

Approved LA CoDA MINUTES

Sept 14, 2024, 9:00 AM - 10:45 AM

Zoom Link ID: 844 7471 9301 Passcode: lacoda22 Dial in +1 669 900 6833 Passcode: 57942162
St. Bede's Episcopal Church, 3590 Grand View Blvd, LA, CA 90066 (trial visit)

OPENING

Appendix A sections are to be read aloud to group

Attendance: Niki, Sharon, Katherine, Ruth, Anna, Alex B, Shirley, Austin

SERENITY PRAYER: Open @9:15am. Quorum reached. 4>2.5.

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 Fellowship after the meeting for about 30 minutes

ANNOUNCE Next meeting date is: 10/12, 11/9, 12/14, 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.

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 (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). Committee details [here](#).

- Share NEWCOMER WELCOME (**READ ALOUD if there are newcomers**)
- Share GUIDELINES- These reference 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.

SECRETARY secretary@lacoda.org

Katherine is our new secretary- thank you Kat!

Duties:

The SECRETARY shall be responsible for taking and transcribing the minutes of the monthly Intergroup meetings which shall include: reports from sub-committees, other announcements, votes on motions, carried or not, including vote count. The Secretary shall send the completed minutes to lacc@lacoda.org no later than the 20th of each month for additions and corrections. The approved minutes will be submitted to the Fellowship via lacc@lacoda.org.

Ruth HW - Ask LLOYD TO HOOK UP EMAIL TO KAT

APPROVAL OF LAST MONTH'S MEETING MINUTES

Aug minutes to be approved, by Kat- MInutes approved by 2 ppl

- 9/4/24 Hello. Sorry for the delay in sending this out this month. I am sharing with editing access. Feel free to adjust anything that you feel I mis-captured. All minutes for this month are in red except for the GSR reports which are in black. Best.

<https://docs.google.com/document/d/1-JetYqVtga4HGSXm9uqoP9aaCb3qLnbdU1G9Jhjbz8/edit?usp=sharing>

Sept & Oct 2023 minutes: Dawn volunteered to transcribe these
Nov & Dec 2023 minutes: Sharon volunteered to transcribe these
Jan 2024 minutes: Ruth recorded, does anyone want to transcribe these?

Ruth HW - EMAIL KAT A REMINDER TO EMAIL LACC@LACODA.org the approved minutes after each intergroup

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.

CHAIR (Ruth) chair@lacoda.org

- We have 0 motions today: 0 Old Business, 0 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.
- I responded to the Orange County person seeking guidance with a 13th Stepper. Here is Google doc of our discussion and the resources we shared with them:

13th Stepping Discussion August 2024 LA CoDA Intergroup

https://docs.google.com/document/d/1b_yaSmtS-fOvYLDXxClaYhaltTfKCcmeDIViH4BFMCg/edit?usp=sharing

VICE CHAIR (Niki) vicechair@lacoda.org - No report- Niki will be traveling for a few months but still available to serve.

TREASURER (Lloyd) treasurer@lacoda.org -

PDF REPORT LINK:

(if printing the agenda, please also print the link page)

August 2024 LACC Treasurer Report (presented at September 14th, 2024 LA CoDA Business Meeting)

- **Expenses for June: \$187.12**

- o Waiting for check \$100.00 for Share to clear. Unfortunately I did not record the check # in the registry

Total expenses	Rent St. Bedes-	\$150.00
	LACC Meeting Snacks	\$37.12

- **Income:**

- o Total 7th tradition donations = \$83.22

Meeting No. & Day of Week	Meeting Location and Time	Amount	Submitted
CA0299 Sunday	Santa Monica 9:30AM	\$2.22	Zelle
Anonymous	-	\$81.00	Zelle

o Literature = \$12.00

o Other Income = \$0.00

o Total Revenue = \$93.00

- Bank Balance on 09/09/2024 was \$15,042.21

- Notes

- July 2024 balance was \$15,316.11

- \$9249.77 is prudent reserve for 2024.

- Can not locate literature sales binder. Can still update literature via cash on hand and Zelle information and will provide update for October reporting.

- Mail box was checked in June and on 09/03/24 and contained the following:

o PO Box bill for \$182.00 which was paid and will be reported in the October Treasurer's report.

o Advertisements which were shredded.

- 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

Ruth HW - ASK LLOYD IF ARTHUR HAS THE BINDER, Sharon: I think Arthur wrote he handed it over

SOCAL CODA REP (Dawn) / **ALTERNATE REP** (Anna F.) socal@lacoda.org - No report

CODA COMMUNITIES LIAISON (Guy) communities@lacoda.org - No report- 3rd month no show. Anyone have Guy's information in order to reach out? Does anyone want to take this on?

Ruth HW - ASK GUY IF HE'S DONE W THE POSITION

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 (Chair: Niki, committee of 2) info@lacoda.org - No report - Not much activity lately.

Ruth HW - This is FOR INFO ON MEETINGS OR LITERATURE
ADD IT TO THE SITE - phone and email on front page

MEETING & SPEAKER LIST (Chair: Dawn) meetings@lacoda.org -

Meeting Report

One meeting has closed its doors. [CA 1520 Malibu True Person]

Speakers List

There has been some drop offs from the list but with the addition of new speakers along the last few months. One volunteer speaker was added last month.
The total speakers on this list is 20.

Please consider asking at the different meetings you attend to see if anyone would consider being added to the Speakers List. Six months in CoDA is required. I can be reached at speakers@lacoda.org. 🐱

Dawn M

- [From LA CoDA Chair- GSRs, if your meeting wants a Speakers List, a list of people willing to be lead speakers at home meetings, email speakers@lacoda.org]
- [From LA CoDA Chair- Dawn, for Meeting List Committee History and Working Doc, click: [Meeting/Speakers List](#). It's also found on LACoDA.org under Intergroup drop down, Subcommittees, Meeting List, Documents.]

EVENTS (Chair: Sharon, has a committee) events@lacoda.org -

Here is my events report for August:
GSR's please announce:

LACODA is hosting "How to start a Step-Study + Sponsorship Discussion/Potluck today following the Literature Sale from 11:30am - 2pm.

The next LACODA event will be Saturday October 19th - Time: TBD - Location: St. Bedes Church - CODA Birthday Celebration and God Box Workshop.

If anyone is interested in organizing Holiday Marathon Meetings or any other events for LA CODA please send e-mail to: events@lacoda.org.

All my best,
Sharon

CA#1637 Is considering holding meeting on Thanksgiving. CA1637 will vote on their next business meeting to either hold the meeting or cancel it for the day depending on people being able to serve. We will give a response at the October meeting.



VIRTUAL OFFICE (Lloyd, KL, Sharon, Chair: Ruth) 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 join the Internal Intergroup Mailing List or join or receive the Intergroup Contact List, write virtualoffice@lacoda.org

- Announcements mailing list link: [Google doc](#) that in-person meetings can print. Use the QR code pic to the right, or chat this direct link: http://lacoda.org/mailman/listinfo/announcements_lacoda.org

- We didn't meet this month- I haven't been as available as Chair. Need to motion we meet as-needed instead of every 1st Monday of the month, see if group is up for it.



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.

- Does anyone want to join the committee to be the announcements email blast person?
- Please announce at meetings that we'd love to have someone help, if they're interested, email virtualoffice@lacoda.org with questions or to get in touch for more info.
- Webmaster made changes this month:
 - Meeting #CA0690 added to directory and created a corresponding web page: [MEETINGS \(google.com\)](#)
[Fri Carson Friday Coda Group \(google.com\)](#)
 - Added Autumn Sponsorship Workshop from CoDA.org to Intl Events
 - Archived onto the Events archive, removed from very bottom of events page:
 - - 2023 "Saddle up for Serenity, Strength and Hope" CoDA Service Conference info
 - - the blurb starting with "Hello Everyone"
 - - Holiday CoDAthon 2022 (a huge long thing)
 - (Ruth went ahead and archived the San Diego Step Study event)
 - Ruth added note that meeting closed until webmaster can remove meeting

Our past minutes / GCs : [here](#) (via the [VO Subcommittee page](#) under the Intergroup dropdown menu)

LITERATURE (Committee: Ruth, Anna F, Austin, Cerris, Chair: TBA) - literature@lacoda.org ,

From Austin-

Literature committee members Anna and Cerris completed an inventory (see attached) of all existing CoDA literature at the SHARE! facility. The literature committee will host a literature sales after the intergroup meeting on Saturday, September 14. After that event, the committee will then assess the next steps in how to advise GSRs in communicating with their meetings on literature sales and orders moving forward.

Inventory-

<https://docs.google.com/spreadsheets/d/13rmrjpYW45lknGf1NRueekcXXmGNyGIJadWf-NqlbyM/edit>

Literature Piece	Number
Green workbook	52
In this moment	54
Blue book pocket edition	23
Big blue books	22
The Affirmations Booklet	19
Small green CoDA prayers	25
Peeling the onion	2
Carrying the Message	36
Traditionally Speaking	5

Twelve Steps Handbook	16
Twelve piece relationship toolkit	15
Tools for Recovery	7
Building CoDA Community	38
Common Threads of Codependency	9
Newcomers Handbook	31
Bookmark multi pack	9
Experiences with Crosstalk	41
Sponsorship - what's in it for me?	30
Starting a new meeting	101
Communication and Recovery	30
Sponsorship in CoDA	63
Welcome to CoDA	70
Using the 12 Traditions	24
Attending Meetings	88
Am I Codependent?	45
What is CoDA	43
Establishing Boundaries in Recovery	54
Box of free intro pamphlets	

LOS ANGELES CODA

HOW TO BUY CODA Literature

Questions?
Email literature@lacoda.org

WHEN & WHERE

Saturday, September 14 (The 2nd Sat of the month)
10:45-11:15AM Store is open, after Intergroup meeting
St. Bede's Episcopal Church
3590 Grand View Blvd, Mar Vista, CA 90066

PARKING & CASH

Entrance is located on W. Charnock Road through the glass doors. Plenty of FREE PARKING on the street or in the lot on the corner of Grand View and W. Charnock. Literature sales are **CASH ONLY**.

LITERATURE

The LA CoDA Literature committee will be selling literature that we bought pre-pandemic. No newly published books. While there's no guarantee we'll have exactly what you want, we will have quite the loot! Want to work your steps for less? We'll have half-price old versions of the Green 12 Steps & 12 Traditions Workbook for \$6.

LACODA.ORG

[From Intergroup Chair: For Committee History and Working Document, click: [Literature](#)]

PUBLIC INFO & OUTREACH (Chair Open) - outreach@lacoda.org // Gets word out about CoDA, more info: [Resources](#)

Charley is potentially interested in this committee. He and I were going to get together to talk about it. When I could, he couldn't and when he could, I couldn't. Hopefully we'll try again in Sept! Ruth

PUBLICATIONS (& NEWSLETTER) (Chair: Open, committee of 5 or 2?) - [publications@lacoda.org](#) // Creates newsletter & new CoDA literature, more info: [Publications](#)

This committee was in full swing in 2019 before the pandemic and made these 4 quarterly printed newsletters: See [Newsletter](#) page of LACoDA.org under Resources. I was acting as the Chair of the committee that year, but never officially took the position. There were 5 of us on the committee, all participating.

I reached out to them this month and shared that I had 4 newsletters ready from what we had all gathered during the pandemic. I motioned that one go directly on the website, but that we print and release on the site the other 3 quarterly.

One person wrote back and said she approves of the idea but will also read over the newsletters. I'm waiting to hear back from her, then I'll check in again and see if anyone else still wants to be on the committee and then check in with Higher Power before seeing what step to take next. Ruth

SAFETY EXPLORATION AD HOC (Chair: Ruth, committee of 6) [codasafetyexploration@gmail.com](#)

- Didn't meet this month. We all still care about this. Timing hasn't worked out for the Chair to rally. If you'd like to discuss safety in CoDA and other 12-step programs, and craft a resource to make CoDA safety protocols more accessible, plus create new safety resources, join the committee by emailing [codasafetyexploration@gmail.com](#). Thank you, Ruth

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](#)
- **Historian** (Chair Open) - historian@lacoda.org // - organizes intergroup documents for reference, more info: [Historian](#)
- **Publications** (Chair Open, committee of 5) - publications@lacoda.org // creates monthly newsletter & new CoDA literature, more info: [Publications](#)

GSR & MEETING NEWS

(1 min each)

Sunday

CA 1631, Charlie, gsr, Meeting keeps growing and is healthier and safer. Was a speaker meeting but they have changed the format.

CA0299 : Sharon: Very strong beach meeting; lots of newcomers; filled last service position.

CA 1364, Anna, Sunday non binary, hybrid; adjusted prudent reserve, made disbursements, meeting is healthy, discussing service rotation, lots of newcomers.

Monday

Tuesday

CA0596 GSR Report for Tuesday Night Women In Recovery
Hybrid meeting with physical meeting at St. Bede's church in Mar Vista
Has a healthy repeat attendance between 12 to 18 with newcomers every week.

Wednesday

CA1238, Niki, covering for Niklaus:, more in-person people than online; a lot of newcomers becoming regulars. Bad zoom bomber recently= taking more precautions like not allowing people to unmute themselves. In person 10-15 and 10-15 on zoom.

Thursday

CA 1637, Katherine, is doing well. 8-12 people weekly. In person only. A little low on literature but other than that really well.

Friday

CA1107; Friday 7:30 AM Book Study Share,. A remote meeting through zoom. We are averaging 20 attendees from the area, out of state and international. Typically a handful of newcomers. This week we had around 12, mostly newcomers and very few people read or commented. This was a first time experience for me at this meeting. Hopefully it was just a fluke because typically there is good participation.

Saturday

CA1590; Katherine; Joyous Recovery Meeting; in person only, 15-25 people in attendance every week, is healthy.

CA 0262 Alex, 15-20 people online every week has dropped from 70-80 in the past. This is a speaker meeting. Attendance has dropped. Having some trouble getting people to serve. Asking for experience, strength, and hope on how to get people to do more service. Vitality of meeting in jeopardy.

EXTENTION: Discuss Experience Strength Hope on how to help meeting:

Suggestions: Announce the service rotation spirit, among others.

Ruth HW - SEND ANNOUNCEMENTS EMAIL ABOUT NEWCOMERS & LONGTIMERS MEETING

TALK ABOUT THE NEWCOMER PORTION

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.

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.

October Meeting: 3rd week or keep it at 2nd and make it strictly online.

Three options: online only, move to next week, do meeting online or do event (God Box & Birthday Celebration) separately. October 12th, or 19th.

Leaning toward: SEPARATE EVENT FROM INTERGROUP. Keep Intergroup online the 12th (2nd Saturday- holiday this day) and hold the event the 19th (3rd Saturday).

Unofficial Official Vote: Unanimous vote to separate.

More discussion on ESH for service on the Saturday online meeting: Did you try to shorten the meeting.

PART OF SECRETARY SCRIPT FROM CA1637 WILLING TO SHARE.

1. Service -If you are a regular at this meeting and are willing to be of service we do have ___ commitment(s) open. Speak with me after the meeting so we can discuss a temporary assignment. We'll officially vote you in at the next business meeting.
2. Business Meeting– Our monthly business meeting is held the first Thursday of every month, everyone is welcome even if you do not have an official commitment with us. This is your meeting. Feel free to make your voice heard.

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

Adjourning Sep 14, 2024 10:43 AM