \$13,289.70
- \$15,000 is suggested prudent reserve for 2023.
- Mail box was checked on 06/24/2023 and contained:
- o One Kaiser Permanente health advice letter which was shredded and recycled
 - o Three checks to be deposited and reported in the August 2023 treasurers report
- 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

- **Expenses for April: \$90.00**

o Note: Partial payment for \$300.00 Share Room and storage cabinet rent. Remaining \$260 to be taken and reported in the July 2023 treasurer's report.

Total expenses	Share and Storage Cabinet Rent	\$40.00
	Literature Donation to CA1590	\$50.00

- Income:

o **Total 7th tradition donations = \$27.00**

Meeting No. & Day of Week	Meeting location and time	Amount	Submitted
CA0262 Saturday	Westchester 10AM	20.00	Zelle
Anonymous	-	7.00	Zelle

o Literature = \$125.50

o Other Income = \$0.00

o Total Revenue (Literature Sales plus 7th Tradition) = \$152.50.

- Bank Balance on 05/29/2023 was \$13,289.70

- Total funds available \$13,441.70

- Notes

- April 2023 balance was \$13,329.20

- There is a \$0.50 discrepancy I am tracking down

- \$15,000 is suggested prudent reserve for 2023.

- Mail box was checked on 06/03/2023 and contained:

o No Mail

- **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 -

SoCal CoDA Rep Report For LA CoDA Board Meeting June 10 2023

SoCal held the annual Conference June 2-4.

- o Workshops, Keynote Speakers, Fellowship
- o Recordings will be posted on <https://sdccoda.org/> and <https://www.socalcoda.org/>
- o There was a significant briefing about the emerging CoDA Teen sub-program

If any individual or this group as a whole want to get involved, there are

resources and training needed. Meetings are adult moderated. – Adult supervised – looking for sponsors. Opportunity to be of service to support CoDA teen facilities. Teen spoke at world conf talking about how much this meant to him. If you want to be of service, reach out to Tom and he'll hook you up.

The SoCal Assembly 2023 was held 12-2 on June 3rd

- o It went very quickly and smoothly; lunch was provided to in-person attendees
- o The treasurer gave a financial report for the year and presented the proposed Budget for 2023/2024 year. The budget was approved without amendments. It was a budget with an expected deficit.
- o There were 2 benign motion changes to the bylaws which were ratified by the Assembly
- o Elections also went smoothly, all of the positions were filled. Anna C. is the new chair.
- o There were no new motions from the floor, so the event ended 30 minutes early

Next SoCal CoDA board meeting will be 9 Sept 2023. It will be a hybrid and everyone is invited.

- o Contact me for Zoom or location information when it becomes available.

New SoCal Board

Anna C (Chair) – Big Bear

Darcy (Vice Chair) – San Diego

Michelle B (Treasurer) – San Diego

Aaron (Recording Secretary)

Gary (Secretary) – San Diego

Lindsey (Delegate)

Linnea (Delegate Back-Up)

Joe H (Historian)

Robert (Conf Facilitator)

Coda Communities Liaison (Guy) communities@lacoda.org -

Hello, Here is my report.

Per a request from previous meetings, I have checked to see if any of the meetings below are either Zoom or Face To Face. Below each meeting information line is a notes section of what I found.

I have included zoom meeting information for the events and meetings.

Liaison Report:

Visit CoDA.org, SoCalCoDA.org, NorCalCoDA.org, coda-tvcc.org, sdccoda.org, and desertcoda.org for details! See [San Diego's newsletters!](#)

UPCOMING EVENTS:

TVCC CoDA Workshops - Sun, June 18, 3pm – 5pm - Encino Hospital 16237 Ventura Blvd Encino, CA

Zoom meeting: Zoom ID: 859 2851 2128 | Password: serenity

Note: All workshops are online or phone until further notice. No specific number listed for workshops, but have general TVCC Contact Phone Number: (818) 379-3300.

INTERGROUP / BUSINESS MEETINGS:

SDCCoDA Monthly Business Meeting - Sat, June 17, 10am – 12pm - Mira Mesa Presbyterian Church
8081 Mira Mesa Blvd San Diego, CA.

Zoom Meeting ID: 773 573 132 | Password: 066788

Note: No listing of Face To Face Meeting Listed. Got response from organizer. Still using Zoom Calls.

TVCC Monthly Business Meeting Sun, June 18 , 1:30pm – 3:00pm Encino Hospital Medical Center,
16237 Ventura Blvd, Encino, CA 91436

Zoom ID: 859 2851 2128 | Password: serenity

Note: All business meetings are online or phone until further notice. No specific number listed for business meeting, but have general TVCC Contact Phone Number: (818) 379-3300.

LA CoDA Monthly Business Meeting - Sat, June 10, 10am – 12pm - Share Center 6666 Green Valley Cir Culver City, CA.

Meeting ID: 811 9106 1679 | Password: lacoda (ID & password incorrect)

Note: LA CoDA is using Zoom only meetings for the time being. (now hybrid)

Desert CoDA Monthly Community Business Meeting - Wed, June 21 , 6pm – 7pm - The Palm Desert Library, 73300 Fred Waring Dr. Palm Desert, CA 92260

No Zoom Meeting Numbers listed for this specific meeting. It could be: Zoom ID: 8517822381 | Password: 2021.

Note: Reached out to them via email. No phone number listed.

SDCCoDA Monthly Business Meeting - Sat, July 15, 10am – 12pm - Mira Mesa Presbyterian Church 8081 Mira Mesa Blvd San Diego, CA

Zoom Meeting ID: 773 573 132 | Password: 066788

Note: No listing of Face To Face Meeting Listed. Got response from organizer. Still using Zoom Calls.

TVCC Monthly Business Meeting Sun, July 16, 1:30pm – 3:00pm Encino Hospital Medical Center, 16237 Ventura Blvd, Encino, CA 91436

Zoom ID: 859 2851 2128 | Password: serenity

Note: All business meetings are online or phone until further notice. No specific number listed for business meeting, but have general TVCC Contact Phone Number: (818) 379-3300.

FUTURE EVENTS:

LaCoda - Recovery In Nature - June 10th 9:00AM to 2:00PM

Fellowship, Food, Literature & Fun

Link to event information: <https://sites.google.com/view/lacoda/events>

CoDA Fellowship Forum - Hosted by CoDA Communications Committee - June 24th @ 12:00 pm PDT

Link to event information: <https://coda.org/wp-content/uploads/CoDA-Fellowship-Forum.pdf>

2023 CoDA Service Conference and International CoDA Convention

Saddle Up For Serenity, Strength, and Hope!

The Royal Sonesta Houston, Houston, Texas

Service Conference: July 24-27 Workshops & Speakers

International CoDA Convention: July 28-30.

Link to event information:

<https://coda.org/event/2023-coda-service-conference-and-international-coda-convention/>

In Service, Guy D.

*Notes to Guy sent via email but added here to ask, can anyone volunteer to contact Guy with this info? I think my emails to him are going to spam & am not sure if Sharon's got through to him. The Virtual Office committee would like to use this report to copy and paste on the website once the info is updated:

I noticed that the LACODA business meeting is listed as Zoom only and 10am -12pm and Zoom information is different than what is currently listed on the website. Here is the link:

<https://sites.google.com/view/lacoda/meetings/2nd-sat-intergroup?authuser=0>

I had sent an e-mail to meetings@lacoda.org on May 24th requesting the website be changed in 3 places to say HYBRID as well. I have not received confirmation of that e-mail so I will send again. -Sharon

Guy, I've written on the agenda a note reminder that the Meeting ID and password for the LA Intergroup meeting are listed incorrectly. I sent an email about it on 2/23/23 and followed up about a week later, but didn't hear back. In case those things went under the radar, I'll ask here-

will you update the meeting ID and password for the next liaison report? Thank you for your service, Ruth

Guy: Bought pens and a remote for the camera. Sharon had set-up for on-site camera but remotes disappear, so purchased. Will bring receipts for next time.

Ruth: Can you update LA CoDA meeting with meeting ID/pw and mention it's hybrid?

Sharon: Are you seeing replies? Ruth had requested the above before. Also sent some questions re: literature table.

Guy: Did not see.

COMMITTEE REPORTS

Info Line (Niki, committee of 2) info@lacoda.org - No report

Meeting Speaker List (Blair) meetings@lacoda.org - No report (If you want a copy of the Speakers List, a list of people willing to be lead speakers at home meetings, email speakers@lacoda.org)

Sharon: Sent ask to change this meeting to hybrid on the site (with two links). Sent to meetings@ and lacoda@ and have not heard back. Wrote back to Guy via email.

Ruth: Whole thread was in spam. Sent it to the webmaster and will follow-up.

Events (Sharon) events@lacoda.org -

The May 13th event was very successful. We had 18 people in attendance and sold approximately \$150 worth of literature and everyone who attended was of service. We had a member travel from as far as San Gabriel Valley. We did a GC and decided to do a similar event June 10th since the space was available. We will need a literature committee or chair to do future events like this as the treasurer and I have set a boundary for these 2 events.

The events committee had their first virtual meeting on Wednesday May 31st with 4 people in attendance. We discussed guidelines for starting an event as well as shared ideas. Some ideas discussed: nature meeting, small potluck/fellowship each month after hybrid business meeting (no park permit would be needed for this gathering), themed mindfulness walk on beach after Sunday beach meeting, hike after beach meeting. I also received some themes from someone who could not attend: "recovering from toxic relationships, work or changing jobs/career, feeling stuck and sponsorship."

We are having an in-person Events committee meeting this Sunday June 11th at 11am, immediately following the beach meeting.

The next Virtual meeting will be Wednesday June 28th - 5:30pm - 6:30pm via Zoom.

E-mail: events@lacoda.org for the Zoom link.

Please announce at your meetings.

I plan to continue to have 1-2 committee meetings each month (virtual and in-person) to get the momentum going and support fellows who want to lead events.

We also voted on this motion for the Events Committee budget:

I move that the Events Committee budget be increased to \$400 (currently \$150) that would average \$50/month from May 2023-December 2023.

Reasoning: We are not planning to have monthly events that cost money so it will average out appropriately. The May and June events averaged \$60 each due to park fees (\$24/each) + snacks and water for the business meeting plus the park. The \$150 in the current budget is to cover SHARE's room rental fee for the marathon meetings at the end of the year. The storage cabinet has lots of cups, napkins, art supplies, etc... for future events.

Thank you! Sharon

Sharon: Even if you don't want to be on the committee you can reach out to [events@](mailto:events@lacoda.org) to suggest events.

Ruth: Can still have events without a Literature Committee.

Sharon: Can suggest joining other fellowships after this meeting.

Virtual Office Chair (Ruth, committee of 5) virtualoffice@lacoda.org -

Webmaster's April & May hours: They worked 2 hrs ea month, I haven't received their written hours for April & May yet, but we're still getting used to the process. Treasurer can go ahead and pay them for Feb and March (\$50/mth, \$100 total). Treasurer has access to the HOURS Webmaster Virtual Office Google Doc. WM added events, events to archive, and meeting updates to the website in May.

I need to find time to train them for agenda and minutes updates for Minutes & Treasury page. I updated the How To doc in the agenda section, so hopefully that will help with training.

Announcement Email: An email was sent out to by our announcements email person to the LA CoDA Mailing List (about 175 folks) for the Recovery in Nature event.

GSR Reminders:

- If you want to join the internal intergroup mailing list or the contact list, email virtualoffice@lacoda.org
- **If your meeting needs to update its info on LACoDA.org, email changes the Meetings List committee at meetings@lacoda.org** (they will send us the updates)
- Meeting updates are made within a month of webmaster receiving them

Committee met Mon 6/5/23 on Zoom, 3 of 5 in attendance, and:

- Agreed on the chain of events for Virtual Office & Treasurer to Pay Webmaster:
 - KL (webmaster) writes hours in the HOURS google doc
 - Ruth puts them in the report (if they're not in the doc yet when I go to make the report, they'll go to the next month)
 - Lloyd receives the report via email
 - Lloyd signs check, mails it to Ruth to sign (as Chair- checks need a 2nd signatures)
 - Ruth mails to KL
- GCed to **update the Announcements Mailing List Subscribe page** as follows:
(IS) To see updated page: http://lacoda.org/mailman/listinfo/announcements_lacoda.org
(WAS) To see a list of the individual changes made:
<https://docs.google.com/document/d/18Oe2XcjlhyPTzEOb45HXabyll17ztFXGz4y81z06dBM/edit>
- GCed to email below to Intergroup to **share the announcements mailing list link, an image with QR code & shareable doc** and add this to the agenda report everytime:
This is a Google doc that in-person meetings can print or online meetings can share in chat:
https://docs.google.com/document/d/1fazWigf96WSRZDFBv_9-ooLuDOeoMTI3iNoy3WsHzwU/edit?usp=sharing

To text to friends, the pic attached +/- or this direct link:

http://lacoda.org/mailman/listinfo/announcements_lacoda.org



JOIN THE MAILING LIST

This mailing list is for folks who would like to receive resources & events and stay in touch with CoDA in the Los Angeles area.

Next meeting is Mon 7/3/23 8-9pm on Zoom (but may be moved bc of the holiday)

Contact virtualoffice@lacoda.org if you'd like to attend.

Thank you for letting me be of service, Ruth (Virtual Office Chair)

Safety Exploration Ad Hoc (Ruth, committee of 5) codasafetyexploration@gmail.com -

We didn't meet in May but might meet next Thursday June 15th. We plan to read the ACA new tent card and matching info they created over the last few years to address 13th Stepping.

Usually, we meet on Zoom biweekly (ish) on Thursday evenings 7-8pm on Zoom. Might meet in-person on a weekend soon. We had 1 person write with interest to join, but I didn't see the email until last week (2 months later- I thought it was forwarding but it wasn't), wrote them, but haven't heard back from them yet.

If you'd like to discuss safety in CoDA and other 12-step programs, etc, with the goal of crafting a resource to make the existing safety protocols in CoDA more accessible or create new resources for safety that may be missing, join the committee by emailing codasafetyexploration@gmail.com. Thank you for letting me be of service, Ruth (Safety Exploration Ad Hoc Chair)

OPEN COMMITTEE CHAIR POSITIONS

Hospitals and Institutions (Open)

Public Information and Outreach (Open)

Road to Recovery (Open)

Literature (Open)

Historian (Open)

Publications and Newsletter (Chair Open, committee of 5)

Sharon: Is there a place where World Coda things are discussed.

Tom: Usually comes from me through my reports.

Sharon: Just wanted to be sure it was verbally mentioned in these meetings too so we know what to

GSR & MEETING NEWS

Sunday

- CA0299 – Beach Meeting – Sharon: Good – lots of newcomers. Beach setting is nice; fellowship often at a coffee shop.

^a CA1364 - Sunday Women Non-Binary – Atwater Village – Anna: Average around 20 people. Hybrid. Still looking for someone to take over the treasurer position – think it's related to having to use Venmo. Anyone else having this issue? (adding to Open Discussion)

Monday

Tuesday

- CA0596 – Dawn: 12-20 people attend weekly.

CA1282 - Tuesday Rustic Canyon Peeling the Onion – Dorene: 5-12 people at each meeting. Zoom is having issues filing

CA0956 - Cedar Sinai- In-person. 15-20 people. No treasurer issues. Get a bunch of newcomers weekly.

Wednesday

- CA1238 – Workbook Study and Share Meeting – Los Feliz – Jeremy: 30ish people. Lots of newcomers.

Thursday

CA1444 – At SHARE – Ruth: Still meeting contact. Went hybrid 9 months ago. Got up to about 60 people online.

Friday

- From Deb (unable to attend today): Friday 7:30 AM Book Study Share, CA1107. A remote meeting through zoom. 14-20 People from the area, out of state and international attendees. Typically a few newcomers. We are doing well.

Saturday

- CA1590 – Speaker/Share – LA – Lloyd: In-person.

OLD BUSINESS (5 minutes for each motion)

No old business today

NEW BUSINESS (5 minutes for each motion)

MOTION 1

1) Motion to increase the 2023 Events budget.

I move that the Events Committee budget be increased to \$400 (currently \$150) that would average \$50/month from May 2023-December 2023.

Reasoning: We are not planning to have monthly events that cost money so it will average out appropriately. The May and June events averaged \$60 each due to park fees (\$24/each) + snacks and water for the business meeting plus the park. The \$150 in the current budget is to cover SHARE's room rental fee for the marathon meetings at the end of the year. The storage cabinet has lots of cups, napkins, art supplies, etc... for future events. -Sharon

Austin: Any financial concerns?

Lloyd: Don't have spreadsheet to comment. We should have enough.

Ruth: Cap is \$400 and spending \$270, so leaves \$130. Still leaves us some money. Think it's good for getting/keeping us in-person.

Austin: May need to address again given the \$400 available which may not be enough.

Dawn: Why not consider increasing now? Park events will probably continue on. Amendment to \$500.

Austin: Seconded.

Sharon: Accept the amendment. Not planning on doing other park events (will be away) though; but \$500 would be good.

9 people voted yea.

Motion passed.

MOTION 2

2) Motion to provide light refreshments at monthly LACC meetings:

I move that we budget \$35 a month to pay for a gallon jug of water, bagels or donuts and fruit for the monthly LACC business meeting. The cost is \$210 for the remainder of 2023. There are cups & paper goods in the filing cabinet so someone will need to have a key at the meeting and volunteers will be needed to pick up food.

Reasoning: The meetings are early and sometimes long. Food also brings people together and is a sign of hospitality. -Sharon

Dawn seconded.

Sharon: Came through Blair. Adjusted slightly to show cost at additional \$210 for rest of year. Not sure if there are enough people now, but with an announcement of refreshments it could help. Think it would be nice to have.

Tom: Is there an officer responsible for spending and getting reimbursed for this money? In the old days it was the newcomer greeter who brought food and it was in their budget. Wouldn't eat donuts/bagels if there... water not utilized currently. Think there needs to be more to discuss.

Lloyd: Can add a line item in the budget, but not sure who would bring the food.

Ruth: Shared previous budget which had line items for this. Looked into this and it doesn't say who is responsible, but it was usually the newcomer greeter. Would amend to not say "bagels" (wheat issue).

Sharon: Bagels/Donuts was from Blair. Didn't bring those. Depends on who takes the position. Brought nuts, fruit, and whole-grain muffins. Won't be here for next two months so a question of who does this. Did see people get water last time and given meeting length they start to snack.

Ruth: Can you table it?

Lloyd: Would just be moving vote.

Tom: Move that we table this motion.

7 people voted yea.

OPEN DISCUSSION

- The final ten minutes of each meeting allows any CoDA member to voice a complaint, grievance, confusion, question, answer, hope, dream, etc. **-Guidelines Appendix A**

For OPEN DISCUSSION:

- 1) Anna: Sunday meeting, current treasurer took over late. As part of GSR announcements have been calling out that still need treasurer. Told treasurer to also mention that they are stepping down. Has happened before since we went hybrid. Think there is some lack of anonymity with accepting through Venmo.

Tom: At SoCal region level there was a motion to allow treasurer to use their own Venmo to receive donations. This was not approved. Was a treasurer at Monday Hermosa meeting; accepted donations through Venmo. Most came that night around that time. Would take out money and provide in an envelope. Can't make a Venmo account for a meeting (need name/address/etc). Anna's group can do what they like. Don't need to be a Venmo user to be treasurer – they get to set the rules.

Austin: Some use PayPal for group things (personally don't like as much). See issue with Venmo.

Sharon: Happening in Tues Women's meeting because no one wanted to do Treasurer. In Venmo you can change the name to something different (e.g. "Tues Women's Meeting"). Were going to vote on having people online donating to LACoDA (before Venmo) and in-person was just cash.

Ruth: Did online people pay Pathfinders directly?

Anna: Think Treasurer has been paying rent through Venmo. They have changed their name but you still see last name.

- 2) Tom: Re: allocating 5 minutes for motions... after years of experience I think it's preposterous. We always extend this. Going to suggest we change this.

Ruth: Got this from the guidelines.

Tom: Don't need to take action now.

Ruth: Can you email what you've found?

Anna: Like the idea of time limit so that discussions don't go on forever. Maybe could set 10 minutes.

Guy: How would you want to have it done?

Tom: Haven't been the chair of this inter-group; not this one. Would put motions in order of priority (not order) and would take each motion and give it all the attention it deserves.

Dawn: Agree with the fact that it's tailored for each we're discussing. Hard to set a limit. So feel like it kinda works the way it is.

Ruth: This helps.

Anna: In a typical meeting I would agree that the Chair decides. But feel like Leaders do not govern makes this a grey area. Felt like the time limits helped make it seem like I wasn't shaping the meeting when was a Biz meeting Chair.

Ruth: There is a lot of good info at the international biz meeting in July. Maybe good idea to share with meetings.

- 3) "Tips on How to Have a Safe Step Study or Co-Sponsorship" Mini 30 min Workshop + Q&A each intergroup fellowship? (To help the program itself get stronger by helping folks who can't find a sponsor) -Ruth
- 4) The International CoDA Convention (with workshops & speakers) is happening after the CoDA Service Conference (the world-wide CoDA business meeting). They're both hybrid, virtual and in-person, in Houston, Texas.

Monday July 24, 2023 - Thursday, July 27, 2023: Business Meeting

Friday, July 28, 2023 - Sunday, July 30, 2023 (until Noon CDT): Convention

If possible, please let your meetings know the information below so they have time to save the date on their calendars and to figure out if they want to go in person.

The info can also be found on CoDA.org at www.coda.org/world-service-events/ and will be on LACoDA.org's Events page (not sure when it's going up)
<https://sites.google.com/view/lacoda/events>.

Thank you for your service, Ruth (Details below)

CoDA Service Conference (CSC) - Business Meeting

The CoDA Service Conference (CSC) is CoDA World's annual business meeting the week before ICC. The CSC is held each year in order to transact CoDA World business through the group conscience process. The location varies from year to year to support and help grow CoDA communities around the world. Attendees can attend this event in person or virtually via the internet.

- Sunday, July 23, 2023: Mandatory Delegate Orientation
- Monday July 24, 2023 - Thursday, July 27, 2023: Business Meeting CSC

REGISTRATION LINK: <https://2023codaserviceconference.eventbrite.com>

International CoDA Convention (ICC) - Workshops

The International CoDA Convention (ICC) is a time and place for codependents to meet to celebrate and further their recovery. Newcomers and old timers attend workshops and enjoy hearing speakers share their experience, strength and hope of CoDA Recovery. The 2023 Convention theme is "Saddle Up for Serenity, Strength and Hope"! Please join us for a fantastic weekend!

- Friday, July 28, 2023 - Sunday, July 30, 2023 (until Noon CDT) ICC

REGISTRATION LINK: <https://2023internationalcodaconvention.eventbrite.com>

How to attend?

In Person and Virtual attendance options. Attendance in person is recommended. If unable to travel to Houston, Texas to attend in person, a virtual option is available. Those attending virtually, will receive instructions prior to the beginning of the conference outlining how to join via the internet.

How much is the suggested donation to attend?

CSC REGISTRATION: In-Person or Virtual attendance is free yet REGISTRATION IS REQUIRED

ICC EARLY BIRD REGISTRATION by 5/31/23:

In-Person Attendance \$40.00 (\$USD)

Virtual Attendance \$10.00 (\$USD)

ICC REGISTRATION:

In-Person Attendance \$50.00 (\$USD)

Virtual Attendance \$15.00 (\$USD)

Meal Options / Saturday ICC Keynote Speakers - Ken and Mary R.

We are honored to announce Ken and Mary R, founders of Co-Dependents Anonymous, will share their experience, strength and hope as our Keynote Speakers! Plans are underway to provide a

dinner option, Saturday night before their presentation and also a Sunday brunch option. Additional meal information and costs will be provided as soon as details are finalized.

Interpretation Needed?

The Conference will be presented in English. If you are interested in attending and need interpretation support, please indicate what language is needed when prompted at registration. We will make best efforts to meet all needs. In addition, you may contact interpretation@coda.org. An additional translation resource is Google Translate: <https://translate.google.com/>

The Royal Sonesta Hotel, Houston, TX - Hotel Reservations A dedicated website is available for you to book hotel rooms online. <https://book.passkey.com/e/50492490> Please note the last day to make reservations is **July 7, 2023**. When possible, carpooling is encouraged as the hotel charges a fee to park.

Roommate Assistance Needed? If you need assistance in finding a roommate, please contact Events@coda.org. Indicate "ROOMMATE ASSISTANCE NEEDED" in the email subject line.

For more information, visit: <https://coda.org/world-service-events/>

If you are interested in volunteering at the CSC or ICC, e-mail events@coda.org

ADJOURN WITH SERENITY PRAYER 10:45 AM