

# 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: Plymouth (Next meeting's Hosting Group: NA Picnic)



## **Bolded means in attendance.**

Kindly circle/highlight for GSR check-in 9:30am-9:55am.

### **MinnCoDA Intergroup Meeting Groups:**

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

Chaska-MN061-Thurs-In Person NA

Edina-MN016-Wed-In-Person Libby & Wendy (**Polly 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**

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

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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 Agenda Minutes

Odd Months 3rd Saturdays (2023): Jan 21 a 18 **May 20** July 15 Sept 16 Nov 18  
Meetinghouse Church Edina 9:30am - 12:00pm  
Today's Hosting Group: Plymouth (Next meeting's Hosting Group: MinnCoDA Picnic)



**Attendance** of Trusted Servants: **GSRs** 8 of 19 groups **Chair** Kim F **Vice Chair** Absent **Treasurer** Roxanne **Secretary** Alissa. **Group Conscience Quorum reached** w/ 8 voting representatives present. Meeting called to order 10:10am. *\*In order to respect everyone's time, we aim to be ready and in our chairs by 10:00am to start the meeting, thank you!*

Notes

## 1. Opening Prayer / Welcome / 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:** July 15 @ Valley Park, 700 8th St. S. Hopkins / Hosting Group is: MinnCoDA. Discussion re: CSC motions (MinnCoDA Delegate).

*Business & Agenda Item reminders:*

- *\*Our voting entity or intergroup has the opportunity to submit a motion for the 2024 CoDA Service Conference (CSC), kindly note any considerations forthcoming.*
- *Remember to discuss any upcoming MinnCoDA motions at home groups to prepare for Intergroup 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 email at minncodaintergroup@gmail.com or the MinnCoDA Intergroup Band*
- *Issues not on the agenda may be tabled for a later date.*
- *Kindly remember to distribute meeting minutes from Intergroup to your Home Groups. (Note the meeting archive is online at minncoda.org/community/intergroup)*
  - *Consider posting the approved PDF to your Home Group Band if you have one!*

2. **Motion #1:** Motion was made and seconded to accept the minutes from the last meeting \*with the update noted below. 8 favor/0 opposed/0 abstention.

- *\*Change speaker name to "someone"*
- Continuing forward, speaker meeting details will not be included in the Intergroup meeting minutes archive unless requested or the topic is related to Intergroup business.
- Meeting minutes are posted to Intergroup Band for review and are approved at the next meeting (via carried motion). They are then archived at minncoda.org/community/intergroup

### 3. Treasurer Report: Roxanne

- Mailing address for 7th Tradition listed at [minncoda.org/community/donate](http://minncoda.org/community/donate)
- Digital donations accepted via [minncoda.org/community/donate](http://minncoda.org/community/donate)
- **Important \$ reminder:** 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.
- Current balance is \$4,833 as of May 19 (March balance: \$4,558.86)
- Prudent reserve is \$3,700 of \$4,833 (\$1,133 above prudent reserve)
- Group Giving: \$0 for April (March Group Giving: \$537)
  - **Group reminder:** Typically home meetings choose to give a % of their 7th tradition fund to MinnCoDA monthly, *quarterly (preferred)* or annually. \*Contact Roxanne (treasurer) via Band if you have questions.
    - Group giving typically ranges between \$0-\$400+/annually
    - In giving to MinnCoDA, your group is giving to CoDA World; 20% of MinnCoDA's funds are donated to CoDA World.
  - MinnCoDA Intergroup pays for MinnCoDA's website, MinnCoDA Zoom Account for online meetings, the Intergroup meeting rent, and supports committee and fellowship events as possible.
  - **Online group reminder:** Donate back to MinnCoDA since your Zoom expenses are covered by MinnCoDA and there is not a location rent to be paid.
    - Some online group treasures use Venmo
    - In general, online meeting giving has gone down since quarantine
  -
- MinnCoDA Intergroup purchased wholesale lot of literature: \$551.48
  - **Note for Literature Reps!** Home Meetings are encouraged to buy books & pamphlets from Intergroup at bimonthly meetings or other MinnCoDA events to save on shipping costs.
    - Booklets are \$1-3 suggested donation

4. **Motion #2:** (Maria/Melinda) Motion to vote for Jan who has offered to be the Intergroup Delegate to 2023 CSC. 8 favor/0 opposed/0 abstention.

- Jan present officially accepted.
  - She will attend the CSC via Zoom.
  - Motions for CSC 2023 have been posted & Jan will post to Intergroup Band.
  - **Group reminder:** If possible and when posted, take motions back to your groups for how to vote and report back to Jan during the July 15th GSR discussion.

### 5. Committee Reports:

- Fun (Roxanne Chair): Regular monthly and annual events. Details at [minncoda.org/community/meetups](http://minncoda.org/community/meetups). NEW! Private MinnCoDA group on Meetup.com. Consistently, 8-12 people at brunch. 3-10 people at Games.
- Outreach (NEED Chair): Alaina active member. Still need others to join! This committee supports the MinnCoDA table at the annual Walk for Recovery held at the State Capital.

Notes

- Retreat (Jen N Chair): May 7th retreat report. Went very well! Look for a Fall Retreat
- Sponsorship (Maru Chair): Melinda can connect with Maru. Still getting this committee off the ground!
- Workshop (Kim F Chair): Feb (Recovery in the Workplace) May (Crosstalk). Look for a Fall Workshop. Group reminder: If you have a topic, they're happy to facilitate a workshop based on the topics needed in the fellowship.
- *Online Meetings PointPerson: New service position. Opportunity for a person or co-team who is ready to give service as a resource/guide to support MinnCoDA online meetings.*
  - *Melinda volunteered for this position*
  - *Alissa and Roxanne will follow up with Melinda on next steps*
- *Facebook/Social Media PointPerson: New service position. Opportunity for a person or co-team who is ready to give service for social media.*
  - *Interest in this position, GSRs will take back to their groups and report back*

Notes

#### 6. **Discussion:** How to have a good Group Conscience Process (GCP)

- Difference between business meeting and GCP

#### 7. **Motion #4** (La'Tosia/Maria) Motion to refer to the Group Conscience Process (vs Group Conscience Meeting) to help clarify the difference between the GCP and a CoDA Business Meeting. 8 favor/0 opposed/0 abstention.

- Anyone can call for a GCP and everyone has an equal voice
  - "I'm uncomfortable with the amount of crosstalk going on and I'd like to call for a Group Conscience Process."
- Frequency/cadence of GCM
  - Groups do monthly and quarterly
  - As needed
- How to create an agenda for a CoDA business meeting
  - Notebook passing example
  - Members contact secretary
  - Everyone knows the topics ahead of time to improve attendance
  - Voting 2 weeks after discussion
- [Healthy Meetings Matter](#) Digital Pamphlet
  - Group Conscience Process is the heart of a CoDA Business Meeting. A Group Conscience Process can happen outside of a business meeting.
  - Healthy Meetings Matter physical booklet. GSRs can bring extras to your group for your next GCP!
- [CoDA Business Meeting](#) Suggested Format

#### 8. **Agenda items tabled for future meetings:**

- Motions for CSC 2023
  - Contact Jan for questions. She'll put her contact info on the spreadsheet.

#### 9. **Closing Announcements / End of business meeting:** (Kim F)

- September Host Group (St. Paul Men) Confirmed.
- November Host Group (Edina Womens) Confirmed. Polly volunteered her

group.

*Please let us know when your group is ready to host for 2024.*

- The Outreach Committee is down to 1 member. Pass along to your groups to consider a short term project commitment. [minncoda.org/community/service](http://minncoda.org/community/service) for committee details.
- Open service position coming up! Vice-Chair for 2024/2025
  - Jen N is the current Vice-Chair and will be Chair in Jan 2024-Jan 2026
  - Kim F is the current Chair and her two year term of service is up Jan 2024.
  - Vice-Chair: *Attends MinnCoDA Intergroup bimonthly meetings. Assists in setting the agenda, assists the chair in running bimonthly meetings, and leads the meeting or takes minutes in absence of other officers.*
- **Thank you again for your service as we share our recovery journey together! See everyone next time!**
- 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 (**deadline is 2 weeks before the next Intergroup meeting**) Email [minncodaintergroup@gmail.com](mailto:minncodaintergroup@gmail.com) or chat/post/comment on Intergroup Band.

#### 8. Close Business Meeting / Mini Break

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

#### 10. 12:00pm Close Speaker Meeting

*Agenda 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.*