

MinnCoDA Intergroup Attendance

Odd Months 3rd Saturdays (2023): Jan 21 **March 18** May 20 July 15 Sept 16 Nov 18

Meetinghouse Church Edina 9:30am - 12:00pm

Today's Hosting Group: Maple Grove (Next meeting's Hosting Group: Plymouth)



Bolded means in attendance.

Feel free to circle/highlight for attendance during the meeting.

MinnCoDA Intergroup Meeting Groups:

Boundaries&Beyond-MN099-Thurs-Online **Charlotte**

Chaska-MN061-Thurs-In Person NA

Edina-MN016-Wed-In-Person Libby & Wendy (**Kay R sub**)

Elk River-MN100-Tue-In Person NA

Fridley-MN078-Sunday-Online **LeeAnn**

GoldenValley-MN005-Mon-Hybrid **Jan M & Chris**

KeepComingBack-WW607-Mon-Online Kay E

LakeElmo/EastMetro-MN094-Thurs-Hybrid La'Tosia & **Joseph (alt)**

LowryAveMpls/Promises-MN101-Thurs-Online NA

MapleGrove-MN068-Sat-In Person **Maria M & Bryan (alt)**

NE Mpls-MN?-Sat-Online NA

Plymouth-MN095-Tue-In Person Dave (**Heidi sub**)

PriorLake-MN038-Tues-In Person **Rob & Mark (alt)**

RichfieldGratitudeClub-MN042-Mon-In Person Jeanette

SouthMpls-MN087-Tue-Online **Melinda**

St.PaulMacAM-MN058-Wed-Online Patrice S.

St.PaulMacPM-MN011-Wed-Online Matt S & **Joseph**

St.Paul-Men-MN092-Mon-Online Joe S & Bill (alt)

Women in Recovery-WW561-Wed-Online NA

19 total MEETING GROUPS / QUORUM is 7)

MinnCoDA Intergroup Officers:

Chair **Kim F**

Vice-Chair Jen N

Secretary **Alissa** (voted in at meeting and took minutes)

Treasurer Roxanne

Notes

Meetings by **Type**: 7 In Person / 10 Online / 2 Hybrid

Chaska-MN061-Thurs-In Person NA

Edina-MN016-Wed-In-Person Libby & Wendy

Elk River-MN100-Tue-In Person NA

MapleGrove-MN068-Sat-In Person Maria M & Bryan (alt)

Plymouth-MN095-Tue-In Person Dave

PriorLake-MN038-Tues-In Person Rob & Mark (alt)

RichfieldGratitudeClub-MN042-Mon-In Person Jeanette

Boundaries&Beyond-MN099-Thurs-Online Charlotte

Fridley-MN078-Sunday-Online LeeAnn

KeepComingBack-WW607-Mon-Online Kay E

LakeElmo/EastMetro-MN094-Thurs-Online La'Tosia & Joseph (alt)

LowryAveMpls/Promises-MN101-Thurs-Online NA

NE Mpls-MN?-Sat-Online NA

SouthMpls-MN087-Tue-Online Melinda

St.PaulMacAM-MN058-Wed-Online Patrice S.

St.PaulMacPM-MN011-Wed-Online Matt S & Joseph

St.Paul-Men-MN092-Mon-Online Joe S & Bill (alt)

Women in Recovery-WW561-Wed-Online NA

GoldenValley-MN005-Mon-Hybrid Jan M & Chris

LakeElmo/EastMetro-MN094-Hybrid La'Tosia & Joseph (alt)

Meetings by **Weekday**:

Monday-GoldenValley-MN005-Hybrid Jan M & Chris

Monday-KeepComingBack-WW607-Online Kay E

Monday-RichfieldGratitudeClub-MN042-In Person Jeanette

Monday-St.Paul-Men-MN092-Online Joe S & Bill (alt)

Tuesday-Elk River-MN100-In Person NA

Tuesday-Plymouth-MN095-In Person Dave

Tuesday-PriorLake-MN038-In Person Rob & Mark (alt)

Tuesday-SouthMpls-MN087-Online Melinda

Wednesday-Edina-MN016-In-Person Libby & Wendy

Wednesday-St.PaulMacAM-MN058-Online Patrice S.

Wednesday-St.PaulMacPM-MN011-Online Matt S & Joseph

Wednesday-Women in Recovery-WW561-Wed-Online NA

Thursday-Boundaries&Beyond-MN099-Online Charlotte

Thursday-Chaska-MN061-In Person NA

Thursday-LakeElmo/EastMetro-MN094-Hybrid La'Tosia & Joseph (alt)

Thursday-LowryAveMpls/Promises-MN101-Online NA

Saturday-NE Mpls-MN?-Online NA

Saturday-MapleGrove-MN068-In Person Maria M & Bryan (alt)

Sunday-Fridley-MN078-Sunday-Online LeeAnn

MinnCoDA Intergroup Minutes

Odd Months 3rd Saturdays (2023): Jan 21 **March 18** May 20 July 15 Sept 16 Nov 18

Meetinghouse Church Edina 9:30am - 12:00pm

Today's Hosting Group: Maple Grove (Next meeting's Hosting Group: Plymouth)



Attendance of Trusted Servants: **GSRs** 10 of 19 groups **Chair** Kim F **Vice Chair** Absent **Treasurer** Absent **Secretary** Alissa. **Group Conscience Quorum reached** w/ 10 voting representatives present. Meeting called to order 10am.

Notes

1. Opening Prayer / Welcome / Officer Announcements: Kim F

- Kindly notify an Intergroup officer a) before disbanding a MinnCoDA meeting group b) if you are starting a new meeting or c) know of one starting.
- If your group has elected a new GSR (or co-GSR) please contact Kim F via email at kfortney4198@gmail.com or via phone at 651-214-4198. She will add them to Intergroup's communication Band as well as give position overview (tutorial of Band; where to see Intergroup meeting dates; review by-laws; discuss intergroup procedures; meeting minutes archive, etc.)
- Notify if/when your in-person or online meeting group has changes (date/time/place/links/etc)
- Notify Roxanne to update minncoda.org

Next Meeting: May 20 @ Meetinghouse Church, Edina. Hosting Group is: Plymouth

Business & Agenda Item reminders:

- *Please remember to discuss any upcoming motions at home groups to prepare for voting.*
- *Due to our limited time for business, agenda items must be submitted to the Secretary **at least two weeks prior** to the meeting via minncodaintergroup@gmail.com or **Intergroup Band***
- *Issues not on the agenda may be tabled for a later date.*
- *Please remember to distribute meeting minutes from Intergroup to your Home Groups.*

2. **Motion #1:** (Heidi/Rob) Motion to accept the minutes from the last meeting. 6 favor/0 opposed/1 abstention. GSR late arrivals not present. Motion Carries.

- Meeting minutes are posted to Intergroup Band for approval. Once approved, archived at minncoda.org/community/intergroup

3. Treasurer Report: Kim for Roxanne

- Mailing address for 7th Tradition listed at minncoda.org/contact
- **Important:** If your group makes a donation to MinnCoDA Intergroup via PayPal, notify Roxanne with the details or make a note when entering the payment. This way we can track if this donation is from a group or an individual. minncoda.org/community/donate
- Current balance is \$4558.86
- This year to date we've had \$243 in group giving (Thanks Plymouth and Boundaries&Beyond groups! More giving has come in and will be on next meeting's agenda/minutes)
- We've also had \$597 in other income.
- Largest expenses this YTD were a) Gift to CoDA \$457 b) Recovery in the Workplace workshop rental cost \$360 and c) Stepping into 2023 event costs

\$321.59

Notes

4. **Motion #2:** (Jan/Rob) Motion to vote for Alissa who has offered to be the Intergroup Secretary. 9 favor/0 opposed/0 abstention. GSR late arrivals present. Motion Carries.

- Alissa present to accept and committed for 2023 calendar year with potential to carry out a full two year term if still living in MN in 2024.

5. **GSR Group Check-in/Reports:**

- Group report details provided on addendum pages
- Some helpful discussion points to bring up/share in your Home Meeting's next Group Conscience Meeting (GCM)
- Can Group Check-in details be included in the archive for public reference? Motion for next meeting.

6. **Agenda Items tabled for future meetings:**

- MinnCoDA Committees/Point Persons Report:
 - Fun (Roxanne Chair): Regular monthly and annual events. Details at minncoda.org/community/meetups. NEW! Private MinnCoDA group on Meetup.com.
 - Workshop (Kim F Chair): Feb workshop completed & successful
 - Retreat (Jen N Chair): New! May Retreat date, time, location: Sun, May 7th 10am-3pm @
 - Outreach (NEED Chair):
 - Sponsorship (Maru Chair):
 - Online Meetings PP: New service position. Looking for a person or co-team who is ready to give service as a resource/guide to support MinnCoDA online meetings.
 - Facebook page PP: New service position. Looking for a person or co-team who is ready to give service
- How to have a good Group Conscience Meeting

7. **Closing Announcements / End of business meeting:** (Kim)

- Spring Retreat coming up Sunday, May 7th 10am-3pm. Personal invites go a long way! "Want to go to the MinnCoDA retreat together?"
- The Outreach Committee is down to 1 member. More trusted servants may step up! Committee has lots of ideas and needs people to help carry them out. Consider a short term project commitment. Check out minncoda.org/community/service for committee details.
- **Thank you again for your service as we share our recovery journey together!**
- Tradition 2: For our group purpose there is but one ultimate authority -- a loving higher power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.
- You are welcome to share any thoughts, questions or concerns **by May 6th** to help prepare for the upcoming discussion via minncodaintergroup@gmail.com or on Intergroup Band.

8. Mini Break

Notes

9. 11:15am-11:45am Speaker Meeting

- Someone from the Maple Grove host group shared their story of experience, strength and hope in the CoDA program of recovery. A specific topic was selected for the sharing– a journey of discovering the benefits and guidelines of how CoDA groups are run. Included in these minutes due to its business meeting relevancy
 - See minutes addendum
 - Includes links to CoDA approved literature and adapted alternates

10. 12:00pm Close Speaker Meeting. See everyone in May!

Minutes respectfully submitted by Alissa. In Recovery...

I accept myself as I am. I emphasize progress over perfection.

I cooperate, compromise, and negotiate with others in a way that honors my integrity.

I trust my ability to make effective decisions.

MinnCoDA Intergroup Addenda

Odd Months 3rd Saturdays (2023): Jan 21 **March 18** May 20 July 15 Sept 16 Nov 18

The following Group Check-in minutes may be small in (font) size yet are big in value! It may be worth reading to see what's working well, ideas for our upcoming Meeting Group Consciences, and what challenges we face together—so we as Intergroup can help to come up with resources & solutions for our MinnCoDA Community.

Rob PRIOR LAKE Lots working well! We offer a step study 1st /3rd Tues of the month the hour before our reg. mtg. We have a point person to organize fun activities for our home group. GCM quarterly w/ a potluck. 8-16 regulars (during pandemic on zoom 4-5ppl) We alternate leaders monthly / alternate speaker weekly with a sign up. Speaker focuses on step/open/characteristic. Group share 5-10 min on the share exp/strength/hope on the topic. Kim F notes recently started our own private Band “Lakers”. Challenge: CROSSTALK guidelines violated regularly - talked a GCM now braver to call it out. Newcomers cross talk yet then don't return for possible reeducation. Crosstalk also from veteran coda members. We started reading paragraph For Safety Sake (coda world material having a healthy mtg) Jan: asked if traditions are included in speaker topic. Rob: They are not and talked about revisiting traditions at GCMs. Jan: Do you store your phone list on your home meeting Band? Kim F: Text chains are confusing to keep regular group members. Transition to using more convenient Band features.

Maria MAPLE GROVE Challenge: CROSSTALK including veterans. We held a meeting on CT in the summer but its still an issue. TONS of Newcomers. At times feels like a divide between old timers and newcomers. Old comers own that. Newcomers returning and get the RPCs. For safety's sake we read that but not sticking. Lee ann: asked about mtg structure. Maria: We have a meeting packet. (Positive feedback on having a meeting packet). Alana: we updated our script and changed the format. There were some adjustments bumps and need to keep revisiting. Settled into new format which has created conversations at meetings but we have to watch crosstalk. Allowing short 1 min shares. Example: Read steps and then have quick 1 min share on personal application of the steps. We read RPCs in chunks then open person 1 min share after each. Been a good way to share experience strength and hope. Personally for her has made the steps come alive & be more excited to come to meetings. If time we do the same thing with promises section. Kay R: asked if you read all of the RPCs each week. Maria: Yes. 10-15 people (summer 1-5). Rob: asked if break out groups?

Maria: No, we choose to shorten large group share time. 90 min mtg. Another home meeting member shares why the 1 min shares are working for her. Allows focus and flexibility.

Melinda S MPLS *Online - choosing to stay online to include regulars that aren't in MinnCODA. Reintroduced speaker section to mtg. format. Invite people in group to share their stories. Benefit to get to know each other. So one speaker shares once a month instead of reading from the book. Have Once/month online fellowship space (same as Zoom meeting link). When we have in person fellowships people show up, but they weren't coming to online fellowships and now more are coming since we are getting to know each other more with monthly story shares. Challenge: to engage the Band app. Disconnect between what's happening in MinnCoDA and my meeting. Felt the case for at least 3 years. Alissa: asks her to speak more on that. Melinda: Group energy is distracted during MinnCoDA announcements and she rarely hears that people attending MinnCoDA fellowship events / she isn't either. Fellowship of home meeting is disconnected from MinnCoDA. Has heard sometimes that there is a wish for a larger group to connect with- realizes this would be a great topic at our next GCM quarterly and going really well. people show up and have great discussions & worked thru hard rlsp issues on their own. A: asked if coda world materials were used. M: no on our own. Steady flow of newcomers 1-2+ and end up staying. Give resources to Newcomer greater (rotates @ 6 mo) stays in the group online meeting after to connect chat. Service position thriving! All service positions turn over at the same time each 6 months. Usually secretary's role to let people know that's upcoming. "Hey SP are turning over. Does anyone want to talk about service positions?" (asked in the reg meeting). Current trusted servants share how serving has benefited them and their recovery. Shines a great light and attitude on calling for service. Meeting leader rotates weekly reading the script and asks for volunteer leader the week before.*

group rep sub for EAST METRO *Hybrid aspect is sometimes off-kilter and disconnection. People seem to go with the flow and let others lead. Challenge: Low attendance and service w/ Low resources. Service position don't rotate. The group is alive! Few people are the core, concerned about burn out. Other people aren't stepping up right now. *How to healthfully encourage others to step up? 2-3 core ppl give out info & connected to MinnCoDA as a whole. Most don't come to MinnCoDA fellowship. How to healthfully Encourage follow thru? 4-8 regulars. 4 are solid. 4 are irregular. Not a lot of newcomers. Can't have too much double up. How to encourage irregulars to take the next step?*

Joseph ST PAUL MEN *Challenges: Small group and stepping up for service. Covid really changed attendance patterns. Met in a park. Fellowship was good. No issues with crosstalk. Issues with membership and service. Asked other GSRs for more details on crosstalk context in other groups. We have a script with clear guidelines. We keep neutral when we share and no feedback after people share. So no one gets a "look up or look down". Would like to see more men in CoDA!*

Lee Ann FRIDLEY *Looking to change our name. We're not in Fridley, we are online. 6 core people. Structure of it changing. Used to read out of Aqua book stories but can be triggering. Rotate blue book, blue books stories, step, RPCs, open. Someone developed a schedule (so sometimes stories are broken up). Been more choosy on stories to avoid triggering stories. We've done in person fellowship once. Starting up quarterly in person fellowship. Meeting leader rotates weekly. "Who would like to lead next week?" Our GSR position is new. 3 newcomers recently, overall 30-50% newcomer come back/stay engaged. a timer for group share 5-6 min shares depending on size of group. People are good about referring to meetings topic and adding person. Don't have crosstalk issues. Perhaps since it's online. Appreciate these groups shares. Kim asked for challenges? L: Doesn't come to mind. Group almost died with covid. There's been intentional commitment and life injected in the meeting. Digital Newcomer packet is thrown in the online chat.*

group rep sub EDINA WOMEN *12-18 women. Lots of newcomers. Give new comer packet includes RPCs. Majority of newcomers don't come back. We hold a specific newcomers group. Seem interested but don't come back. 1st week patterns 2nd (read from pamphlet) 3rd steps 4th patterns if 5th tools. 90min. First hour is large group. Last 30min in small groups. Service is an issue. Same people do a lot of the things. Group split to create a online meeting so lost members. Have a few old timers. Lost a lot of "5 year in the program"*

regulars. Noon meeting so maybe a difficult time for most with jobs etc. 16th meeting in MN. Going on over 30 years. It's a great meeting. Sponsorship is a challenge and could help w/ retaining newcomers.

Jan GOLDEN VALLEY Hybrid have members out of state and won't go back to in person because they're valued contributors. Jan was gone for months and have had recent newcomers. Challenges: group number 05 in MN, been going since the 90s so some rigidity of who does what. Different leader every month (trying monthly used to be weekly). Different speaker each month. If no one signs up to be speaker we read from aqua book or ask questions from workbook. 1 hour and 15-20 min. Starts with open, steps/traditions read, announcements, medallions, speaker 15-20 min, group sharing 5min, then Small groups of 3-4 ppl (sm g online and in person) then regroup for promises and daily reader and close with prayer. Format. Step, tradition, RPC, open. Not interest to be connected to Intergroup. Asked for another GSR. Band idea for home meeting. Service positions aren't changing even though asked for new. GCM quarterly. Sometimes concerned about cross talk. After shares - people will give feedback during a meeting "I really like what you shared and this is how I relate to it." Encourage sponsorship and strong in sponsorship. We say in meetings "ask someone to be your sponsor" Melinda: asks why people are willing to sponsor. Jan: old timers there since the 90s they are solid in sponsorship. "Talk to your sponsors/s to see if you're ready to sponsor." Sponsorship is a norm and tradition of our group. GSR discussion on sponsorship and cosponsorship. Newer members gravitate toward co sponsorship groups. CoDA sponsorship is different.

Charlotte EDEN PRAIRIE Online 60min with 30min online social afterwards. 7-15 people varies. If 12+ choose to do online break out groups. Google sheet for sign up for topics. Step/week tradition/week RPC/week Open/week Open/week. Struggling with crosstalk w/ some veterans. As previously shared "Reaction to someone's share afterward." Therefore we just purchased all of us (all 18 on the phone list) the CoDA pamphlet on Crosstalk! Trying business meeting before vs after GCM monthly. Rotate leader every 2 months. Same core people. Quite a bit of newcomers - stay for a bit and then go.

group rep sub for PLYMOUTH In-person group. 10-14 regulars. Generally 8-18 attendees. Newcomers often at meetings. Several have stayed and others are just stopping in on their journey. We had a GCM for when we're too big what to do time/space/etc.? GCM decided if 12+ we reduce share time to 4 min at stay as a large group. We updated our script with an announcement that the mtg may go long and if you need to leave it's okay etc. We are a Step/RPC meeting format with a 10min Speaker section. Weeks 1&3 Steps. Weeks 2&4 RPCs. Week 5 open as chosen by the speaker. We have a meeting packet that color blocks the RPCs and rotates color blocks weekly--after a month all RPCs have been read through aloud at meetings. We have a sign up sheet for weekly rotating meeting leader and a meeting greeter who connects with newcomers for packets. We have a Home Group Band. We have a social before the meeting every 3rd meeting/month. We have a monthly business meeting. Lots going well! Challenge: Some service position rotating but could be more. Lots of questions on sponsorship.

Speaker Meeting Resources

CoDA Business Meeting suggested format (Official / CoDA Approved)

<https://docs.google.com/document/d/1WOn5oBldM7buYepV3BVXlhPfbUweWAREpNjH6XE7zOk/edit>

A personal adaptation of the CoDA Ireland Guide to Sharing

https://docs.google.com/document/d/1VnbtDZcfg682lxC8dHkouYY9SOKYxFo_62-02bDF7F8/edit

CoDA Ireland Guide to Sharing

<https://codaireland.com/guide-to-sharing/>

CoDA's Fellowship Service Manual (Official / CoDA Approved)

<https://coda.org/service-info/fellowship-services-manual-fsm/>