

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: Edina Women's (Next meeting's Hosting Group: South MPLS)



Bolded means in attendance.

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

MinnCoDA Intergroup Meeting Groups:

Anoka-MN107-Thurs-In-Person **Maria**

Boundaries&Beyond-MN099-Thurs-Online Johnny

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

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

MapleGrove-MN108-Sat-In-Person **Heidi**

MapleGrove-MN068-Sat-In Person **Mia**

NE Mpls-MN076-Sat-Online NA

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

PriorLake-MN038-Tues-In Person **Rob** & Mark

RichfieldGratitudeClub-MN042-Mon-In Person Jeanette

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

St.PaulMacAM-MN058-Wed-NA

St.PaulMacPM-MN011-Wed-In-Person NA

St.Paul-Men-MN092-Mon-In-Person Matt S & **Joseph**

Women in Recovery-WW561-Wed-Online NA

20 total (15 active) MEETING GROUPS / QUORUM is 8

***Grand Total for State of MN Meetings: 31**

MinnCoDA Intergroup Officers:

Chair Kim F / Jen N

Vice-Chair Jen N / ?

Secretary Alissa

Treasurer Roxanne

Notes

Meetings by **Type**: 12 In Person / 7 Online / 1 Hybrid

Anoka-MN107-Thurs-In-Person

Chaska-MN061-Thurs-In-Person

Edina-MN016-Wed-In-Person

Elk River-MN100-Tue-In Person

MapleGrove-MN108-Sat-In-Person

MapleGrove-MN068-Sat-In Person

Plymouth-MN095-Tue-In Person

PriorLake-MN038-Tues-In Person

RichfieldGratitudeClub-MN042-Mon-In Person

St.PaulMacAM-MN058-Wed-In Person

St.PaulMacPM-MN011-Wed-In-Person

St.Paul-Men-MN092-Mon-IN-Person

Boundaries&Beyond-MN099-Thurs-Online

Fridley-MN078-Sunday-Online

KeepComingBack-WW607-Mon-Online

LakeElmo/EastMetro-MN094-Thurs-Online

NE Mpls-MN076-Sat-Online

SouthMpls-WW778-Tue-Online

Women in Recovery-WW561-Wed-Online

GoldenValley-MN005-Mon-Hybrid

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

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: Edina Women's (Next meeting's Hosting Group: South MPLS)



Attendance of Trusted Servants: **GSRs** 9 (3 came later) of 15 groups **Chair** Absent **Vice Chair** Jen N **Treasurer** Roxanne **Secretary** Alissa. **Group Conscience Quorum of 7 reached** w/ 8 voting representatives present by 10:05am. 32 additional GSRs arrived after 10:10am, totaling 11. 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!*

Notes

1. Opening Serenity Prayer / Welcome! / Announcements: Jen N. (5min)

- **Our Intergroup Pillars (Mission)**
 - Educate the Fellowship on various topics & support health of local meetings
 - Provide accessible resources in a variety of forms
 - Build CoDA Community
 - Get the word out about MinnCoDA & Co-Dependents Anonymous
- 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) through December 2023 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: Jan 20th @ Meetinghouse Church, Edina. *Stepping Into 2024 All-Day Event*

- 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 any motions for the 2024 CoDA Service Conference (CSC). Note any considerations forthcoming.

2. Motion #1: (2min) (Maria/Dave) Motion made and seconded to accept the minutes from the last meeting. 7 favor/0 opposed/2 abstention.

- 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
- Speaker meeting details will not be included in the Intergroup meeting minutes archive unless requested or the topic is related to Intergroup business.

3. Treasurer/Literature Report: Roxanne (1min)

Notes

- 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 Nov \$4,905.73, Sept \$4,523.86, July \$5,358.66 May \$4,833 March \$4,558.86
 - Prudent reserve \$3,700
 - Workshop and Literature funds Sept/Oct \$487
 - Group Giving: Sept/Oct \$254, 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 \$68 per meeting
 - Committee and Fellowship events as possible
 - \$98 Meetup.com paid in Sept
 - Start-up Grants for brand new meetings (*typically \$150*)
- 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

4. **Follow up to Sept's Motion #2:** (10min) (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 & received.*
 - **Anoka needs experienced CoDA members to serve and irregularly attend the Anoka meeting at Anoka Today Alano Club. Thursday 7pm.**
- Maple Grove rep was sick. *Funding approved conditionally.*
 - Rep present today to provide a status update (5min).

5. **Motion #2:** (2min) (La'Tosia/Rob) Do we want to keep 2024 Intergroup Meetings at the MeetingHouse Church? 11 favor/0 opposed/0 abstention.

- Space cost is \$50. The Church's coffee service is \$18. Thoughts on turning the 7th Tradition fund over to Intergroup since Intergroup is consistently covering the coffee cost?
- 2024 Dates: 3rd Saturday of odd months (1/20, 3/16, 5/18, 7,20 (Picnic), 9/21, 11/16)

6. **Motion #3:** (2min) (Heidi/Mia) Vote to turn Intergroup Meeting 7th tradition fund over to Intergroup to support Meetinghouse room rent and coffee costs. 7 favor/0

opposed/2 abstention.

7. **Motion #4:** (2min) (Melinda/Dave) Is MinnCoDA open to being a host city in either 2025/6? 9 favor/0 opposed/0 abstention.

- MinnCoDA will *submit* our State as a *potential* Host City for 2025 or 2026 CoDA World Convention (CSC/ICC)

8. **Announcement:** (5min)

- Stepping Into 2024 Event
 - To help support committees that have less than 3 active volunteers we are going to try restructuring the committees into one main Events Committee.
 - Vision Casting & Calendar blocking will happen at Stepping Into 2024 Event
 - Day's Schedule (*Early bird meeting, Intergroup, Speaker, Lunch Provided, Vision Casting Workshop, 7pm Keynote & Social Event*)
 - Budget Process for events will be part of the Vision Casting workshop

9. **Discussion:**

- Outreach Sept Walk for Recovery Report (La'Tosia 3min)
 - 100 "What is CoDA" brochures handed out!
 - Suggestions made for MinnCoDA Booth
 - Difference between Al Anon, ACA, & CoDA literature?
- Workshops Report (Matt S 3min)
 - 30 attenders
 - Suggested donation of \$10 worked really well
- November: Feedback on MinnCoDA Resource Packet - Alissa & Chairs (10min)
 - Feedback received. Intergroup Draft Feedback is now closed
 - Plan to roll out at Stepping Into 2024 Event!

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

- *Formulized "In-reach Outreach" for Fellowship & Meeting Engagement (Dave)*
- *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*
 - *Date for 2025 will be approved in July 2024 at CSC*

11. **Closing Announcements / End of business meeting:** (Jen N) (6min)

- Who will host Jan and March 2024?
 - South MPLS volunteered for January
 - Need a host group for March and May
- 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.

Notes

- Committee attendance needed at this event! Returning or newly interested

- **Thank you again for your service as we share our recovery journey together. See you next year at the Stepping Into 2024 Event!**
- 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.

Notes

12. 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.

3. Treasurer/Literature Report: Roxanne (1min)

- 7th Tradition Donations

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	4471.85			
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										150			
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				104			
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	254			

6. Motion #3: (2min) (XX/XX) Is MinnCoDA open to being a host city in either 2025/6?

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	0	0		
Outreach													
Literature	51		88	15	145	70	155	68	256	355			
Workshops/Retreats		102			288					132			
Fun Cmte							30.55						
Total Other Income	395	202	303	60	461	85	200.55	83	271	487			

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}	28.12 _{ship}			
CoDa World-(annual)		457											
Fun Committee Events		43(picnic)	69.26				258.01		98.94 _(meetup)		13		
H&I Committee													
Insurance													
Literature-CoRE				473	60				450	266			
Meeting expenses(IMC)	321.59		50		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	1096.27	294.12	13		
Current Balance	4676.97	4558.86	4973.87	4462.07	5012.70	5358.66	5300.16	5199.12	4471.85	4918.73	4905.73		

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

Prudent reserve \$3700

2022 donation to CoDA World will be 20% of group giving (\$1121.40*20%) = \$225 \$1000 Admin exp was for Delegate reimbursement for 2022 CSC

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