

MinnCoDA Intergroup Attendance

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

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



Bolded means in attendance.

Circle or highlight GSR attendance check-in 9:30am-9:55am.

MinnCoDA Intergroup Meeting Groups:

Anoka-MN107-Thurs-In-Person **TBD**

Boundaries&Beyond-MN099-Thurs-Online Charlotte

Chaska-MN061-Thurs-In Person NA

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

Elk River-MN100-Tue-In Person NA

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

GoldenValley-MN005-Mon-Hybrid **Jan M** (Chris sub)

KeepComingBack-WW607-Mon-Online Kay E

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

LowryAveMpls/Promises-MN101-Thurs-Online NA

MapleGrove-MN108-Sat-In-Person **TBD**

MapleGrove-MN068-Sat-In Person **Maria M**

NE Mpls-MN076-Sat-Online NA

Plymouth-MN095-Tue-In Person **Dave** & Tim

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

RichfieldGratitudeClub-MN042-Mon-In Person Jeanette

SouthMpls-WW778-Tue-Online **Melinda**

St.PaulMacAM-MN058-Wed-NA

St.PaulMacPM-MN011-Wed-In-Person Matt S & Joseph

St.Paul-Men-MN092-Mon-In-Person Joe S & Bill (alt) **Matt** (sub)

Women in Recovery-WW561-Wed-Online NA

21 total (16 active) MEETING GROUPS / QUORUM is 7

***Grand Total for State of MN Meetings: 32**

MinnCoDA Intergroup Officers:

Chair **Kim F**

Vice-Chair **Jen N**

Secretary **Alissa**

Treasurer **Roxanne**

Notes

Meetings by **Type**: 12 In Person / 8 Online / 1 Hybrid

Anoka-MN107-Thurs-In-Person **TBD**

Chaska-MN061-Thurs-In-Person NA

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

Elk River-MN100-Tue-In Person NA

MapleGrove-MN108-Sat-In-Person **TBD**

MapleGrove-MN068-Sat-In Person **TBD**

Plymouth-MN095-Tue-In Person Dave & Tim

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

RichfieldGratitudeClub-MN042-Mon-In Person Jeanette

St.PaulMacAM-MN058-Wed-In Person NA

St.PaulMacPM-MN011-Wed-In-Person Matt S & Joseph

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

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-MN076-Sat-Online NA

SouthMpls-WW778-Tue-Online Melinda

Women in Recovery-WW561-Wed-Online NA

GoldenValley-MN005-Mon-Hybrid Jan M (Chris sub)

Meetings by **Weekday**:

Monday-GoldenValley-MN005-Hybrid

Monday-KeepComingBack-WW607-Online

Monday-RichfieldGratitudeClub-MN042-In Person

Monday-St.Paul-Men-MN092-In-Person

Tuesday-Elk River-MN100-In Person NA

Tuesday-Plymouth-MN095-In Person

Tuesday PriorLake-MN038-In Person

Tuesday-SouthMpls-WW778-Online

Wednesday-Edina-MN016-In-Person

Wednesday-St.PaulMacAM-MN058-In-Person

Wednesday-St.PaulMacPM-MN011-In-Person

Wednesday-Women in Recovery-WW561-Online

Thursday-Boundaries&Beyond-MN099-Online

Thursday-Chaska-MN061-In Person NA

Thursday-LakeElmo/EastMetro-MN094-Online

Thursday-LowryAveMpls/Promises-MN101-Online

Saturday-NE Mpls-MN076-Online NA

Saturday-MapleGrove-MN108-In-Person

Saturday-MapleGrove-MN068-In Person

Sunday-Fridley-MN078--Online

MinnCoDA Intergroup Agenda Minutes

Odd Months 3rd Saturdays (2023): Jan 21 March 18 May 20 July 15 **Sept 16** Nov 18
Meeting House Church
Today's Hosting Group: St. Paul Men's (Next meeting's Hosting Group: Edina Women's)



Attendance of Trusted Servants: **GSRs** 8 of 14 groups **Chair** Kim F **Vice Chair** Jen N **Treasurer** Roxanne **Secretary** Alissa. **Group Conscience Quorum reached** w/ 6 voting representatives present by 10:00am. 2 additional GSRs arrived after 10am, totalling 8. Meeting called to order at 10:06am. **In order to respect everyone's time, we aim to have a quorum by 9:55am and be ready in our chairs by 10:00am to start the meeting, thank you!*

1. Opening Serenity Prayer / Welcome! / Announcements: 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
- **ALERT! New Service Position: MinnCoDA Online Meetings Point Person.** **If you have online meeting troubleshooting issues or need support for your online MinnCoDA Meeting text Melinda H. at Primary contact: 612-559-7340 or Secondary contact: codazoom@gmail.com*

Next Meeting: Nov 18th @ Meetinghouse Church, Edina. Next Hosting Group is: Edina Women's. Note: St. Paul's Men's Group will provide the Speaker.

- 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
- Take Intergroup meeting notes back to Home Meetings and make appropriate announcements.
- Submit motions for the 2024 CoDA Service Conference (CSC). Note any considerations forthcoming.

2. **Motion #1:** (Jan/Dave) Motion made and seconded to accept the minutes from the last meeting. 7 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

Notes

3. Treasurer Report: Roxanne

- 7th Tradition Donations
 - Mailing address listed at minncoda.org/community/donate
 - Digital donations accepted via minncoda.org/community/donate
 - **Important \$ Reminder:** When 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 MinnCoDA Financials
 - Current balance is Sept \$4,523.86 (see addendum below), July \$5,358.66 May \$4,833 March \$4,558.86
 - Prudent reserve \$3,500
 - Group Giving: July/Aug \$276 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 per group typically ranges between \$0-\$400+/annually
 - By 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 \$300 paid in Sept
 - MinnCoDA's Zoom Account for online meetings \$161 paid in Sept
 - **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
 - \$98 *Meetup.com* paid in Sept
 - Start-up Grants for brand new meetings (*typically \$150*)
- Literature: Did you know? MinnCoDA Intergroup purchases CoRE Literature in bulk.
 - **Important Literature Reminder:** 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

Notes

4. **Motion #2:** (Dave/Polly) Vote to give supporting funds to the two brand new CoDA meetings (Anoka "Where the River Leads" Meeting / Maple Grove "A New Sense of Belonging" 9:30am). 7 favor/0 opposed/1 abstention.

- Anoka was present at the meeting. **Funding approved**
- Maple Grove rep was sick. **Funding approved conditionally** that a rep shows up in Nov 18 Intergroup to provide a status report.

5. **Report:** Jan CoDA CSC Report (10 minutes / Jen to help monitor time)

- CSC 2023 voting report (see handout provided at meeting)

6. **Discussion:**

- Band Feedback led by Melinda H (20 minutes / Jen to help monitor time)
 - Melinda's identified goal: Build a bridge for online-only persons who are not willing to meet in person by increasing relevance for their Band engagement.
 - More virtual events posted on MinnCoDA Fellowship Band to represent online options as well as in-person functions.
 - Discussed Online Point Person potential steps of action
 - Reach out to online meetings and intro the PP and create a virtual social event
 - Create an Online Meetings Band
 - Reach out to Boundary Workshop point person to discuss posting options
 - Discussed formalized Band tutorials at the meeting and Fellowship Level
 - Essentially, what is possible and appropriate for MinnCoDA Fellowship to accommodate online-only engagers
- MinnCoDA Resource Packet Draft led by Alissa (10 minutes / Jen to help monitor time)
 - Call for Feedback on or before Nov 18 meeting. [Email minncodaintergroup@gmail.com](mailto:minncodaintergroup@gmail.com) with feedback.

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

- November: Walk for Recovery Report :)
- November: Feedback on MinnCoDA Resource Packet (MCRP) - Alissa & Chairs
- November: Stepping Into 2024 Event
 - Planning Committee Chairs and volunteers
 - All Committee member attendance is important to Vision Cast for MinnCoDA 2024 year ahead.
- Formulized "In-reach Outreach" for Fellowship & Meeting Engagement
- Budget Process for committees *Potential roll out at Jan 20 Stepping into 2024 Event
- Intergroup Location for 2024
- Voting to approve new Vice Chair volunteer (still open for volunteers)
- Discussion on ACA/MinnCoDA Partner/Cooperation - Chairs
 - Maria interested in supporting this idea
 - Jan mentioned Al Anon involvement
- Discussion on Apprentice Delegate & Service Opportunities - Jan
- Hosting CSC/ICC in Minnesota?! 2025 or 2026, Ongoing feedback/discussion
 - When is the deadline decision?

Notes

- What is needed to make a decision?
- Date for 2025 will be approved in July 2024 at CSC

Notes

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

- **Flyer to groups: Workshop on Sponsorship! Saturday, Oct. 28 1-5pm @ 9401 Lyndale Ave S, Minneapolis, MN 55420**
 - **Email questions on 1-1 Sponsorship to minncodaworkshops@gmail.com**
- November Host Group (Edina Womens) confirmed. St. Paul Men's providing speaker.
- *Who will host Jan and March 2024?*
 - *South MPLS interested in early 2024*
- Open service positions coming up!
 - MinnCoDA Vice-Chair for 2024/2025
 - *Vice-Chair 2024/25: 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. The Vice-Chair helps monitor time for Intergroup Meetings.*
 - MinnCoDA Secretary 2024
 - Current Secretary is out of state Jan-May 2024.
 - We need a Temp Secretary for Jan/March/May 2024.
 - Vice-Chair could Temp Secretary
- **Save the Date:** Stepping Into 2024 Event is Saturday, Jan 20th, 2024.
 - Committee attendance needed at this event
- **Flyer to groups:** CSC World Conference Hosting Opportunity for 2025 or 2026. Bring back to groups for discussion.
- **Thank you again for your service as we share our recovery journey together. See you on Nov. 18th for our last Intergroup of 2023**
- 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. Speaker Meeting / Sharing 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.

- donation is from a group or an individual.
- General MinnCoDA Financials 4,523.85
 - o Current balance is Sept X,XXX July 5,358.66 May 4,833 March 4,558.86
 - o Prudent reserve \$3,500
 - o Group Giving: July/Aug XXX May/June 862 April 0 March 537
 - o Group reminder: Typically home meetings choose to give a %

Sept website \$300
 Costs
 Zoom \$161
 Meetup \$ 98
 Literature

MinnCoDA Income

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Beginning Balance	4931.96	4676.97	4558.86	4973.87	4462.07	5012.70	5358.66	5300.16	5199.12				
Group #/location													
005 Golden Valley						125							
011 St Paul wed(pm)													
016 Edina noon Women			166.17					100					
038 Prior Lake			50		50				100				
042 Grat.Club			100										
058 St Paul wed am													
061 Chaska													
068 Maple Grove (Sat)													
074 Jordan													
076 Northeast Mpls-zm													
078 Path to Serenity-zm													
080 Maple Grove (Fri)													
087 South Mpls Zm													
092 St Paul MEN			50		50			76					
094 East metro -zm						50							
095 Plymouth	47		71			87							
099 Bound/beyond -zm		200											
100 Elk River													
101 Mpls-Lowry (mpls)													
102 Payne Ave (st paul)													
Women online-Wed zm													
Keep Coming Back-Mon zm			100										
Total group support	47	200	537.17	0.00	100	262	0	176	100				

- o Prudent reserve \$3,500
- o Group Giving: July/Aug XXX May/June 862 April 0 March 537
- o Group reminder: Typically home meetings choose to give a %

Literature

OTHER INCOME

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Anonymous donors	344	100	165+50	45	28	15	15	15	15				
Outreach													
Literature	51		88	15	145	70	155	68	230	366	784		
Workshops/Retreats		102			288				30.55				
Fun Cmte													
Total Other Income	395	202	303	60	461	85	200.55	83	211	381	784		

MinnCoDA Expenses

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
Admin expenses			13	78.48 _{ship}	5.23 _{ship}				35.11 _{ship}				
CoDa World-(annual)		457											
Fun Committee Events		43(picnic)	69.26				258.01		98.94(meetup)				
H&I Committee													
Insurance									450				
Literature-CoRE				473	60								
Meeting expenses(IMC)	321.59		50		50								
Workshop Committee	360		13										
New Group Assistance									300				
Outreach Committee													
Outreach-Printing								54.06					
Outreach-Website				17.20	.52			300					
E-donate fees	15.40	20.11	8.99	3.12	11.58	1.04	1.04	5.98	1.04				
Retreat Committee			283.91		-116.96								
Zoom Meetings									161.18				
Total Expenses	696.99	520.11	438.16	571.80	10.37	1.04	259.06	360.04	1046.27				
Current Balance	4676.97	4558.86	4973.87	4462.07	5012.70	5358.66	5300.16	5199.12	4333.85				

2020 ended -\$843.06, 2021 ended +\$425.14 2022 ended the year -\$55.86

2022 donation to CoDa World will be 20% of group giving (\$1121.40*20%) = \$225

2023 donation to CoDa World will be 20% of group giving (\$2285*20%)=\$457

Prudent reserve \$3700

4351.85
 4523.85