

The Los Angeles Community of Co-Dependents Anonymous (LACC / LA CoDA)

Minutes – January 11, 2020

9:00AM-10:45 AM (New Time)

I. OPENING

Moment of Silence/Serenity Prayer
Reading of the 12 Traditions
Introduction & Voting Member Count Off
LACC Newcomer Greeter (Barbara L)
Reading of Conduct & Guidelines Statement
Upcoming LA CoDA Meeting: February 8th, 2020 9:00am
Secretary (Leslie) (J stepped in to take minutes this month)
Approval of Minutes for [December](#) Y: 8/N: 0/A: 4 *Approved.*

II. REPORTS (3 minutes each)

Chair (Sue) chair@lacoda.org

I want to thank everyone for this opportunity to be your new chair. I appreciate all your patience as I grow into the role. Please don't hesitate to reach out to me with questions and helpful hints.

At this January meeting, we will review the budget for 2020. Reps, please note that your groups may bring group consciences regarding the budget before this body. Having these discussions during business meetings sheds light on LA CoDA's financial situation. Many meetings require that GCs be announced several times in advance of the business meetings themselves. Please schedule accordingly. If your meeting GCs a change, please send the GC to me as soon as possible via email. The absolute latest time to submit motions is right before the meeting begins, and must be in writing. For more info, see Appendix A of the LACC Guidelines.

Please review your copy of the LACC guidelines, especially article VIII in preparation for these meetings.

Thank you.

Reports are due to your new chair by: One week before our meeting by the end of Saturday.

Vice Chair (Darlene H) vicechair@lacoda.org – Looking forward to the year!

Treasurer : (Blair new/ Tom outgoing) treasurer@lacoda.org – See attached.

SoCal CoDA Rep (Will); Alt Rep (Incoming: Tom) socal@lacoda.org - No report. The next SoCal Quarterly Meeting is 10am Saturday, March 7th, 2020.

CoDA Communities Liaison (Guy) communities@lacoda.org – Not present/No Report

a. Info Line (OPEN) callback@lacoda.org -

b. Events (Christina P) events@lacoda.org - A committee of four has worked with the 2019 Events

Chair to plan:

Women's Sponsorship Panel Potluck

Sat Feb 29th 6:45-9pm

1711 N. Van Ness Ave, 90028

Hollywood Adventist Church

Big free parking lot

Optional Potluck :: Bring a snack or dish to share if you'd like

Doors open 6:45, event at 7pm

Suggested donation :: \$5-\$10

?s Contact events@lacoda.org

Black & white and color flyers attached. Can anyone print 15-20 of these for the 1/11/2020 intergroup meeting?

Info also added to [Events page of LACoDA.org](#). Please let your meetings know.

Rent is \$80 for 2 hours, with 2 extra hours to set up and tear down (4 total). We hope the attendee's 7th Tradition donation will cover this cost and plan to share the \$80 goal with them at the workshop and pass the basket twice. It's also on the flyer.

Thank you to the 2019 Events Chair for guiding us towards the Traditions and answering our questions.

Goals:

Tradition 5- carry the message. People interested in sponsoring, but who are on the fence, will be able to ask questions and see that everyone on the panel does it differently.

People who want to have a sponsor, but are not sure how it's not codependent to have a sponsor, can get exposed to the potential healthiness of the relationship.

We plan to read CoDA sponsorship literature, have the panel share experience, then Q&A with attendees. Plus time for potluck fellowship.

Maybe months later, have a Co-Sponsorship Panel, a Sponsee panel etc. To keep sharing experience, strength & hope to expose members to sponsoring options.

Tradition 7- self-supporting. Secondary goal is a fundraiser for LA CoDA

Tradition 1- common welfare. So there is a foundation for our individual recovery, thirdary goal (new word) is to strengthen the community in the Hollywood area, to bring recovery to folks who live more central and can't make it to westside events.

c. Historian (OPEN) historian@lacoda.org -

d. Hospitals & Institutions (Will) h-i@lacoda.org - LACoDA has 2 current active H&I venues:

1. Torrance Sober Living every 2nd Sunday @2pm
2. West Hollywood detox center every last Wednesday @8pm

We are always looking for people to share experience, strength, and hopeplease let your group know.

If anyone is interested in setting up a panel at another facility please contact me: wdsurf3@gmail.com

e. Literature (Ruth) literature@lacoda.org – 100 *Twelve Steps and 12 Traditions* workbooks ordered, have not yet arrived. Chair position will be up in July. Please join the committee.

See [attached report](#) (.pdf)

f. Meeting / Speaker List (Lloyd A) - Next Meeting/Speaker List Conference call is January 26th at 6pm. Please email meetings@lacoda.org for information about participating.

I have informed my committee that I will be stepping down as chair but will be available on the January 26th conference call. I will also be available to help a new chair/team members transition into the role(s) when they become available. The speaker list team member has also stepped down. One trusted servant remains to make the meeting list.

Meeting List News: January 2020 Meeting List soft copy is available. January-March 2020 Meeting List will be sent to the printer this week and the cost/copies brought to LACC at the Jan 11th meeting

Due to Holiday Travel, finalizing the details of selling the recovery pamphlet has not been completed. A conference call has been scheduled this Monday (Jan 6th) to finalize the details. The details will be brought to the Jan 11th LACC meeting.

No Meeting List Updates

Speaker List News: December 2019 Speaker List is updated and available upon request. Email speakers@lacoda.org to request a copy.

h. Publications (Ruth) publications@lacoda.org AND newsletter@lacoda.org - Ruth gave report: .

Newsletter Committee (4 members, no Chair) didn't meet in Dec 2019.

A CoDA member donated printing as their 7th tradition for our 2nd and 3rd issues. They are going with their gut and stepping down from donating printing newsletters in the future.

2020 is the first time we have a budget so we'll be able to use that to print some copies.
If any member has interest in adding to our copies by donating supplemental printing as a 7th tradition,
please email publications@lacoda.org
The total from our Dec 2019 Nature Bath newsletter printing fundraiser was \$81. We plan to give this to
the new Treasurer at the 1/11/20 meeting. We hope to have more fundraisers in 2020.
We GCed to change our 2020 budget request from \$300 to \$450. Reasoning below:

LA CoDA Updated Newsletter 2020 Proposed Budget

Requesting \$450 to print quarterly newsletters (4 newsletter issues in 2020)

- \$93.32 100 copies (color cover, black & white insides & back, 4 pages, 8.5 x 11, gloss, 80 lb. text)
- \$20.05 shipping
- \$8.79 tax
- = \$122.16 x 4 = \$488.64 *Printivity.com sometimes has \$20 off coupons so price may be less.*

Printing 100 of each of the four seasonal newsletters will give 10-20 GSRs about 10-5 copies, at least
to show to their meeting and, if they'd like, ask for meeting funds to print more.

Plus a color pdf will be put on LACoDA.org for anyone to read online. (Resources/ Newsletter)

There are about 32 LA CoDA meetings, but only about 19 of them have a rotation of GSRs at the
monthly Intergroup meeting. We're only counting GSRs who can pick up the newsletters at
Intergroup in our printing numbers.

There may be more newsletter fundraisers in 2020. There may be members willing to donate
supplemental printing as a 7th tradition donation. *We have already raised \$81.00 for 2020.*

i. Public Information & Outreach (Carole) outreach@lacoda.org AND info@lacoda.org -

j. Virtual Office (Blair) webmaster@lacoda.org - Lloyd gave report: Posted holiday phone meeting
information from world. We are behind on fixing emails. Passed an email collection sheet to members
at the LACC meeting. More information in next month's report.

k. Road to Recovery (Darlene H) retreat@lacoda.org - In last few months, five locations have been
scouted for the Road to Recovery Retreat (RRR). One location advised we had to call back in January
for Q4 availability. Initial pricing so far ranges from \$75-\$125 per person for a 3day inclusive room
and board. Only preliminary inquiries and pricing, PLEASE DO NOT ANNOUNCE. This is intended
for report update only with more details to follow. Currently brainstorming for RRR to resemble a zen
retreat experience with lots of meditative reflection and quiet. Please email retreat@lacoda.org if
interested in being of service.

l. 2020 SoCal Conference (J W) 2020socalconference@gmail.com -

First meeting of leadership was excellent, and was held on Sunday, December 29th.

We are beginning the process of finding venue possibilities in advance of our next meeting.

Stay tuned for future calls for service.

If you are really excited, you may fill out the service interest form, which can be found at LACoDA.org
on the News page, or SoCal CoDA on the main page.

GSR & MEETING NEWS (1 minute each)

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday
Saturday

III. OLD BUSINESS

(5 minutes ea motion, 1 minute ea pro/con

REVISED MOTION WORDING [Lloyd / Meeting List] **Motion** that LACC be allowed to charge members \$5 for 25 copies of "Recovery from Codependence: A Brief Introduction" to the literature committee.

Rationale: Current best "Recovery" pamphlet quote: \$164.25 for 1000 copies. Cost per copy \$0.164, 25 copies at \$4.10. This will offset costs / save money.

Y: 6; N: 6; A: 3 || **Motion Fails**

III. NEW BUSINESS

(5 minutes ea motion, 1 minute ea pro/con

THE BUDGET (Became open discussion)

VI. OPEN DISCUSSION

VII. ADJOURN (10:45)