

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: Maple Grove 9:30am (Next meeting's Hosting Group: South MPLS)



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-MN080-Fri-In Person NA

MapleGrove-MN108-Sat-In Person *Heidi*

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

MapleGrove MN111 Sun In Person (Spanish) N/A

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*

RichfieldGratitudeClub-MN042-Mon-In Person *Jeanette*

Robbinsdale-MN114-Wed-In Person N/A

SouthMpls-WW778-Tue-Online *Linden*

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

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

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

Meetings by Type: 16 In Person / 8 Online / 1 Hybrid

Boundaries&Beyond-MN099-Thurs-Online

MinnCoDA Intergroup Officers:

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

Secretary *Alissa*, Treasurer *Roxanne*

Meetings by Type: 16 In Person / 8 Online / 1 Hybrid

Anoka-MN107-Thurs-In Person

Chaska-MN061-Thurs-In Person

ColdSpring-MN112-Sun-In Person

Collegeville-MN057-Thurs-In Person

Edina-MN016-Wed-In Person

Elk River-MN100-Tue-In Person

MapleGrove-MN080-Fri-In Person

MapleGrove-MN108-Sat-In Person

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

Friday-MapleGrove-MN080-In Person

Saturday-NE Mpls-MN076-Online

Saturday-MapleGrove-MN108-In Person

Saturday-MapleGrove-MN068-In Person

Sunday-Fridley-MN078-Online

Sunday-ColdSpring-MN112-In Person

MinnCoDA Intergroup Agenda Minutes

Odd Months 3rd Saturdays (2024): Jan 20 March 16 May 18 July 20 **Sept 14** Nov 16

Meeting House Church

Today's Hosting Group: Maple Grove 9:30am (Next meeting's Hosting Group: South MPLS)

Attendance of Trusted Servants: **GSRs** 9 of 14 active groups **Chair** Jen N **Vice Chair** La'Tosia **Treasurer** Roxanne **Secretary** Alissa **Group Conscience Quorum of 7 reached** w/9 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)

Notes

See attached prayer.

- 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
- Call for Service, MinnCoDA Secretary 2-year term ending Dec 2024. (Alissa)
 - Amazing opportunity to grow your recovery network, interact with and support other recovering codependents, and practice the Twelve Traditions and boundaries in a safe environment.
 - Gets to meet together with other Intergroup Officers to organize the agenda for the upcoming Intergroup meeting, receive and provide recovery co-support
 - Sends out future meeting agenda to Intergroup members via Band App
 - Takes meeting minutes during Intergroup meetings
 - Uploads approved minutes to minncooda.org Intergroup minute archive
 - Provides additional MinnCoDA support as available (ie Stepping Into 2025 event)
 - "I have gotten SO much from Minncooda. I have received a spiritual awakening by working this program, and it makes me want to give back to the very thing that helped facilitate my Recovery and growth! My goal has been to try several different service positions and keep the opportunity and gift of service rotating for everyone!" - Alissa, MN Secretary 2023 & 2024*
 - Training provided
 - Please contact Alissa, Roxanne, Jen N or La'Tosia if you

Next Meeting: Nov 16 @ Meetinghouse (S MPLS host)

Pass 7th tradition basket

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/Heidi. Motion made and seconded to accept the minutes from the last meeting. 9 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. Treasurer/Literature Report: Roxanne (3 min)

- Current balance \$7823.33 (after current retreat cost lodging fees are factored in we have remaining \$5370.33). Retreat registrations have been coming in (24 so far). We will pay Timerbay for the retreat space this quarter. Upcoming expenses will also include the \$300 for the website (paid Sept) and \$170 (increase from \$162 for the CoDA Zoom account). **Clarification note about new meeting funding (didn't have time for this clarification on 9/14/24)**

- 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)

-Outreach to treatment centers continues with individuals sharing experience, strength and hope. If you'd like to help email Minncodaevents@gmail.com

- Mia, Heidi, Polly, Maple Grove "Outreacher" volunteers
- Consider Outreach a focus for Stepping Into 2025

-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.

-LGBTQ Monthly Boundaries Linden stepping back to focus on Sponsorship Committee (Heidi will reach out to possible hand over)

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

- **NEW! Sponsorship Workshop** 1-3pm on Sponsorship in CoDA: What is sponsorship, How do I find, is it for me?, Oct 26th *Games moved from 3-5pm. At Polly's Building Community Room. Look for flyer.

-Regular Monthly Sponsorship Q&A session via Zoom Kicked off last month!! *MN hosting and open to Newcomers, national attenders. Example: How sponsorship happens in real time.*

-Service opportunity! Looking for volunteers for the Sponsorship Committee and foster healthy sponsorship in Minnesota.

-Info will be posted on MinnCoda Fellowship Band

***POP UP TOPIC (Kept within Intergroup only at this time):** Follow up on ICC regarding CoDA Meeting definitions regarding Literature Guidelines. Specific focus is Meeting Use. Example: If the meeting regularly reads out of “Language of Letting Go” they would need to shift to “Daily Reader” to be considered an official listed CoDA (ie on CoDA Website)

- First guidance, members are encouraged to bring in a meeting level and handle in business meeting
- Second guidance, members are asked to come to Intergroup
- *Jan will debrief on ICC CoDA World Convention.

6. GSR/Meetings Check in and Discussion

East Metro: Zoom bombing. Linden was able to support.

South MPLS: Zoom bombing. Had Group Conscious and created a “Zoom Bouncer” role for their online meeting.

Noticing a slight influx when listed at coda.org online meeting listings

Zoom bombing issue solution - Linden to provide a blurb of how to handle Zoom Bombers

Attendance support request for **Maple Grove Saturdays at 9:30am**

Edina Women's Group: Attendance 10-20 ppl. Newcomers regularly. Leading meetings happening. Healthy check up!

Anoka Thursday: Attendance was low. Decided to put out a flier in the area. Did get some more new comers. Fluctuation between 3-10 people. Location change pending for 2025. Locale Church in Champlin.

Saturday Maple Grove noon: Attendance is stabilized and people stepping up for service positions.

Discussion on how to connect to unconnected meetings/ meetings without reps at intergroup.

Suggestions

- Zoom hybrid option to check out intergroup
- Intergroup Members and/or Officers attending those meetings (Has been tried)
- Getting word out

- 4) Groups without reps seem like they prefer to be autonomous
- 5) Groups w/o reps that may be too overwhelmed
- 6) What are their needs?
 - Post pandemic restabilizing
 - Sponsorship
 - Changes in leadership / Business Meeting
 - 2 groups more siloed
 - 1-1 Sponsorship helps show how much service has a big impact and benefits recovery Intergroup members
- 7) Linden wants to connect with groups that don't have a lot of Sponsorship and is ready to help grow and mobilize this in Minnesota. If you also care about that, please reach out to Linden on Band
- 8) NEW! Subgroups on Band. There is Sponsorship Sub-Group on MinnCoDA Fellowship Band

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

- 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 Focus- how can meeting groups get the member participation they need?*
- *Helping (Workshop?) MinnCoDA meetings understand “sharing/disclaiming with not approved literature”*
- *Outreach Opportunities focused in 2025*
- *Handling GoDA Literature discussions regarding using*

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.