

LA CoDA Board Meeting Minutes

May 13, 2023
9:13 AM – 10:40

Opening:

- Serenity Prayer
- Chair read excerpt of the Guidelines- MEETING CONDUCT & GUIDELINES
- [12 TRADITIONS](#) Read by Deborah B
- Next Meeting Date 6/10
- Introductions
 - o Thomas (SoCal Rep, Dawn (GSR), Deborah (GSR), Yvette (guest), Nikki (VC, Info line), Sharon (GSR, Events), Blair (meeting/speaker), Author (guest), Guy(Liaison), Anna(GSR), Lloyd(GSR, Treas), Eileen (guest)
- Newcomer Greeters Thomas offered to send Guidelines and take calls, posted phone number
- Minutes from April approved as submitted

Board Member's Reports

Secretary (Jeremy) secretary@lacoda.org

I am out of town on business at the moment and traveling back tomorrow morning (5/13) so will not make tomorrow's Intergroup meeting.

I've replied to my email from last month's meeting minutes so you have the links again for these.

Thank you, and sorry I won't be seeing you all this month. -Jeremy

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

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

Treasurer (Lloyd) treasurer@lacoda.org -

April 2023 LACC Treasurer Report (presented at May 13th, 2023 LA CoDA Business Meeting)

- Expenses for April: \$0.00

o Note: NA

- Income:

o Total 7th tradition donations = \$170.00

- Literature = \$0.00
- Other Income = \$0.00
- **Total Revenue = \$170.00**

- Bank Balance on 05/06/2023 was \$13,336.20

- Notes

- Note that bank balance includes additional May 7th tradition donation but not 05/06 \$137.00 withdrawal to cover \$40.00

04/08 LACC share hybrid meeting and \$97.00 for literature change box startup all to be reported in June.

- March 2023 balance was \$13,159.20

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

- Mail box was checked on 05/06/2023 and contained:

- One credit card application. Mail was shredded and recycled.
- National Domain Authority Letter. Not a bill. Mail was shredded and recycled.
- Kaiser Permanente Consultation Letter. 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

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

LA CoDA Monthly Meeting Report May 13 2023

Submitted by Thomas F.

Notes from the SoCal Quarterly meeting 5/6/2023, Attended in-person at SHARE!

Meeting commenced at: 10:11

Readings and Introductions

Board Reports

- Chair
 1. Minutes approved,
 2. Proposed Sept 9 th , no issues raised. Will be a hybrid.
 3. There was a Wells Fargo snafu with our account (it was closed), it got fixed (opened a new one)
 4. 3 email motions- 2 passed (Dissolve the H&I position and the Budget), the personal use of Venmo did not pass.
 5. **On-line Iranian language meeting with hundreds of attendees is looking for speakers, and they will translate (Call Sam I to volunteer, 310-895-0516)**
 6. They asked for help to draft Bylaws changes to remove the H&I position since that one passed
- Treasurer – Usual stuff, got new ATM cards as the account mess was fixed
- Vice Chair – Help fix the bank account problem, working on the nominating committee
- Immediate Past Chair – working on the nominating committee
- Recording secretary – Nothing interesting
- Corresponding secretary – 18 letters for contribution
- Webmaster – Not present
- Historian – Not Present

Community Rep Reports

- o **The Valley – Doing new different workshops**
- o Intergrup de CODA en Espan~ol – Not present
- o Intergrup Hispana - Have 15 meetings and are doing 4 events, doing a conference around December. They want to have a workshop at the convention.
- o **San Diego** – putting on the conference... lots of work, **they also have a newsletter that can use submissions**
- o The Desert Intergroup – Has dissolved
- o CVCODA New Intergroup is Coachella Valley -not present

Conference Facilitator - working on the conference with San Diego

- o Conference Planning Committee - Have the date, still have a lot to do. Does LA CoDA want a table, and do we want to give a 10-minute talk at the closing. It was reported last time about the Zoom and in-person times... Those are not fixed. More to come.

o There are two questions we need to answer for the Conference Committee (by 5/20):

1. **Do we want a table set up to represent our Intergroup to have literature or information?**
2. **In the closing, each intergroup will be given 10 minutes for a person to stand up and speak (about the intergroup I presume) Do we want to take advantage of that?**

CSC Delegates – No motions to work on yet. Looking for flights to Houston

Old Business:

1. Creation of a Conference Committee. The bylaws mods were included in the motion. There was a lot of discussion, but we decided to table it and go back to our Intergroups for inputs. (Give me inputs if you have them, ask questions of me if you have them)

New Business:

1. Had a discussion about if we could do something about Zelle, Paypal and Venmo. The previous motion to let the treasurer use their accounts had failed. Some folks are looking into it more.

2. A **San Diego CoDA member (Bryna 619-203-5852) is looking for anonymous stories:** “Have you caught yourself in one of the Patterns of Codependency and turned it around instantly with a Recovery Pattern? What was the pattern and what did you do?” **She will use these to make a presentation at the Conference.**
Meeting concluded with a prayer at 12:45

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

Per a request from last meeting, 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.

I will not be able to attend this meeting.

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, May 21, 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, May 20, 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, May 21 , 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, May 13, 10am – 12pm - Share Center 6666 Green Valley Cir Culver City, CA.

Meeting ID: 811 9106 1679 | Password: lacoda (*reminder from chair- ID & password need to be corrected)

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

Desert CoDA Monthly Community Business Meeting - Wed, May 17 , 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, June 4, 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.

FUTURE EVENTS:

LaCoda - Spring Into Recovery Event - May 13th 9:00AM to 1:30PM

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

CoDA Fellowship Forum - Hosted by CoDA Communications Committee - May 27th @ 12:00 pm PDT

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

The 2023 SoCal CoDA Conference is being held in San Diego, CA.

Conference Date: June 2nd through June 4th, 2023

Link to event information on main SoCal CoDA Page: socalcodacomm.org

2023 CoDA Service Conference and International CoDA Convention

Service Conference: July 24-27 Workshops & Speakers

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

In Service,

Guy D.

COMMITTEE REPORTS

Info Line (Niki, committee of 2) info@lacoda.org - Nominal number of calls this month.

Meeting Speaker List (Blair) meetings@lacoda.org / speakers@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**)

Events (Sharon) events@lacoda.org -

Event Report: Looking forward to our first in-person LA CODA event today. Appreciate everyone's service in getting the word out. I have a picnic site on hold for June 10th if all goes smoothly and we would like to do it again.

GSR's please spread the word that I am looking for members to form an Events Committee and if interested please e-mail events@lacoda.org. We had a small meeting last Sunday after the beach meeting. I plan to organize an online meeting in the near future.

Thank you! Sharon

Added that she plans on raising a motion to get more funds assigned to the events committee.

Virtual Office Chair (Ruth, committee of 4) virtualoffice@lacoda.org -

Webmaster's April hours: I just asked for these on Friday 5/12/23 and don't have them yet. Webmaster and I haven't set up how to do this yet- whether they send them to me and I send them to the Treasurer or if they just bill the Treasurer. But the Treasurer can go ahead and pay them for February and March (\$50 per month, \$100 total).

The new webmaster started late Feb and April was the first time they made updates on their own! Yay new webmaster! Webmaster knows how to update Meetings page and Events page, I barely trained them on how to update the minutes & agenda, but they will try this month to do it just using the "How To" document. Future training: how to update Events Archive, News & News Archive.

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

- **Looking for someone to be of service who wants to check the Google analytics at the end of each month and send them to virtualoffice@lacoda.org to be included in the monthly report.**

Committee met Mon 5/8/23 on Zoom and:

- New email blast person sent out their first email blast for May 13th Spring into Recovery event. Yay new email blast person!
- Discussed how to make webmasterlacoda@gmail.com not go to Ruth's personal CoDA email and phone in case webmaster is logging in and can't contact Ruth, but also keep the site/ account safe:
 - o Decided to make a new gmail recovery account and use Lloyd's phone # with it. For future, if anyone is looking for this, more info on the Website Subcommittee doc found on LACoDA.org under Intergroup/ Virtual Office/ Documents (at top)

Next meeting is Mon 6/5/23 8-9pm on Zoom

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 April. (I wasn't available in April)

Usually, we meet on Zoom biweekly (ish) on Thursday evenings 7-8pm on Zoom.

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)

GSR & MEETING NEWS

The following meeting's GSR shared:

- Sunday - CA0299, CA1064
- Monday – None reported
- Tuesday - CA0596
- Wednesday - CA1263
- Thursday - None reported
- Friday – CA1107
- Saturday - CA1590

OLD BUSINESS

No old business today

NEW BUSINESS

MOTION 1

Motion to continue LACC Business Meeting Hybrid:

I move that we continue the LACC business meeting hybrid at SHARE the second Saturday of the month from 9:00am - 10:45am. The cost is \$300/year and includes storage of our literature and event items in the filing cabinet.

Motion was seconded

- Pros, no Cons
- Motion carried Y= 9 (unanimously)

OPEN DISCUSSION

1. Do we want a table set up to represent our Intergroup to have literature or information?
 - Discussion lead to a negative response. Not many people going in person.
2. In the closing, each intergroup will be given 10 minutes for a person to stand up and speak (about the intergroup I presume) Do we want to take advantage of that?
 - Discussion lead to a tentative negative response. Can be done over Zoom. Not many people going in person. Thomas will ask another person he has in mind who might be interested, before giving a final answer.
3. Discussed adding funds to the budget for refreshments. Someone might make a motion in the near term.
4. Sharon in events shared about a new venue for activities.
5. Thomas gave a briefing on the results of the SoCal motion to create a Conference Committee. The motion did not make it to a vote before being tabled. It seems the motion was not heading toward passage.