MEETING MINUTES - February 11th 2023

Join Zoom Meeting

https://us06web.zoom.us/j/84474719301?pwd=V015Vk55UHZvbmNhdFBJbUVIdit2UT09

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/u/kxQ2DCT2g

OPEN AT 9:00

SERENITY PRAYER

READ 12 TRADITIONS

REPORTS (3 minutes each)

Vice Chair (Niki)

As discussed last time, will fill in as Chair while we still remain without one but meeting is a more modified version.

Discussed last time whether we'd only do the monthly meeting if there is something to vote on. We'd share updates via email, but no decision on that – can decide about March.

Treasurer (Lloyd – not in attendance) – PDF report provided via email to lacc.org on 2/7/22

January 2023 LACC Treasurer Report (presented at February 11th, 2023 LA CoDA Business Meeting)

- **Expenses for January: $0.00**
    - Note: NA

Total expenses	-	**$0.00**

- **Income:**
    - Total 7th tradition donations = $677.47

Meeting No. & Day of Week	Meeting location and time	Amount	Submitted
CA0262 Saturday	Zoom 10:15AM	151.00	Check
CA0299 Sunday	Santa Monica 9:30AM	327.64	Check
CA0596 Tuesday	Culver City 7:30PM	75.00	Check
CA1281 Tuesday	Santa Monica 8:30AM	116.83	Check
Martin V	-	7.00	Zelle

    - Literature = $0.00
    - Other Income = $0.00
    - **Total Revenue = $677.47.**
- **Bank Balance on 02/06/2023 was $12,679.08**
- **Notes**
- Note that bank balance includes additional 7th tradition donation to be reported in February
- December 2022 balance was $12,008.61
- $15,000 is suggested prudent reserve for 2022.
- Mail box was checked on 02/04/2023 and contained:
    - One credit card application. Mail was shredded and recycled.
    - One check to be deposited and reported in the February 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

LA CoDA Budget Comparison and Recommendations for 2023						
1/14/23						
Income	**2023 Final Budget**	**2022 Actuals**	**2021 Actual Budget to 11-30-21**	**2021 DRAFT Budget**	**2020 Actual**	**2019 Actual**
7th Tradition	2500	2620.44	2450	2,550	3,108.53	$ 2,143.94
Literature				1,350	755.45	$ 5,507.56
Event Committee	150			150		
OSAAT						
Retreat (Road to Recovery)						
Scholarship						
Marathon Meetings				50	345.74	$ 154.00
Other Events				100	90	$ 91.32
Misc-Literature Shlvg inStor					50	
SoCal CoDA Conf (%0% of Profit)					1,431.62	
Total Planned Income	**2650**	**2620.44**	**2450**	**$ 4,200.00**	**5,781.34**	$ 7,896.82
Expenses						
Mailings (Meeting List)				284	262.8	$ 592.60
Rent/ SHARE storage	350	300	300	300		$ -
Literature				756	1124.93	$ 2,775.77
Event Committee						$ 50.00
OSAAT						
Retreat (Road to Recovery)						
Marathon Meetings	150				54.36	$ -
Other Events						
Copies				10	7.04	$ 344.60
Greeter Copies				25	24.64	
Historian						$ -
H&I & Public Information				50		
Newsletter				300	105.6	
AT&T		NA	14	56	37.9	$ 80.32
Voicemail/Phone/RingCentral line		NA	0		181.58	$ 309.25
Google voice in 2021			0			
Website	720	108.62	109	250	148.61	$ 228.00
Storage					344.4	$ 1,666.00
PO Box	200	166	134	110	106	$ -
Meeting Snacks						
Stamps				11	11	$ -
Filing Fee						
Replacement Debit Card		5				
Sales Tax			42	200	401	$ 464.25
Sales Tax Ad Hoc committee						
Supplies				100	124.44	$ 68.55
Donation- SoCal CoDA Conference						
SoCal Rep Expenses				100		
Speaker List Committee						
Zoom renews 12-11-21s	175	156.65		120	119.92	
Total Planned Expenses	**1595**	**736.27**	**599**	**$ 2,672.00**	**3054.22**	**$ 6,046.54**
Planned Net Income	**1055**	**1884.17**	**1851**	**$ 1,528.00**	**2,727.12**	$ 1,850.28

Niki: Brought in $677 or revenue. Already went through 2023 budget and approved last meeting.

Newcomer Greeter (Tom and Blair)

Austin joining for the first time from Tuesday Cedars.

Niki: No newcomer greeter – but Austin can email with questions.

Tom: If you need guidelines, hit me up in chat or email: tjfirpo@verizon.net

SoCal CODA Rep (Tom)

Tom: Excited about Zelle for donations. They have open positions. Gender-inclusive-language task force.

Next Meeting: March 4, 2023 (for Socal)

Sharon: This is a meeting like ours (different from conference) for SoCal.

SHARE! and Zoom

SoCal Conference 2023 Planning Committee

The theme of the conference is: CoDA, a journey not a destination. Are we there yet? The email address of the committee is: arewethereyet023@gmail.com TBD: Venue, Hybrid/Virtual/In Person, 1/2/3 says

Sharon: We've been asked if anyone would step up to host. This year's is in San Diego in June (Friday is online, Saturday is hybrid). They are looking for volunteers – all committee heads filled. Been collecting names to see who's interested for next year. Only one at the committee meetings so not sure what is going to happen. Volunteer committee is meeting this week (Wed 5-7pm).

Here is a flyer that has a code to bring you to information about volunteering for 2023 Conference:
https://sdccoda.org/pdfs/2023/2023%20SoCal%20CoDA%20Flyer%20Call4%20vFinal.pdf

Here is the link for Wednesday's Volunteer Meeting for 5pm this Wednesday February 25th: Join Zoom Meeting

https://us02web.zoom.us/j/82501630843?pwd=vxnWvTzansEaQ0javONHMRsinbJQ54.1

Meeting ID: 825 0163 0843

Passcode: Coda

Guy: Don't see address for hybrid.

Sharon: Don't have this yet. But will add when available.

Tom: They are looking for help.

Ad Hoc SoCal Conference Planning Committee

Rotation: SD-2023, LA-2024, TVCC-2025?, Desert-2026? Open: Delegate 2 and Delegate Alt positions 2023 CSC will be in Houston, TX the week of July 24

Gender-inclusive Language Task Force

This is a new world committee. At CoDA Service Conference, Canada put forward a motion to use gender affirming language. It was tabled because it needed extensive crafting. Please email Board@CoDA.org if you are interested in participating and mention in the email subject line "Gender-inclusive Language Task Force"

Sharon: This just outlines the rotation… different from "are we there yet?" That is a committee asking if we're willing to host next year.

Virtual Office Chair (Ruth) Webmaster needed asap

The Virtual Office committee met on Monday 7-8pm on Zoom. We had two new attendees.

One person is interested in webmaster. We did an hour of training this Monday during the committee meeting and I met with them for two hours on Thursday for more training. (Another person may be interested in doing a part of the job and attended both Monday & Thursday as well)

The potential webmaster will decide in about a week if they are officially doing it. They want to remain anonymous.

If they take the position, it would be for two hours of work per month for a total of $50 per month (the amount we voted to approve in the budget during the Jan meeting.)

A third person contacted me yesterday 2/10/23 (Friday) and wants to learn more about the job to see if they want to do it. Emotionally and time boundary-wise, I already gave all I can this week to the webmaster training. So I didn't jump into training them, but instead will wait to see if the person I already started training says yes.

The 3rd person said to contact them if the potential webmaster says no. Also, they said they'll attend next month's committee meeting to ask questions and feel out the vibe.

The Virtual Office committee meetings are the first Monday of the month 8-9pm via Zoom or call. All are welcome. If you'd like to attend or have questions for me or the committee, email virtualoffice@lacoda.org.

Info Line (Niki)

Got a call – person looking for in-person Redondo meeting. Anyone with info on that? Supposed to be an outdoor meeting but it was raining. 2nd time someone was attempting to find an outdoor meeting but could not find. All of these instances only have emails for contact which makes it difficult to get quick answers.

Austin: 2 individuals were holding this. It was not outside (evening Sunday meeting). In that meeting room they were going to renew the permit but don't have any updates since having been there months ago.

Hospitals and Institutions (Sharon) – No report

Sharon: Been thinking a lot more about events and bringing life back to Coda – but will speak more when we get to that.

Meeting Speaker List (Blair – not in attendance)

Coda Communities Liaison (Guy)

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, February 19, 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, February 18, 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, February 19 , 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, February 11, 10am – 12pm - Share Center 6666 Green Valley Cir Culver City, CA.

Meeting ID: 811 9106 1679 | Password: lacoda22

Note: LA CoDA is using Zoom only meetings for the time being.

Desert CoDA Monthly Community Business Meeting - Wed, February 15 , 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, March 5, 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, March 19, 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:

CoDA Fellowship Forum - Hosted by CoDA Communications Committee - February 25th @ 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

Service Conference: July 24-27 Workshops & Speakers

Link to event information:
https://coda.org/event/2023-coda-service-conference-and-international-coda-convention/

Guy: When are we going to go back to Share in our meeting? (big building in Culver)

Niki: Something we have to vote on; but hard to do without a chair. Can put in discussion.

Ad Hoc Report (Ruth)

(read aloud in meeting)

We held our first Safety Exploration Ad Hoc committee meeting on Thursday 1/26/23 from 7-8pm via Zoom. 5 of 6 members could attend, one had to leave early and one come late.

We talked about Committee Safety within our own group first and agreed to two Safety agreements (if possible, no mention of professions & use "I" statements), plus there's a tool to ask for silence to check in with self & HP for 30 sec if needed at any time. We want to keep our interactions within the 12 Traditions.

We read part of the Virtual Office committee motion on Meeting Safety that inspired this ad hoc to exist and an excerpt from the Fellowship Service Manual under "What is a CoDA Meeting?". We want to keep whatever we end up creating simple for newcomers, maybe have it lead to more info & support. May end up sharing our own experiences of when we felt unsafe and what resources were available/ how accessible/ then create what was missing.

Next two meetings will be 7-8pm Thursdays Feb 9 and Feb 23 via Zoom.

Thank you for letting me be of service,

Ruth

Safety Exploration Committee Chair

OPEN

Chair (Open)

Events (Open)

Public Information and Outreach (Open) combine with H&I?

Road to Recovery (Open)

Literature (Open)

Historian (Open)

Publications and Newsletter (Chair Open)

Sharon: Maybe need to be phrased as “are you interested in being of service” because there are lots of newcomers and probably getting overwhelmed. Wondering too if we should consider in-person again. Thinking maybe in April or May we do an “event” where we have committees

and talk about getting committees going. Being of service at different levels maybe better than "who wants to be a chair."

Niki: We mention in our meetings and don't get interest. Into maybe more of a network-type push (posters, email, etc).

Anna: In our meeting many aren't interested in going "straight to chair" (it's 6 month initial commitment anyway). Had some people interested in taking on my role to free me up to be chair (but not sure if I want to take on).

Niki: It can just be involvement without being a chair as well.

Keli: Like the idea of an event-type thing to get people involved. Maybe a hybrid. Good way to get people more active in service positions. Maybe April?

GSR & MEETING NEWS (1 minute each)

Sunday

Atwater Women/Non-Binary CA1364 (Anna): Hybrid. Very healthy the past month or so. 20-25 people. More newcomers in-person.

Niki: Chrissy still the contact?

Anna: Yes.

Beach Meeting CA0299 (Sharon): In-person. 15-20 people each week. Going strong.

Niki: Is Barbara still the contact?

Sharon: Yes, but email is incorrect.

Niki: Email to meetings@lacoda.org

Sunday 9:30-11:00am CA0299 (Sharon): Hybrid. Very healthy the past month or so. 20-25 people. More newcomers in-person. Sharing meeting. Lifeguard station #26 - hourly parking.

Monday

CA1520: Meeting on zoom. 6-8 people joining periodically. All service positions are full. Not meeting on bank holidays due to low attendance. Who do we update? – meetings@lacoda.org

Hermosa Beach WW601 (Keli): Online with speaker once a month. Average of 30 people

Tuesday

Rustic Canyon CA1281 (Dorene): Split into two meetings (in-person and Zoom). Put in a request in Nov to world CoDA to get a new number for the in-person but haven't received. 6-10 at the in-person and 8-12 online typically.

Women in Recovery CA0596 (Dawn): 10-15 people a week (online).

Cedars-Sinai CA0956 (Ausin): In-person. In a hospital at "advance science building" – sometimes hard to find (email if you need help).

Wednesday

Silver Lake CA1238 (Jeremy): Going strong with hybrid; about 30 average (maybe 10 or so onsite).

Niki: Two people on-site to help (given night-time meeting nature and for general support).

Thursday

WW699 (Keli): Gets a lot of people (including international). Needed to change Zoom address; waiting for that from meetings@

Friday

Saturday

Meditation Meeting CA0856 (Lesley): Strong small core group via Zoom. Getting some more newcomers. No plans to get back in-person.

OLD BUSINESS

NEW BUSINESS

DISCUSSION

Event(s) to get people excited to be involved? / Return to Share Building?

Guy: Feel like returning to in-person is a good idea.

Tom: When we had in-person there was info we could pick up and take back to our other meetings. Literature was readily available in-person as well (without shipping needs). If anyone

cared about the newsletter or meeting list – but probably not a big draw. If motions to amend guidelines for example are not exciting, we don't need to.

Sharon: Maybe something in March for a few people. "Service is the diamond lane to recovery…" in other groups if someone is nominated you take it. But in CoDA we talk about boundaries which is a quandary. But want to have healthy engagement with others. In my meetings I share how nice it is to be here. Used to have so many fun events.

Event IDEA: An in-person call to service event with speakers who have been of service as well as explanations of the different committee roles and a literature table. Maybe at a park or something…. If you are interested e-mail sharoni701@yahoo.com

Dawn: Thing there is a strong contingent that would still benefit to continue to join via Zoom.

Austin: Zoom is not going away. Think it's important that we keep hybrid. Agree having things in person can benefit a large segment without isolating a community that has thrived with Zoom. Love to have in-person and keep those who prefer Zoom. Think we can try for a biz meeting as well. For those able to do events, I'm into this for online and in-person.

Guy: Only way for recovery is face-to-face.

Anna: Before COVID our GSR mentioned the meetings, but the location was a barrier of entry. Once we went to Zoom I still wasn't sure about commitment, but could do so for 6 months. And it's easy to join on Zoom so prefer.

Niki: For events how do we do this?

Tom: We have the Events chair for that (currently open).

Sharon: Think maybe I need to do this instead of H&I. Maybe I can pick a day/time to talk about ideas. If someone can take H&I.

Guy: The info is out there to run a conference/event. Best to hunt down those who have done it in the past.

Leslie: In the past it was handled by the Events Committee. There may have been votes but there was group consciousness. Was a group effort. Would be nice to have a community and events. Can try to find some time to contribute.

Sharon: Thought the Virtual Office meeting was about the webmaster, but it's more about the lists, etc. Mainly because we don't have a physical office. If anyone can attend this, it's more than just updating the web. Re. event – agree hybrid can work.

Niki: Do we vote on events chair?

Leslie: Yes as a formality.

Guy: Need quorum.

Niki: We have quorum. Percentage of meetings… but everyone on is a voting member so should be good.

Sharon voted in as Event Chairperson (unanimous)

Monthly Intergroup Meetings (or only if there is something to vote on)?

Niki: Yes will do a meeting next month.

Sharon: People into me looking into a potential in-person component? Can bring back info in March.

Niki: Know we still pay for our locker for literature. Do we still pay for the space?

Sharon: Will inquire.

ADJOURN WITH SERENITY PRAYER 10:45