

Voting Group Representatives Present: 7 groups represented at the meeting

Chaska (Thurs-In person) (MN061)	Boundaries/Beyond- (Thurs-Zoom) (MN099)	Edina (Wed-In-person) MN016	Elk River (Tue-In person) (MN100)	Fridley (Sunday-Zoom) (MN078)	Golden Valley (Mon-Hybrid) (MN005)	Lake Elmo/East Metro (Thurs-Zoom) (MN094)
	Whitney	Libby	X		Jan M	La'Tosia
	Judy M-sub	X			Terrie C-sub	X Joseph (alt)
Lowry Ave- Mpls/Promises (Thurs-Zoom) (MN101)	Maple Grove (Sat- In person) (MN068)	NE Mpls (Sat-Zoom)	Plymouth (Tue-In person) (MN095)	Prior Lake (Tues-In Per- son) (MN038)	Richfield Gratitude Club Mon-in person- 7:30p) (MN042)	South Mpls (Tue-Zoom) (MN087)
	Maria M		Jen N	Mark S	Jeanette	X Chad
	Bryan (alt)			Rob	X	
St. Paul Mac-pm (Wed-Zoom) (MN011)	St. Paul -Men (Mon-Zoom) (MN092)	St. Paul Mac-am (Wed-Zoom) (MN058)	Women in Re- covery (Wed. 12:30pm- Zoom) (WW561)	Keep Coming Back Mon. Night Zoom 7pm (WW607)		
Joe S	Erik O.	Patrice S.		Kay E	X	

Officers Present:

Chair	Kim F	X	Secretary		Jen N
Vice Chair	Whitney		Treasurer	X	Roxanne

Please notify one of the Intergroup officers before disbanding or if you are starting a new meeting or know of one starting.

If you are electing a new GSR please contact Kim F via email at kfortney4198@gmail.com or via phone at 651-214-4198—she will add them to band as well as give overview information on GSR position including tutorial of band and where to see intergroup meeting dates; review by-laws; discuss intergroup procedures; copies of previous meeting minutes etc.

Submit any meeting changes: Zoom to in-person, etc – please notify Roxanne to update MinnCoda.org

Next Meeting: July 16, 2022 PICNIC hosted by the Fun Committee

Valley Park, Hopkins MN

Business and Agenda Item Reminders: Due to our limited time for business, agenda items must be submitted to the Secretary at least two weeks prior to the meeting. Issues not on the agenda may be tabled for a later date. Please remember to discuss any upcoming motions at home groups to prepare for voting. Please remember to distribute meeting minutes from Intergroup to Home groups.

MOTIONS:

Motion	2nd	For	Opposed	Abstain	Other Notes
Accept Minutes from March	X	7	0	0	Motion carried
Motion to approve Jan as our MN Delegate to the CSC in August.	X	7	0	0	Motion carried
Motion to approve a max of \$1000 reimbursement to delegate for CSC expenses.	X	7	0	0	Motion carried

AGENDA:

Items/Topic	Discussion	Decision Action Needed or Follow/Up
Intro	Opening Prayer Welcome and Introductions	New GSR's- make sure to connect with Kim Keep us up to date on any group changes from zoom to in-person
Old business	Approve minutes from last meeting Follow-up on meeting location for intergroup 2022	Reminder of CoDA World Convention, South Dakota Aug 21-25 CSC, 26-28 th ICC (Workshops and speakers) The meeting will be held at the Mettinghouse church(formerly Colonial Church) in Edina through the end of 2022. Hosting group for Sept will be East Metro and for Nov will be Prior Lake. Both still need to be confirmed.

<p>Treasurer Report</p>	<p>Report given by Roxanne</p> <p>The ADDRESS IS ON WEBSITE MinnCoDA.org (Contact Us page) IF GROUPS WANT TO MAIL IN A 7TH TRADITION DONATION to Intergroup.</p> <p>Make out checks to MinnCoDA</p>	<p>Encourage 7th tradition in group meetings. Part of our recovery. Supporting the program that supports us.</p> <ul style="list-style-type: none"> • Working for some to put link to MinnCoDA.org donation page: https://minncoda.org/contact-us/ • or CoDA.org donation link in the chat during the meeting. <p>You can do MinnCoDA link and/or CoDAWorld PayPal link.</p> <p>Report given by Roxanne, current balance is \$5538.51</p> <p>If your group makes an intergroup donation by PayPal or via the donate button on the website, please notify Roxanne with the details or make a note when entering the payment. This way we know if this donation is from a group or an individual.</p>
<p>New Business</p>	<p>Vote on Delegate</p>	<p>Motion needed.</p> <p>Jan was not present however, she had reached out to Kim F to indicate her desire to be our delegate. Kim sent her the info on responsibilities and she has reviewed postings on CoDA.org. Jan plans to attend in person. She understands she needs to submit receipts to get reimbursement and that MinnCoDA funds go toward CSC related expenses up to a max of \$1000 only. She agreed to report back to the group on the CSC at the September meeting.</p>
<p>Fun Committee Report</p>	<p>https://minncoda.org/fellowship-events/fun-social-events/ MinnCoDA website under fellowship events on the “That sounds fun” page.</p>	<p>Passed out new newsletter to reps. <i>Please share the flyer at your meeting every week.</i> Also: Good to talk about how codependents often isolate and that attending fun events is a good way to practice recovery behaviors.</p> <p>Games days going well. Switching to the second Sundays through the summer. 1-3:30 pm same location in Bloomington</p> <p>Planning picnic. Valley Park 11:30-3pm Cater food from Jimmy Johns. Guests can bring own beverages and a side or dessert to share if they choose. Yard games and other activities. Theme: Come to CoDA, stay for the miracle.</p> <p>*One issue the committee is having is the members feel pressure to attend every event they plan. Rob from Prior Lake suggested a group could volunteer to sponsor an event, taking the lead in arranging a meeting spot and communication at the event. For example: the Jazz Fest in St. Paul on June 25th, would a group like to sponsor that fun coda meet-up/be point of contact?</p>

		Roxanne will discuss with committee members and then post request on the intergroup band. Reps: <i>Ask at your meetings if folks want to attend the event and help by being a point of contact.</i>
Other committee reports	Outreach	Walk for Recovery will be Sept 17 th at the Capitol. Materials and signage already ready to go just need volunteers to set up and work the table.
	Retreat, Mini-conference	Sign-up lists posted to Intergroup Band. Just need to begin meeting/planning.
Insurance Policy	Discussion. The Edina church needed an insurance waiver for our meetings to be held. Kim signed off however, we used to have an umbrella policy groups could use for meeting locations and event venues.	Need more information on costs. Roxanne will reach out to State Farm and report back in July.
Recovery Patterns of Codependence tool	Discussion of uses for this CoDA tool.	<p>Some thoughts brought up: people agreed it is a helpful tool. The left side helps identify our codependent behaviors and the right side is a healthier alternative worded as an affirmation “In Recovery I..” Some have used it in their 4th and 10th step inventories. Helpful to newcomers and seasoned members alike. Most groups using them as part of their meeting and some give a copy to newcomers. Some groups decided to read all the patterns out loud and others found this overwhelming so they read some. (Takes about 10 minutes to read through)</p> <p>GV group leader picks one pattern or category at the start of their meeting for quiet reflection. Once a month it is the topic of the sharing.</p> <p>Edina Women-first week of the month, each person picks a pattern to share about.</p> <p>Boundaries and Beyond meeting-each week read the patterns from one of the 5 categories.</p> <p>Prior Lake- every third week they discuss the patterns.</p> <p>Keep Coming Back-Use Melody Beattie’s characteristics instead, Kay plans to bring up at a business meeting the idea of switching.</p> <p>Maple Grove- read all 55 every week as part of the meeting format. Focus the speaker’s share on them every 2nd and 4th week.</p> <p>Plymouth- color coded them into 4 groups. Each week they read one of the colors so you get 3-4 from each category every week.</p>