

MinnCoDA Intergroup Attendance

Odd Months 3rd Saturdays (2024): **Jan 20** March 16 May 18 July 20 Sept 21 Nov 16

Meeting House Church

Today's Hosting Group: South MPLS (Next meeting's Hosting Group: Golden Valley (tent)



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 (**Rox-sub**)

Boundaries&Beyond-MN099-Thurs-Online Johnny (**Liz sub**)

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**

KeepComingBack-WW607-Mon-Online NA

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

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

MapleGrove-MN068-Sat-In Person Mia (**Darina sub**)

NE Mpls-MN076-Sat-Online NA

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

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

RichfieldGratitudeClub-MN042-Mon-In Person **Jeanette**

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

St.PaulMacAM-MN058-Wed-In Person 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 7

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

MinnCoDA Intergroup Officers:

Chair **Jen N**

Vice-Chair (candidate) **La'Tosia**

Secretary(acting)/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 (2024): Jan 20 March 16 May 18 July 20 Sept 21 Nov 16

Meeting House Church

Today's Hosting Group: South MPLS (Next meeting's Hosting Group: Golden Valley (tent)



Attendance of Trusted Servants: **GSRs** 12 of 15 groups **Chair** Jen N **Vice Chair** La'Tosia **Treasurer** Roxanne **Secretary** Alissa will be absent for next 3 meetings **Group Conscience Quorum of 7 reached** w/ 9 voting representatives present by 10:00am. Meeting called to order at 10:05am.
**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: Jen N. (5min)

- 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 La'Tosia** (Vice-Chair) if your group has elected a new GSR (or co-GSR). Via phone/text or call **at (651)319-2554**, or email **latosia03@gmail.com**. 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! 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: March 16 @ Meetinghouse Church, Edina.

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) (Heidi/Polly) Motion made and seconded to accept the minutes from the last meeting. 12 favor/0 opposed/0 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. Motion #2: (3min) (Jan/Melinda) Move to accept La'Tosia as our new MinnCoDA Intergroup Vice-Chair for a 2 year term 2024-2026. 12 favor/0 opposed/0 abstention.

Notes

Large group in attendance, 15 reps and officers along with many visitors.

No comments/changes

Members present enthusiastically approved and appreciated La'Tosia's willingness to serve.

4. Treasurer/Literature Report: Roxanne (10 min)

- 7th Tradition Donation Information
 - Mailing address listed at minncoda.org/community/donate
 - Digital donations accepted via minncoda.org/community/donate
 - **NEW: we will no longer accept donations via PayPal**
 - Reminder: When your group makes a donation to MinnCoDA Intergroup, 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 Financials-year end**
 - **Current balance is \$5172.25 for the 2023 fiscal year.**
 - Prudent reserve is \$3,700
 - For the year, we spent \$4315.44 and raised \$1837.17 in group giving and \$2707.55 in other income (includes literature sales, event fees and anonymous direct donors)
 - This resulted in a net positive of \$229.28 for the year.
 - Group Giving was down slightly from last year.
- **Motion #3:** (Melinda/Rob) Move to send \$367.43 to CoDA(\$1837.17*20%).
12 favor/0 opposed/0 abstention.
 - **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 income from group giving is donated to CoDA World.
- Ongoing Budget items
 - MinnCoDA Intergroup covers the following costs:
 - MinnCoDA's website minncoda.org \$300 *paid annually in Sept*
 - MinnCoDA's Zoom Account for online meetings \$161 *paid in Sept*
 - **Online CoDA Meetings reminder:** Donate back to MinnCoDA if your Zoom expenses are covered by MinnCoDA and there is not a location rent to be paid.
 - Location rent for Intergroup Meetings \$68 per meeting
 - Purchasing bulk literature to sell to groups
 - **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.**
 - Start-up Grants for brand new meetings (*typically \$150*)
- **Event Budgets for 2024:**
 - "Stepping into" event \$325 (\$185 facility plus food and supplies \$140)
 - Picnic \$300
 - Bonfires \$20
 - Holiday party \$50
 - Workshops \$150 each
 - Retreats \$350 each
 - Outreach \$100 each (printing, postage, signage, etc)

The amounts listed are expense budget estimates. Some events will spend less and others may incur greater expenses. The goal is always to break even. If an event budget exceeds the estimates, consider adding in or increasing the fee for attendance or include a raffle in the event to raise added resources. Consider lowering costs by seeking in-kind donations or choosing a more affordable venue.

5. MinnCoDA Resource Packet distribution (5min)

Questions, instructions

USE: Share at your meetings, have available as a resource, show to newcomers.

Discussed question relating to whether this resource guide be made available on the website? Roxanne will reach out to Alissa to get this answered.

If it is about to be posted it will be found at

<https://minncoda.org/resources/meetingmaterials/>

Notes

No issues with Roxanne as acting secretary in Alissa's absence.

No questions/comments

No questions/comments

In person meeting reps in attendance received their group packets.

Interest from all groups in having access to an e-copy. Roxanne will check in with Alissa about this question.

E-copies will be sent out to virtual meetings by the point person (Melinda).

6. Discussion: MinnCoDA Intergroup Mission (Jen N-large group)(25 mins)

- Our 4 Intergroup Pillars/Purpose
 - **Educate** the Fellowship on various topics & support health of local meetings
 - Provide accessible **resources** in a variety of forms
 - Build CoDA **Community**
 - **Outreach**-Get the word out about MinnCoDA & Co-Dependents Anonymous

Some questions to think about...

How have we fulfilled our mission in 2023 in each of these areas?

Do these pillars still reflect our purpose going forward into 2024?

What are our Intergroup goals for the coming year?+

7. Announcements: (Jen N)(5min)

- MinnCoDA has *submitted* our application for consideration as a Host City for 2025 or 2026 CoDA World Convention (CSC/ICC). We should hear back on the committee's decision before our March Intergroup meeting.
- 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. The "Sponsorship" Committee will continue to be a stand-alone group. We will discuss this more in our afternoon session.
 - Literature is for sale via cash or check. Check the literature table if you want to purchase items for yourself or your home group.
 - Lunch will be ready at 12:15pm. We hope you enjoy some relaxed time for socializing and community building.
 - Please stay for the afternoon session to help us build on what we have discussed this morning. We will gather at 1:30pm for an activity and move into our workshop.
 - The evening Keynote Speaker event will have doors open at 6:45pm and will be located at 9401 Lyndale Ave in Bloomington. Everyone is welcome to attend. Hot beverages and social time will also be provided.

8. Closing Announcements / End of business meeting: (Jen N) (5min)

- Who will host March 2024?
 - Need a host group for March and May
- **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. Email the officers at minncodaintergroup@gmail.com or chat/DM/post/comment on the Intergroup Band.
- Serenity Prayer

Agenda items tabled for future meetings:

- Formulate "In-reach Outreach" for Fellowship & Meeting Engagement (Dave)
- Discussion on ACA/MinnCoDA Partner/Cooperation - Chairs
 - Maria interested in supporting this idea
 - Jan mentioned Al Anon involvement
- Discussion on Delegate & Jr Delegate Service Opportunities - Jan
- Hosting at CoDA World CSC/ICC in 2025 or 2026-results of our application.
- New meeting support for MN110

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.

Notes on discussion ??'s

2023: **Joseph**-good to see visual representation of the pillars. They still resonate. The pillar of outreach needs strengthening. How can we do that?

Darina-attract rather than promote, talk about CoDA at home and with those around you.

Rob- workshop committee member. Educate area very strong, most helpful intergroup meetings include time for what's working/not working and how to strengthen individual home groups.

Liz- Minncoda website working very well. Newcomers are finding us thru the website.

Polly-Speaks at ANEW/run a mini CoDA meeting to those in their addiction program. How can we reach out to other recovery programs? Gave out our info at the Walk for Recovery.

Tim- going into treatment programs is ingrained in AA, would be interesting to build a system to do that more in CoDA.

Other attenders echoed this feeling. Reach out to the treatment center admins to inquire.

Linda-want to invest energy into how to better support online meetings. She's attended several different meetings, noticed differences between groups.

Some have limited leaders/service. **Polly**- can we divide up the list of meetings w/o a GSRs an visit them to discuss Intergroup?

Heidi-getting more members to step up into service can be hard. Especially when meetings are new. The newer CoDA meetings all could use more seasoned members to attend even once a month to connect/share experience. *Newest mtgs: (Sat 9:30 in MG, Thurs 7pm in Anoka)*

Can we access an intergroup google drive w/editable docs?

Ideas shared by a visitor: fellowship before and after the meetings can build community within the meeting. Some meetings do this and it helps them feel connected. Once a month potluck, coffee socials (even virtually) can be fun and effective. Nice the resource packet has service job descriptions and info on how to get involved at group and state levels.

