

LA CoDA Agenda
May 10 2025, 9:00 AM - 10:45 AM

Zoom Link ID: 844 7471 9301 Passcode: lacoda22 Dial in +1 669 900 6833 Passcode: 57942162

OPENING

Appendix A sections are to be read aloud to group

SERENITY PRAYER

MEETING CONDUCT & GUIDELINES

Appendix A: We've "elected to conduct meetings according to Robert's Rules of Order, as interpreted by [our] group conscience vote. We do this because it allows us to make decisions with a minimum of confusion, and allows a fair representation of opinion from CoDA members. [This] meeting has 5 basic business segments:" The Opening, Reports, Old Business, New Business, & Open Discussion. In the opening, we have the "prayer, 12 Traditions, approval of minutes, newcomer greeter, & Guidelines." Appendix A in the Guidelines "shall be made available at each monthly meeting."

READ The 12 Traditions

FELLOWSHIP Days without events, we have hybrid Fellowship after the meeting for 5 minutes. Then the Zoom room can stay on, but In-Person goes onto the patio (we need to be out by 11am).

ANNOUNCE Next meeting date is: 5/10, 6/14 Who will open the room and go in person next month to welcome folks? (if no one knows yet, ask later in the meeting again)

SECRETARY Is the Secretary audio-recording the meeting for note-accuracy? Not mandatory. Recording deleted after minutes completed. *[Kat can't come today, asked me to record, she'll transcribe recording for next month]*

NO CROSSTALK For safety, please use "I" statements. No unsolicited advice/ governing. Please ask how a person or the group feels instead of deciding for them.

INTRODUCTIONS & VOTING MEMBER COUNT OFF Currently we have 28 meetings, 10% or 2.8 GSRs, Officers, or Chairs in attendance = quorum (enough voters to have a meeting)

NEWCOMER GREETERS Duties & Docs (Ruth & Austin) greeter@lacoda.org - 3 min

We welcome newcomers, give them the Guidelines, help them find answers to questions, & respond to emails during the month. We bring meeting snacks (if we want to).

- Share NEWCOMER WELCOME (**READ ALOUD if there are newcomers**)
- Share GUIDELINES- Meeting Rules + duty definitions. Appendix A (p. 19) = Meeting Conduct. Article 7 Section D = the Conduct of Guidelines given to each newcomer.

Appendix A: **AT ANY TIME DURING THE MEETING...**

- **QUESTIONS** You may interrupt to ask a question by saying, “**I have a question**” or “**Point of Information.**” Your question must be answered before the meeting continues.
- **POINT OF ORDER** You may interrupt if you think the meeting is being conducted improperly by saying, “**Point of Order;**” and stating your complaint. The Chair must address your complaint and take appropriate action before the meeting continues.
- **OVERRIDE THE CHAIR** You may challenge a decision made by the Chair (ie a time limit, ruling, other decisions) by saying, “**I move to override the Chair's decision.**” An immediate vote is taken without discussion, & a two-thirds majority overrides.
- **30 SECONDS** If a member(s) engages in unsafe behavior by not respecting the boundaries of others, or someone perceives that to happen, any member may call for a “**Time out**” or “**Thirty seconds.**” Everyone ceases talking and spends time seeking guidance from Higher Power. After 30 seconds, someone calls “time,” and members may choose to say the Serenity Prayer before resuming the meeting.

If we have elections during any meeting,

- *Do them at them time we reach the report for that position*
- *Read the duties aloud first*
- *Guidelines “At least one month prior to the elections, notice of same shall be extended to all CoDA Group Reps within the scope of LA CoDA”*
- *Once GSRs have known for a month that the elections will happen, ask who wants to step up*
- *The person(s) stepping up leave the room before the vote*

SECRETARY Duties & Docs (Katherine) secretary@lacoda.org

APPROVAL OF LAST MONTH'S MEETING MINUTES

April minutes to be approved, by Ruth & Anna F-

Sept & Oct 2023 minutes: *Dawn volunteered* / Nov & Dec 2023 minutes: *Sharon volunteered*

Jan 2024 minutes: *Ruth recorded, does anyone want to transcribe these?*

REPORTS

(3 min each)

Appendix A: Reports are designed to give info to GSRs, which they may then take back to the CoDA meeting they represent.

- a. Anyone attending the meeting may ask questions during any report.
- b. No motions or votes are taken during the Report segment.

OFFICER REPORTS

We start with Officer reports followed by committee reports and GSR reports.

Committee business can't take place during reports.

2 minutes for questions after 3 minute reports

CHAIR [Duties & Docs](#) (Ruth) chair@lacoda.org

- We have 2 motions today: 0 Old Business, 2 New
- If you have open discussion items during the meeting, share them at any time.
- **GSRs**, take back to your meeting any info you hear today that resonates. But no pressure to share any of it. Please share with your meeting at your own pace, putting your recovery first.

Updates:

- If you're in any meetings that don't have a GSR, maybe say people can come check out intergroup to see if they want to be a GSR?
- If you want to make a motion at intergroup, be sure to turn it in to the chair (me) in writing (during the month up until the start of the intergroup meeting) via lacc@lacoda.org or chair@lacoda.org

VICE CHAIR [Duties](#) (Anna F) vicechair@lacoda.org - No report

TREASURER [Duties](#) (Lloyd) treasurer@lacoda.org

April 2025 LACC Treasurer Report (presented at May 10th, 2025 LA CoDA Business Meeting)

- Expenses for April: \$0.00
- o Notes: None

TOTAL EXPENSES: None

- Income: \$0.00
- o Total Meeting 7th tradition donations = \$0.00
- o Literature = \$0.00
- o Events Income = \$0.00 (Marathon Meetings)
- o Total Revenue = \$0.00
- Bank Balance on 05/03/2025 was \$16,154.76
- Notes
- Total cash on hand (literature cash box) is \$66.50 so banking plus cash total is \$16,221.26
- March 2025 bank balance was \$16,154.76
- \$9249.77 is prudent reserve for 2025.

- \$3600.00 Literature request yields \$804.23 remaining after all expenditures including 2025 prudent reserve. We are still in the black.
o \$16,154.76 (5/3/25 Bank Balance) - \$3600 (Lit Request) - \$2500 (2025 Budget) - \$9249.77 (Prudent Reserve) = \$804.23 remaining.

- Mail box was checked on 4/21/2025:
o Mail box contained two credit card applications and a domain name listing (which was not a bill). Credit card applications and domain name listing mail was shredded and 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

From Intergroup Chair, LA CoDA Treasury History:

<https://sites.google.com/view/lacoda/intergroup/treasury>

SOCAL CODA REP [Duties](#) (Dawn) / **ALTERNATE REP** (Anna F.) socal@lacoda.org -

- No report until next meeting

CODA COMMUNITIES LIAISON [Duties](#) (Chair: Dawn - temporary, Deborah)
communities@lacoda.org

- TVCC Community Committee Board meeting on Zoom 1:30pm 3rd Sunday of the month.
No other events.
- Desert- Weekly CoDA speaker Meeting Event Fridays 5-6:30PM on Zoom
- San Diego- May 16th to 18th CoDA Camping in the Cleveland National Forest
- June 14th 2 x4 pm in person Vision Board Workshop.

COMMITTEE REPORTS

Committees can be joined by any CoDA members & left at any time. If you have interest or questions, let us know when we discuss that committee or during Open Discussion. If you join a committee that's empty, we suggest asking 1 to 2 CoDA fellows to join with you to make group conscious decisions together. But there is no pressure to do more than the service you're already doing. Your presence & recovery are valued.

INFO LINE [Duties & Documents](#) (Chair: Randy) info@lacoda.org - No report.

MEETING & SPEAKER LIST [Duties & Documents](#) (Chair: Dawn) meetings@lacoda.org

For a list of people willing to be lead speakers at home meetings, email speakers@lacoda.org

- Meetings- One requested change to one meeting, One meeting closed down/dark *[ONLINE // Meeting #WW699, Codependent No More]*
- Correlating LACoDA.org meeting info to that of CoDA.org. Thus far I've reached out to seven meetings to notify them of differing info displayed between the two websites. Meetings contacted so far are from Monday and Tuesdays. More to follow.
- Speakers List- No activity this month

SAFETY EXPLORATION AD HOC (Chair: Ruth, committee of 7) codasafetyexploration@gmail.com

- We tried to meet this month, but couldn't align schedules. Will try again next month.

PUBLICATIONS [Duties & Documents](#) (Chair: **Open**, Ruth, Megan) publications@lacoda.org

Creates newsletter & new CoDA literature

- Have 4 newsletters ready to go. Had GCed months ago to print the 1st one, need to do it

EVENTS [Duties & Documents](#) (Chair: Sharon, has a committee) events@lacoda.org -

Here is the Events Report for May:

1) May 10th Event - TODAY

Birthday Chip Potluck with Literature Sale and Arts and Crafts

Date: Saturday May 10th

Time: 12-2:30pm

12 -12:30pm - Potluck lunch, literature sale and creating bookmarks and painting a god box*

*for those who were not able to attend in October

12:30-2pm - Birthday Chip Celebration/Chip meeting

2-2:30pm - Clean-up

2) Inner Child Disneyland Adventure Park- **Wednesday April 14th - 10am -Flyer is on the website with details.**

3) Next Monthly Karaoke is Friday May 16th 8pm. Flyer is on the website with details.

4) FREE JAZZ at LACMA - Friday May 30th - Flyer coming soon.

E-mail: events@lacoda.org

VIRTUAL OFFICE [Duties & Documents](#) (Chair: Ruth, Lloyd, KL, Sharon) virtualoffice@lacoda.org

- To update meetings on LACoDA.org, email meetings@lacoda.org. The Meetings List committee sends us the updates. Updates are made within a month of the webmaster receiving them. (To update CoDA.org, go to the site, Click Meetings, find your meeting, click Update Meeting and fill out the form)
- To join the Internal Intergroup Mailing List or the Contact List, write virtualoffice@lacoda.org
- Announcements mailing list link:
TO PRINT: [QR CODE](#) for in-person meetings
FOR CHAT: http://lacoda.org/mailman/listinfo/announcements_lacoda.org

News

- Committee met April 23, 2025 via Zoom
- Lloyd opened CPanel during the committee meeting and the lists were back! (The mailing lists were gone two weeks ago and Binary Monk said they couldn't retrieve them)
- Ruth made a webmaster drive google doc and Lloyd added back up of LACC mailing list
- We spent time removing non-active LACC members on the list (as per the 10/23 GC), Some people we weren't sure who they were so we didn't remove them
- Updated the email forwarding: communities@lacoda.org = Dawn, vicechair@ = Anna, historian@ = Deb B, callback@ = Randy, Info@ = Sharon & Ruth, SoCal rep = Dawn
- Note from Sharon: Jails can't take the spiral bound green books, Edovo site - people can download CoDA materials (jails, etc)

LITERATURE [Duties & Docs](#) (Chair: TBD, Ruth, Anna F, Austin, Cerris) - literature@lacoda.org

- No report

PUBLIC INFO & OUTREACH [Duties & Documents](#) (Chair: **Open**, Deborah, Ruth) - outreach@lacoda.org

- Will meet again when Deborah's back in town.

HISTORIAN [Duties & Documents](#) (Chair: Deborah, Ruth) - outreach@lacoda.org

- Might meet with Virtual Office committee soon.

OPEN COMMITTEE CHAIR POSITIONS

To volunteer to be Chair of any of these committees or to ask questions, write chair@lacoda.org or info@lacoda.org

- **Hospitals & Institutions** (Chair Open) - h-i@lacoda.org // - hosts panels at detox centers, etc, more info: [H&I](#)
- **Road to Recovery** (Chair Open) - retreat@lacoda.org // Plans yearly weekend retreat, more info: [Retreat](#)
- **Publications** (Chair Open, committee of 2) - publications@lacoda.org // creates monthly newsletter & new CoDA literature, more info: [Publications](#)

GSR & MEETING NEWS

(1 min each)

Sunday

Monday

Tuesday

Wednesday

Thursday-

Friday

Saturday

Who will open the room?

OLD BUSINESS

(5 min for each motion)

Appendix A: Old Business is made up of motions tabled from previous intergroup meetings.

- a. Chair restates the motion at hand to be sure it is understood.
- b. Chair conducts pro and con discussion (approx. 1 min arguments).
- c. Chair may extend discussion time, or any member may request an extension of time from the Chair.
- d. Anyone may move to end discussion at any time by saying, "I call the question." A vote whether to end is taken immediately, & 2/3 majority rules.
- e. When discussion has ended, either by a call for the question vote or automatically by expiration of allotted time, the Chair calls for 30 seconds of silence, then conducts a vote on the motion at hand.

PAST MOTIONS: To see a list of past motions and their outcomes, click [HERE](#)

NEW BUSINESS

(5 minutes for each motion)

Appendix A: New Business is made up of new motions about proposed sub-committees, activities, events, expenses, items for the monthly mailing, new policy or procedures, changes to existing policy or procedures, etc. **NEW BUSINESS MUST BE PRESENTED IN WRITING TO THE CHAIR BEFORE THE START OF THE MEETING. INCLUDE YOUR NAME. [lacc@lacoda.org or chair@lacoda.org]**

- a. All new business must be presented in the form of a motion, which is a yes-or-no proposition beginning with the words, "I move that..." or "Motion, that..." If preliminary discussion is needed to clarify a motion, it should take place outside the meeting, not during the limited meeting time.
- b. The Chair and Treasurer may immediately kill the motion if it is determined to be invalid, or if the funds or means needed are not available.
- c. Every motion must be seconded before discussion begins, to ensure that at least one other member wants to discuss it.
- d. When a motion is seconded, the Chair restates the motion.
- e. The Chair opens discussion by asking for an opening argument (1 minute).
- f. The Chair conducts pro and con discussion (~ 1 min arguments).
- g. The Chair may extend discussion time, or any member may request an extension of time from the Chair.
- h. Any voting member may move to table the motion at any time. A vote whether to table is taken immediately and majority rules.
- i. Any member may move to end discussion at any time by saying, "I call the question." A vote whether to end discussion is taken immediately, and two-thirds majority rules.
- j. When discussion has ended, either by a call for the question vote or automatically by expiration of allotted time, the Chairperson calls for 30 seconds of silence, then conducts a vote on the motion at hand.

The meeting will end at 10:45 am, and all Old and/or New Business not addressed by that time will be added to the next LACC Agenda as Old Business.

MOTION 1: I motion for \$3600 to be approved for the Literature committee's 2025 budget (\$1812.63 to reimburse and \$1787.37 to potentially spend in 2025) with the reminder that we can amend it to just the reimbursement if the group wants to amend. -ruth
Amendment i motion we reimburse Austin \$1812.63 for the literature.

RATIONALE: The lit committee ordered more literature to have at the Lit Sale/ Godbox Chip event on Saturday May 10th (after intergroup). We'll have the new purple book (Growing Up in CoDA), the coloring book, the new green books, all of which we've never had before, and Peeling the Onion, which we had run out of.

I'm making a motion on behalf of the committee to be reimbursed for the purchase and Lloyd, the treasurer, suggested we ask for double so that we have a budget to potentially buy more literature in 2025.

Since the 2025 budget was already approved and we didn't know yet if we were going to be buying new literature this year, we're allowed to ask for a onetime payment to be approved by GC, so that's what we're doing.

History: The 3 yrs before the pandemic Lit expenses ranged from \$2700 to \$7700. See link: <https://drive.google.com/file/d/1dcGHUKhOGQ0Kkmc-0BdSP067IO6EVQoK/view?usp=drivesdk>

Below is the \$1812.63 receipt for the purchase. →

<https://drive.google.com/file/d/16dDHiePFo3NrQURZazn7Hrqp9q0iUubh/view?usp=sharing>

We usually want to have our budget approved before making a purchase, but with the literature sale coming up and the time we took last year asking meetings if they want us to buy literature, we made the purchase first this time.

I motion that we increase literature pricing sold by LA CoDA to currently-listed prices on the Core Publications website. - Austin Amendemnt: Try this out until November and check in at budget time to see if we are losing money.

OPEN DISCUSSION

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

FELLOWSHIP

We have 5 minutes of Fellowship after meeting. Since we need to be out of the room by 11am, after 5 minutes, we can split into Zoom and in-person to continue Fellowship, where the in-person folks chat outside on the patio. If you have questions or feelings coming up while doing intergroup service, feel free to share during Fellowship to receive support.

ADJOURN WITH SERENITY PRAYER 10:45 AM