

LA CoDA Agenda
Oct 12, 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

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 Fellowship after the meeting for about 30 minutes

ANNOUNCE Next meeting date is: 1/11, 2/8, 3/8, 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 (Katherine) secretary@lacoda.org

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.

APPROVAL OF LAST MONTH'S MEETING MINUTES

Nov minutes to be approved, by Kat-

<https://docs.google.com/document/d/111uV6IUINiUDkOSEQhVCWv0BsjqXhdLe-LOrKrZm3Rq/edit?usp=sharing>

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.

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.

NEED A COVER IN JAN

I'm unable to come Jan 11th / next meeting. Can anyone cover me? I haven't asked Niki yet.

SAA

I forgot to write to the SAA person who mass emailed without BCCing and ask them to BCC next time and that the email breaks Traditions.

INSURANCE

Michelle, former GSR for the former Malibu meeting suggested I ask SoCal if they had insurance we could get in on, so I asked and they didn't. But they pointed me to San Diego who also doesn't have insurance we can go halvesies etc on, but they shared their experience, strength and hope, see below.

I also asked Andrew at Hollywood Adventist if there are other 12 step groups there we could share insurance with and he said there are currently no 12 step groups there (bc of the new insurance policy). He also said an option is to get insurance per event.

So my next step is to take SoCal's advice and reach out to Leigh from the insurance company they use.

To be clear, I'm looking for insurance that is affordable and trustworthy to host events on the east side at Hollywood Adventist church, where we had the 2019 Sponsorship potluck. They have a large room and free parking lot.

Laurine at SOCAL: We got our insurer, Springbrook Insurance, thru my friend Elaine Allen, who used them for Al-Anon, Area, So California World Service. Al-Anon couldn't use them this year because it got too expensive for the larger numbers of groups they had to insure for.

They remain reasonable for our 30 meeting San Diego Community group, about \$400 +/- year, I think. Would have to confirm w/ treasurer. I forget the dollar amounts it covers, but covers meeting, events, special events, even picnics/ bonfires at the beach they said. Groups need to be official meetings.

Springbrook handles insurance for non profit groups. We are not officially non-profit so Springbrook had to do our insurance thru another company, subcontracting it (I forget the proper term).

We've been happy with service we receive. Leigh is person I talk to. She always sends certificates immediately. Tho' process is changed recently and we are still waiting on our certificate for St. Dunstan's Church for our Holiday party Dec. 14.

The real test is if we have to put in a claim but luckily haven't had to do that.

*My info' including phone number is listed below, after Leigh Shelton's info.
Don't email me if you want an immediate response. Text is better and immediate. I have eye problems and wading thru 100's/ 1,000's of emails is harder than looking at occasional text.*

When I first started looking some years ago, I contacted a lead in Northern Calif near Sacreamento - no response. I also talked to an insurance co. on the coast, Encinitas, maybe, who was responsive but quoting way more than Springbrook. I really liked the previous owner of this seemingly family/ single owner company. The owner talked to me a lot, educating me on things I didn't know about insurance (zip knowledge on my part then and still). Every Time i talked to him I would learn more. Our bad luck, he sold his company about the time we signed on but the new owner, who I tried to call and establish a relationship with never bothered to call back. However, the office manager, Ms. Leigh, has been my consistent, reliable contact.

We figured, if Area Al-Anon would use Springbrook, it was OK for us. So we' ve been with them 5-8 years or so.

This is probably TMI, but it's been my experience, strength and hope with this company and experience talking to the few insurance companies who responded back then.

Oh, I just remembered something. Keep in mind I have no insurance experience but in talking with SoCal Al-Anon people I did talk/ email with one woman who had lots of insurance experience. I don't remember her name. Would have to scour my emails or text. Elaine might remember her. I can put you in touch with Elaine. She is currently searching for liability insurance for SoCal Al-Anon. She is very sharp.

in case my signature block doesn't appear, my ph no. is ____

*Good luck, Yours in CodA,
Laurine in San Diego*

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VICE CHAIR (Niki) vicechair@lacoda.org - No report

TREASURER (Lloyd) treasurer@lacoda.org -

See attached treasurer's report and last year's budget as a guide (starting point) for November committee budget inputs. Lloyd

November 2024 LACC Treasurer Report

(presented at December 14th, 2024 LA CoDA Business Meeting)

- Committee budget inputs are needed for the 2025 budget process.
- Expenses for November: \$123.17
- o Check #1273 (\$100.00) from Share cleared.

Total expenses	Share June-Sept Rent	\$100.00
	GoDaddy URL Fee	\$23.17

Income:

- o Total 7th tradition donations = \$50.00

Meeting No. & Day of Week	Meeting Location and Time	Amount	Submitted
CA0129 Tuesday	Pasadena	\$50.00	Check

Literature = \$300.00 (cash deposit into cheking on 11/25/2024)

- o Other Income = \$0.00
 - o Total Revenue = \$350.00
 - Bank Balance on 12/03/2024 was \$15,828.26
 - Notes
 - Total cash on hand (literature cash box) is \$305.00 so banking plus cash total is \$16,133.26.
 - October 2024 bank balance was \$15,601.43
 - \$9249.77 is prudent reserve for 2024.
 - Can not locate literature sales binder.
 - Mail box was checked on 12/03/2024:
 - o Two credit card applications which were 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

2025 BUDGET PLANNING 11192024. PDF:

<https://drive.google.com/file/d/1xzqOJK6m9Xqbp-oXWadknO0xkdELFoku/view?usp=sharing>

From Intergroup Chair: [LA CoDA Treasury History 2013-2023](#)

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

Nothing new to report

Dawn M

[CODA COMMUNITIES LIAISON](#) (Dawn - temporary) communities@lacoda.org -

Community liaison (temporary)

Was able to observe last month's San Diego monthly community meeting (their name for Intergroup). Attended by over 25 people. Many business topics were covered and their departments (events, literature, etc.) were all manned and running with their various plans.

The CODA-COMMUNITIES LIAISON shall be:

- Responsible for providing reports to LACC
- **Collecting:**

a. Information such as announcements, events and news from neighboring CoDA Community Committees and voting entities and shall be responsible for providing reports to LACC.

b. Manages its current sub-committee budget and submits a new budget for the next year.

-LA CoDA Guidelines v 2.3.1

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, Norma, committee of 2) info@lacoda.org - No report

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

Meeting Liaison

Only one requested change on an meeting this past month

Speakers List

No one has been added to the list nor has requested the list this month

Dawn M

- [From LA CoDA Chair- 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.]

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

PUBLICATIONS (& NEWSLETTER) (Chair: Open, committee of 5 or 2?) -

publications@lacoda.org // Creates newsletter & new CoDA literature, more info: [Publications](#)

Didn't have progress this month

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

LACODA will be hosting Potluck Marathon meetings on Christmas Day and New Year's Day at St. Bede's Church in Mar Vista at 12pm, 2pm and 4pm. Flyer coming soon!

I have yet to hear back from anyone who wants to Host a Christmas Eve meeting or New Year's Eve Marathons so I am thinking at this point since Cedars-Sinai meeting will be happening that we can promote that one for anyone who wants to attend a meeting on those nights. I reached out to some other Tuesday meetings and have to check my notes but I believe this is the only one that has gotten back to me about meeting in-person that night.

Sharon

*(Note from Ruth: Wed Jan 1st Silverlake 6:30 - 7:30 pm meeting will be in-person **and** online-GSRs feel free to let folks know. Our Christmas Day meeting will not be in person, but will be online)*

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



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.

- Didn't meet up- no motions via email
- Webmaster updated some meetings
- Ruth added local Event flyers, archived old ones
- I (Ruth) forgot to motion to add the San Diego safety Zoom resources to the site
- LACoDA.org [GSR page](#) - Has printable resources for in-person binders, other resources to navigate intergroup
- 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 ,

No report

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

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

I texted and emailed Charley this month to see if he's still interested in Outreach but haven't heard back.

I wrote to 30 therapists and sent them a letter saying we had events and support on Thanksgiving. I sent them the link I was working on with Carol, the last Outreach chair, prepandemic (see link on [Resources](#)). One group Silver Lake Psychology wrote back:

Hi there! Thanks for sending this over! I love the list of behaviors. It's a great reminder during the holiday season. We have approx 100 therapists in the area on our team, I'll share this in our newsletter. If you guys ever want to do a virtual meet/greet or talk with our team, let us know! We appreciate the work you're doing.

I let them know we'd love to meet with them on Zoom once the holidays are done and asked when is good for them. Waiting to hear back.

-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

Monday

Tuesday

GSR (retiring) CA 0596, Tuesday night Women in Recovery (Hybrid), Meeting garners between 12 and 20 plus individuals per week.

Wednesday

Thursday

Friday

Saturday

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.

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.

AAAAAAA ADJOURN WITH SERENITY PRAYER 10:45 AM