

SoCal CoDA Regional Committee (SCCRC) Quarterly Meeting - May 4, 2019

We opened at 10:13am with the Opening Prayer, reading the Purpose [Gary] and reading the Twelve Traditions [Lauri-Ann] followed by introductions.

List of attendees: Christine K, SCCRC Chairperson; Gary J, Conference Chairperson; Lauri-Ann R., Corresponding Secretary; Rosa S., Alternate Delegate; Will D, LA CoDA Rep.; Kirsten S., Delegate 2; Corey L., Historian; Thuy, Treasurer; Joe H., Webmaster; Hal H., Conference Facilitator; Susan A, TVCC Rep.; Lesa G, San Diego Rep.; Caryn, Recording Secretary; Darlene H., Vice Chairperson; Nora, Spanish Intergroup Rep.

Reports

Officer Reports

Chairperson: Christine –

Report - As in other meetings using a timer for reports, it's not mandated or strict, just to help us keep moving forward. If you think you have a report that will last longer than three minutes, it may be best suited to be under new business.

Approval of Minutes - Lauri-Ann moved to approve the March minutes that were emailed to the board.

Corrections were requested:

Correct Hal's statement; don't use the word "vacate"; he's simply not going to take the position again

Rosa S. seconded

Include changes per Thuy's notes, emailed 05/03/19

Darcie asked for clarification to the motions – Darlene will email her two motions again to be included verbatim.

Lauri-Ann (with Christine's assistance) amended the motion: To delay approving the minutes until clarifications provided have been made and sent out before the assembly, to be approved via email.

Joe suggested a friendly amendment. Caryn re-read the amended motion, then Joe called the question.

Christine: let's take 30 seconds to turn to higher power for guidance and patience with the process. Motion passed; 12 in favor, 0 opposed, 3 abstentions

Set Next Meeting -

Corey moved that next meeting be Saturday, August 24. Second by: *inaudible*. After some discussion, motion passed; 10 in favor, 3 opposed, 1 abstention

Treasurer: Thuy - Distributed and reviewed the treasury report – (attached, page __)

New PO Box has been set up – budget that was approved did not include forwarding costs which will be variable, depending on the items that are forwarded.

Immediate Past Chair: Darcie – no report

Vice Chair: Darlene – no report

Recording Secretary: Caryn - This position has been far more challenging for me than I anticipated. Additionally, it was not clear to me that this was a two-year commitment when I volunteered at the Assembly last year. I am grateful for the recovery and fellowship I've gained here, but I will not be finishing the second year of the term as Recording Secretary.

Corresponding Secretary: Lauri-Ann – updated contact lists and about half of the thank you messages are going out via email now.

Webmaster: Joe - Online registration for SCCC is ready, please register

Historian: Corey - I've been keeping electronic records as usual and will have them ready to hand to the next elected Historian.

Conference Facilitator: Hal –

This is the last quarterly meeting as Conference Facilitator. I will be around to help the successor. Not sure what I'll be doing going forward; have to self care and possibly relocating – I won't leave the program and never come back. I was emotionally challenged this year and was not prepared. We are all codependents and some codependents eat their young. Invited by a board member to hang around and offer input.

Conference Chair: Gary – (attached, page __)

Delegates: Kirsten S - ...and our plan is to do the same thing that we did last year while we work together with all the California delegates to put together all the motions and synopses so that everybody can see them and understand the gist of the motion without having to read the whole thing. Working with our Webmaster to put out a SurveyMonkey so we get some responses. Northern California kicked our butts last year, I mean they got over 50 responses we got under 20. So, we definitely will call on SoCal Board help us get the word out and make sure that we have more people so that we really know what we're voting for, what our fellowship wants us to vote. Christine asked if they have an ETA for when the motions will be up. Kirsten replied "No, but the conference is a month earlier than normal so it will be soon."

Desert: Kerry - no report

L.A. CoDA: Will - LA CODA Rep will - Hi my name's Will, I'm the LA CoDA rep. I'm slowly learning, I'm still organizationally challenged. New to SoCal protocols, thank you to Hal and Darlene for graciously helping orient me in SoCal-ese and LA CoDA-ese. The 2020 conference landed in our lap, I found out a week or so ago. I will be attending the meeting, here, at 10:00 o'clock next Saturday and we'll bounce that off the group. And I don't have much of an idea; Darlene might, whether anyone has any plans but if I hear crickets I will report back before next week so we can move forward on it. If there are any other issues that anyone has with LA CoDA, please let me know.

San Diego: Lesa - I'll make this short and sweet for Caryn over there. We have 5 open positions on our board but we currently we do have a literature chair now so we are doing very well with literature sales in San Diego and there will be literature for sale at the conference. the sisters day of recovery was a great success it was well attended they're planning on doing it next year they gave a 7th tradition of excess funds to San Diego and reserved enough funds to start their next one and they voted in a chair already so that's very exciting. Super Seminar Saturday will be in October or November, more information will be coming out about that. We have 28 active meetings. This week I sent out some emails and flyer announcements to all the OC CoDA meetings that have email addresses and I received good responses, at least 3 or 4

people said thanks for letting us know. I also sent it to Las Vegas; we often have Las Vegas people come lots of times, they're very excited to hear about the next meeting. Other than that I think that's all I've got.

TVCC: Susan - Hi, I'm Susan your Rep from TVCC; we had 3 things come up since last time we had this meeting I'll just read what I sent to Caryn.

#1 we wanted to call ourselves the valleys coda even though we're going to keep TVCC on all our legal and baking documents why because TVCC is an acronym and is often misunderstood and a source of confusion so we will be referring to ourselves as Valley CoDA.

#2 the bylaws change which has been a source of discussion since August of 2018 has passed. After several iterations the final version went out to GSRs and the affirmative vote came back. Valley CoDA will now have seed money available for meeting startups pending approval by a subcommittee now forming. Up to \$150 will be provided to cover space, insurance, and literature This will be provided to up to 5 meetings per year

#3 our new website is up and running. We have discovered a couple of errors in our meeting guide posted. An ad hoc subcommittee has been formed to compare and correct this document using coda.org's fellowship guide.

Darlene asked did Sharon show up at the last TVCC meeting, talking about Valley hosting the 2020 conference? No, she did not.

Deserts: Darlene (on behalf of the intergroup) -

The Retreat will be Oct 4, 5 and 6 this year. They're working on a save-the-date flyer.

Sub-committee: Bylaw Changes: Darcie – Motion to amend Corresponding Secretary description will be addressed in new business, below

Sub-committee: Conference Purpose: Darlene – no report

SoCal CoDA event - What in the World!?! :Darlene - Hi I'm Darlene I'm codependent. I had sent this out so I'm going to review it for those of you who may not be on the email or may not have seen it. Actually what I would like to do is read what I sent to Caryn about the motion from last month that says "Motion that SoCal CoDA to host this event" So, this was the call regarding world service and what it has to do with our home meetings and our own recovery so here's the report. There were 6 attendees, plus Kirsten and I for a total of 8 people on the call. Four (half) with world service experiences. The SoCal CoDA community was represented by 2 from the Valley, 3 from LA, 1 from San Diego and 2 from Temecula / Murrieta; no Riverside intergroup yet, but currently affiliated with San Diego as well. Kirsten, as this year's senior delegate gave an overview of SoCal CoDA, the role of a delegate and what happens at a CoDA Service Conference. Many commented on what a great report she gave answering many of their questions and covering the updates from this year's conference. Interest was expressed to share some of the information of the 2019 SoCal Conference and possibly have another call in the future. For those who are interested here are some of the takeaways:

#1 core.org has a new website to order literature from

#2 core board offers free starter kits for new meetings registered on coda.org

#3 the coda welcome has changed from “extremely dysfunctional family systems” and replaced with “extremely dysfunctional families and other systems”

#4 The new recovery prayer, which I read at the last meeting

#5 other new literature available in addition to a prayer book Included a reformatted Blue Book Pocket Edition, spiral bound Green Workbook, the 12-Piece Relationship Toolkit, Traditionally Speaking and more Spanish translated materials available in electronic format like kindle.

#6 Check out online CoDA.org click forms and chat for guidelines to the online community

#7 intergroup and voting entity are different, there were people on the call who were not clear about that distinction

#8 out updated policy on outside literature In CoDA meetings there's a link there on what happened at CSC that people can reference

#9 there are now 100 meetings in Iran and an annual CoDA conference in Germany. Plus, recovery continues in Canada, Guatemala, Colombia, South Africa, Argentina and many many more countries.

#10 visit coda.org for one of 7 opportunities to plug into world CoDA AKA mailing lists I did not know there were 7 mailing lists and so that was new for me and that is the report.

Break from 11:35a-11:55a

By law changes: Motion to revise the Corresponding Secretary description –

Moved by Darcie, Seconded by Darlene.

Motion is being made because the description in the bylaws does not reflect the actual tasks entrusted to the Corresponding Secretary position. (attached, page __)

Thuy had a question about how the contact list would be distributed. After some discussion, the Chairperson indicated that the logistics of the performance of the duty need not be included in the bylaw amendment. The group agreed and Chairperson called the question.

Motion passed: 14 for, 0 opposed, 0 abstentions.

2020 Conference Planning:

Rotation to host, L.A. CoDA is in the rotation to host the 2020 conference.

Will D will work with Darlene to spread the word to get response from the L.A. CoDA intergroup soon.

Hal shared that back in the day – it was great to make an announcement at the end of a conference to say “we’ll see you in [e.g.] San Diego next year”, etc. to get the momentum started.

It was stated that even if L.A. CoDA does not want to host 2020, SCCRC can set up a committee itself to host it in the L.A. area.

Regarding Sharon’s interest in being the conference chairperson in Antelope Valley, there has not been a formal proposal from her. Additionally, no proposal has been received from TVCC for hosting the conference and assembly in 2020 (But it’s possible they’ll submit one for 2021.)

In conclusion, SCCRC requests that the L.A. CoDA Rep present the opportunity to host the 2020 conference to the L.A. CoDA intergroup, and if they decide to host it, SCCRC requests that they elect a chairperson before Aug 24th.

Report: Spanish Intercommunity: Nora - My name is Nora and I'm codependent. I'm the Rep for the Spanish speaking intergroup. Next Saturday, we're having marathon meetings from 12:00 PM to 6:00 PM. I want to know who is going to give me the receipt for the 7:00 tradition

donation I brought to the last meeting. Lauri-Ann said she sent an email acknowledgement last night. Nora received it and asked if there would be a receipt as there was before, to use to send in future donations. Christine added that donations can be sent in via mail to our PO Box. Nora will print out the form that Lauri-Ann emailed, for future donations. [b 04/04 00.50.17] Christine also added that we are transitioning from paper receipts to emailed acknowledgements. Nora explained that the reason she was late to the meeting was that she'd traveled to the address of the new PO Box, because the flyer sent out says "we have moved".

Preparation for the 2019 assembly-

Darcie will email to Gary her records of what she did last year.

To Do Items:

Please complete items within 2 weeks, which leaves 2 weeks for the conference committee to include copies in the registration packets.

Welcome letter from the chairperson, encouraging high turnout - by: SCCRC Chairperson

Write up the motions to ratify (and the importance of doing so) - by: SCCRC Chairperson – will email for review within 1 week so that they can be forwarded to the conference committee 2 weeks before the conference

Conference schedule - by: Conference Committee

Local maps - by: Conference Committee

Points of interest - by: Conference Committee

Assembly agenda - by: SCCRC Chairperson

Proposed Budget - by: SCCRC Treasurer

Open service positions for elections - by: SCCRC Chairperson

Email blast of the assembly voting items. - by: SCCRC Webmaster

Motion to adjourn – Moved by Corey, Seconded by Lauri-Ann.

Closing prayer read by Darlene

Meeting closed at 1:03pm