

MinnCoDA Intergroup Attendance

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

Today's Hosting Group: MinnCoDA (Next meeting's Hosting Group: St. Paul Men's)



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) **Matt (sub)***

Women in Recovery-WW561-Wed-Online NA

19 total (14 active) MEETING GROUPS / QUORUM is 5

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)

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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 March 18 May 20 **July 15** Sept 16 Nov 18
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Attendance of Trusted Servants: **GSRs** 9 of 14 groups **Chair** Kim F **Vice Chair** Jen N **Treasurer** Roxanne **Secretary** Alissa. **Group Conscience Quorum reached** w/ 9 voting representatives present. Meeting called to order 10:15am. **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!*

1. Opening Serenity Prayer / Welcome! / Reminders: Kim F

- Notify an Intergroup officer
 - if you are starting a new meeting or know of one starting up
 - if/when your Home Meeting group has changes (date/time/place/links/etc.)
 - before disbanding a MinnCoDA meeting group
- Notify Kim F (Chair) if your group has elected a new GSR (or co-GSR). 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 Roxanne to update minncoda.org

Next Meeting: Sept 16th @ Meetinghouse Church, Edina. Next Hosting Group is: St. Paul Men's.

- Due to our limited time for business, agenda items are 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
- Thanks! for taking your Intergroup meeting notes back to your Home Meetings and making appropriate announcements.
- Submit motions for the **2024** CoDA Service Conference (CSC). Note any considerations forthcoming.

2. **Motion #1:** (Jan/Jen) Motion made and seconded to accept the minutes from the last meeting. 9 favor/0 opposed/0 abstention.

- 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

- 7th Tradition donations
 - Mailing address for 7th Tradition listed at minncoda.org/community/donate
 - Digital donations accepted via minncoda.org/community/donate

Notes

- **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.
- General Financials
 - Current balance is 5,358.66 (May \$4,833 / March \$4,558.86)
 - Prudent reserve \$3,500
 - Group Giving: May/June **\$362** (April \$0 / March \$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 or minncoda@gmail.com 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.
 - Budget
 - MinnCoDA Intergroup covers the following costs:
 - MinnCoDA's website minncoda.org
 - MinnCoDA's Zoom Account for online meetings
 - **Online CoDA Meetings 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 treasurers use Venmo
 - In general, online meeting giving has gone down since quarantine
 - Location rent for Intergroup Meetings
 - Committee and Fellowship events as possible
 - Start-up Grants for brand new meetings
- Did you know? MinnCoDA Intergroup purchases CoRE Literature in bulk.
 - **Note for GSR & Literature Reps!** Home Meetings are encouraged to buy books & pamphlets from MinnCoDA Intergroup at bimonthly meetings or other MinnCoDA events to **save on shipping costs.**
 - Booklets/Handbooks are \$1-3 suggested donation

4. **Discussion:** On CSC Motions. Be prepared to indicate how your home group feels about the motions Jan posted to Intergroup Band (on June 25th).

- [Coda.org Literature Pending Conference Approval](#)
- Motions for CSC 2023 have been posted on coda.org & Jan has posted to Intergroup Band on June 25th
 - Motions 1-18, 20-24 voted YES
 - Motion 19 voted NO
 - Motion list provided under the conclusion of these meeting minutes below

5. **Committee Reports:**

- Fun (Roxanne Chair): Consistently, 8-13 people at brunch. 3-12 people at Games. July brunch & August Grill & Games coming up!

- 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.**
- Retreat (PENDING Wendy Chair): Spring Retreat completed. Fall Retreat TBC. Service opportunity. Retreat planning could use some more people.
- Sponsorship (Maru Chair): Melinda can connect with Maru. Still getting this committee off the ground! Heidi is also a member.
 - Melinda hosts 3rd Saturday monthly 12pm online for those
 - Curious about becoming a Sponsor
 - Support group for current Sponsor
 - **See online meeting link Melinda will post on Band!**
- 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.
- Thanks **Melinda** for stepping into the Online Meetings PointPerson! This brand new service position acts as a resource/guide to support MinnCoDA online meetings.
 - Roxanne and Melinda connecting at picnic
 - Melinda can explore and build out the position. Intergroup offers support.
 - Consider how to make a Fellowship Announcement so online meetings can reach out to the Point Person.
- Facebook/Social Media PointPerson: New service position. Opportunity for a person or co-team who is ready to give service for social media.
 - Received interest from 2 parties including **Kenna** (South MPLS Tues) and **La'Tosia**

6. Agenda items tabled for future meetings:

- **September Discussion on Band App User Experience (Melinda 20min)**
- Discussion on Apprentice Delegate & Service Opportunities - Jan + ?
- Discussion on MinnCoDA Resource Packet (MCRP) - Alissa & Chairs
- Discussion on ACA/MinnCoDA Partner/Cooperation - Alissa
- Discussion on Step into 2024 Event - Intergroup + Committees
 - Creation of temporary task force for this event
 - 2023 Event planning guide already prepared!

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

- Call for Service: Walk for Recovery is on Sept 9th from 10am-3pm.
 - **La'Tosia** has volunteered to be the MinnCoDA Walk for Recovery Point Person this year.
 - There will be a sign-up posted to Fellowship Band and minncoda.org for MinnCoDA members to sign up for the following (or similar) slots:
 - Need volunteers to stand at our MinnCoDA booth and talk to people about CoDA! It's a great way to celebrate recovery & practice Step 12 together :) Suggested "blocks" below but stay as long as you want!
 - Set-up and booth 9:15am-10:30am
 - Booth 10:30am-12pm
 - Booth 12-2pm
 - Booth and clean up 2-3:15pm
 - Capital Photo 12:00pm / Walk is at 1:30pm

- Food trucks, live music, free photobooth, vendors and celebrating recovery in MN!

- September Host Group (St. Paul Mens) Confirmed.
November Host Group (Edina Womens) Confirmed.
Please let us know when your group is ready to host for 2024.
- Open service positions coming up!
 - MinnCoDA 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.*
 - MinnCoDA Secretary 2024
 - Alissa is out of state Jan-May 2024. She's back in Minnesota from June-Dec. Alissa is willing to resume for the last 6 months of 2024 if there is a temporary 6 month volunteer. Alternatively, a new secretary could take up the post for the entire year of 2024.
- **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. Email minncodaintergroup@gmail.com or chat/DM/post/comment on the Intergroup Band.

8. Stay and enjoy the Annual MinnCoDA Picnic 11:30am-3:00pm

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.

Summary of Motions for the 2023 Int'l CoDA Service Conference

	Motion #	Summary Statement	MNCoDA vote
			Discussion Notes
1	Board 1	add 2 P# to FSM re: business mtgs and group conscience process	
2	Board 2	remove Roberts Rules of Order and explain Community Problem Solving Method in the FSM in greater detail	
3	Board 3	additional wording regarding use of CoDA trademarks in the FSM	
4	CoDA Teen 1	2nd year - endorse CoDA Teen Preamble and Welcome	
5	CoDA Teen 2	2nd year - Minimum Behavioral and Safety Requirements for CoDA Teen - add to FSM	
6	CoDA Teen 3	2nd year - Parental Permission Letter (as revised by legal counsel)	
7	CoDA Teen 4	What is CoDA Teen - pamphlet	
8	CoDA Teen 5	CoDA Teen Handbook with revisions	
9	CoDA Teen 6	2nd year - CoDA Teen Step Study Guide	
10	Delegate Relations 1	Taskforce has created a mission statement and wants to be an official committee	
11	Events 1	CoDA Service Conference Facilitator eligibility definition refined in the FSM	
12	Events 2	approve the CPSM as a standing document for every CSC	
13	Finance 1	approve the 2024 budget for CoDA, Inc.	
14	Hospitals/Institutions 1	approve preliminary grant process for International VE books for H&I programs	
15	Issues Mediation 1	change the Abstain vote from equaling NO to show as Abstention as intended	
16	Issues Mediation 2	increase the budgeted amounts for grants to attend CSC - N America & Int'l	
17	Literature 1	New pamphlet - Reparenting Our Inner Child	
18	Literature 2	new book - Growing up in CoDA	
19	Literature 3	rewording of Recovery Patterns - using "I" statements - In codependence I... and In recovery I ...	
20	Literature 4	endorse the 4th consolidated edition of the 12 Steps & 12 Traditions Workbook	
21	Spanish Outreach 1	add the Spanish translation to the CoDA word logo in the FSM with the English version	
22	Spanish Outreach 2	allow online sharing of the daily meditation In This Moment	
23	Nor Cal 2	Committees voice and vote at all future CSCs	
24	Nor Cal 3	approve the revised Working Steps 4 & 5 Using the 40 Questions as Conf endorsed lit	