

MinnCoDA Intergroup Attendance

Odd Months 3rd Saturdays (2024): Jan 20 March 16 May 18 **July 20** Sept 14 Nov 16
Meeting House Church
Today's Hosting Group: None/Picnic!! (Next meeting's Hosting Group: Maple Grove 9:30am)



Bolded means in attendance.

MinnCoDA Intergroup Meeting Groups:

Anoka-MN107-Thurs-In Person *Roxanne*

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

Chaska-MN061-Thurs-In Person *NA*

Cold Spring-MN112-Sun-In Person *NA*

Collegeville-MN057-Thurs-In Person *NA*

EastMetro-MN094-Thurs-Online *La'Tosia* & *Joseph*

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*

LetItBe-WW1033-Wed-Online *NA*

MapleGrove-MN108-Sat-In Person *Heidi*

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

MapleGrove-MN111-Sun-In-Person (Spanish) *NA*

Mpls-MN110-Tues-In Person *Ryan*

NE Mpls-MN076-Sat-Online *NA*

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

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

RichfieldGratitudeClub-MN042-Mon-In Person *Jeanette*

Robbinsdale-MN114-Wed-In Person *NA*

SouthMpls-WW778-Tue-Online *Melinda*

St.PaulAM-MN115-Wed-In Person *NA*

St.PaulPM-MN011-Wed-In Person *NA*

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

Women in Recovery-WW561-Wed-Online *NA*

26 total (14 active) MEETING GROUPS / QUORUM is 7

****Grand Total for State of MN Meetings: 33***

Meetings by Type: 17 In Person / 8 Online / 1 Hybrid

MinnCoDA Intergroup Officers:

Chair *Jen N*, Vice-Chair *La'Tosia*,

Secretary *Alissa*, Treasurer *Roxanne*

Meetings by Type: 17 In Person / 8 Online / 1 Hybrid

Anoka-MN107-Thurs-In Person

Chaska-MN061-Thurs-In Person

ColdSpring-MN112-Sun-In Person

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MapleGrove-MN068-Sat-In Person

MapleGrove-MN111-Sun-In-Person (Spanish)

Mpls-MN110-Tues-In Person

Plymouth-MN095-Tue-In Person

PriorLake-MN038-Tues-In Person

RichfieldGratitudeClub-MN042-Mon-In Person

Robbinsdale-MN114-Wed-In Person

St.PaulAM-MN115-Wed-In Person

St.PaulPM-MN011-Wed-In Person

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

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

Tuesday-Mpls-MN110-In Person

Tuesday-Plymouth-MN095-In Person

Tuesday PriorLake-MN038-In Person

Tuesday-SouthMpls-WW778-Online

Wednesday-Edina-MN016-In Person

Wednesday-St.PaulAM-MN115-In Person

Wednesday-St.PaulPM-MN011-In Person

Wednesday-LetItBe-WW1033-Online

Wednesday-Women in Recovery-WW561-Online

Wednesday-Robbinsdale-MN114-In Person

Thursday-Boundaries&Beyond-MN099-Online

Thursday-Collegeville-MN057-In Person

Thursday-Chaska-MN061-In Person

Thursday-EastMetro-MN094-Online

Saturday-NE Mpls-MN076-Online

Saturday-MapleGrove-MN108-In Person

Saturday-MapleGrove-MN068-In Person

Sunday-Fridley-MN078-Online

Sunday-MapleGrove-MN111-In Person (Spanish)

Sunday-ColdSpring-MN112-In Person

MinnCoDA Intergroup Agenda Minutes

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Meeting House Church

Today's Hosting Group:None/Picnic!! (Next meeting's Hosting Group: MapleGrove 9:30am)

Attendance of Trusted Servants: **GSRs** 8 of 14 active groups **Chair** Jen N **Vice Chair** La'Tosia **Treasurer** Roxanne **Secretary** Alissa **Group Conscience Quorum of 7 reached** w/___ voting representatives present by 10:00am. Meeting called to order at 10:00am.

**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 CoDA Service Prayer / Welcome! / Announcements: Jen N. (10 mins)

- 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 minncooda.org
- Notify 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: Sept 14 @ Meetinghouse Church in 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.

2. Motion #1: (2min) (Polly/Dave) Motion made and seconded to accept the minutes from the last meeting. 8 favor/0 opposed/1 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 minncooda.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 (3 min)

- Current balance \$6371
Retreat registrations have been coming in (15 so far). We will pay Timerbay for the retreat space this quarter. Upcoming expenses will also include the \$300 for the website and \$162 for the CoDA Zoom account.
We took in a dedicated donation to reimburse our delegate for her costs. Jan will submit the totals after the CSC.

Notes

See attached prayer.

Pass 7th tradition basket

- 7th Tradition Donation Information
 - Mailing address listed at minncoda.org/community/donate
 - Digital donations accepted via minncoda.org/community/donate
 - We 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.
 - **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. Email Minncodaintergroup@gmail.com to order books for pick up at Intergroup.**

4. Events Committee Report: (Jen N/Roxanne) (8 mins)

- Monthly recurring events continue going well.
- Outreach to treatment centers continues with individuals sharing experience, strength and hope. If you'd like to help email Minncodaevents@gmail.com
- Upcoming: **Walk for Recovery** September 21st Watch for the sign-up to help at our Minncoda booth via our **Sign up Genius link (posted in late Aug)** at Minncoda.org
- Upcoming: **Overnight Retreat Oct 12-13**, flyers and registration forms available. **Deadline is Oct 1st**. Registration fee is \$135. Extra fee if paying by credit card.

5. Sponsorship Committee Report: (Melinda) (4mins)

Look out for the following!

- Workshops coming up
- Monthly Sponsorship Q&A session via Zoom. *MN hosting and open to national attenders.*
Example: How sponsorship happens in real time.
- Service opportunity! Looking for volunteers
- Info will be posted on MinnCoda Fellowship Band

6. Final Review of CSC2024 Motions. (Jan M)

- <https://band.us/band/68430752/post/588>
- Motion 2 to support “Board” clumps 1-4 Polly/Dave - 9/0/1
- Motion 3 to support “CoDA Teen” clump Melinda/Alissa - 8/0/1
- Motion 4 to support “Finance” clump Roxanne/Polly 9/0/2
- Motion 5 to support “Hospitals & Inst.” motion Dave/Mia 8/0/2
- Motion 6 to support “Issues & Mediations” clump IF language changes YES, otherwise NO (Roxanne/Mia 9/0/0)

***Revision of Language: Suggestion- There shouldn't ever be more abstaining than the “losing” (roughly 100 voting entities)**

***Considering “Consequential (Steps, Traditions, Recovery Patterns” vs “Housekeeping” and how abstention motion applies to those differing labels.**

- Motion 7 to support “Literature” clump Polly/Dave 7/0/2
- Motion 8 to not support Arizona motion Dave/Mia 9/0/0

***MinnCoDA agrees we don't sell outside literature, or use outside literature as the main resource. We feel the current language on this is strong enough. We vote NO to add changed and increased language on this.**

- Motion 9 to support NorCal clump Dave/Heidi 7/0/3
- Motion 10 to support Texas motion La'Tosia/Dave 8/1/1
- *NO to replacing, but yes to ADDING as a tool.**
- Motion 11 to support “Communications” clump Dave/Melinda 9/0/1
- Jan will be in connection with the MinnCoDA Intergroup during the convention
- Jan will provide an update via Band as she is out of town for the next mtg 9/14/24

7. Closing Announcements / End of business meeting: (Jen N) (3min)

- Host for the next meeting (Sept 14th) Maple Grove 9:30am
South Mpls online host for the Nov Meeting
- **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:

- Formulize "In-reach Outreach" for Fellowship & Meeting Engagement (Dave S)
- Service- how can groups get the member participation they need?
- Helping (Workshop?) MinnCoDA meetings understand "sharing/disclaiming with not approved literature"

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.

CoDA Service Prayer

CoDA Service Prayer

Higher Power, please help us stay mindful in our service work,
reminding us that we do not seek personal power, nor do we govern
or control others to advance our personal agendas.

Instead, we practice:

- * Anonymity
- * Humility
- * Tolerance
- * Gratitude
- * Amends, and
- * Forgiveness

Tradition 5 Prayer

Higher Power, help me carry the CoDA message of hope, sharing my struggles as well as my triumphs with other codependents who still suffer. May I listen with an open heart and an open mind. Help me accept responsibility for my part in creating more loving relationships and healthier CoDA meetings.