

# MinnCoDA Intergroup Attendance

Odd Months 3rd Saturdays (2025): Jan 18 March 15 **May 17** July 19 Sept 20 Nov 15

The Meeting House Church, Edina

Today's Hosting Group: Path to Serenity (Next meeting host: MinnCoDA Picnic!)



**Bolded means in attendance.**

## **MinnCoDA Intergroup Meeting Groups:**

**Anoka-MN107-Thurs-In Person -Roxanne**

**Boundaries&Beyond-MN099-Thurs-Online Liz F**

*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**

**Edina-MN016-Wed-In Person -Kay R. - Sub**

*Elk River-MN100-Tue-In Person NA*

**GoldenValley-MN005-Mon-Hybrid Cindy/Tim**

*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**

**Maplewood-MN116-Wed-In person N/A**

*Minnesota Nice-MN121-Wed-Online N/A*

*Mpls-MN110-Tues-In Person NA*

*NE Mpls-MN076-Sat-Online NA*

*No St Paul-MN 122-Mon-In Person N/A*

**Path to Serenity-MN078-Sunday-Online -LeeAnn**

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

*PriorLake-MN038-Tues-In Person -Kim F*

**RichfieldGratitudeClub-MN042-Mon-In Person -Dani / -Jen S.**

**Robbinsdale-MN114-Wed-In Person - Janelle/Aaron**

**SouthMpls-WW778-Tue-Online -Tom**

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

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

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

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

**29 total (14 active = 10 in person, 4 online) MEETING GROUPS /**

**QUORUM is 7**

**\*Grand Total for State of MN Meetings: 35**

## **MinnCoDA Intergroup Officers:**

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

Secretary **Mia**, Treasurer **Roxanne**

## Meetings by **Weekday**:

*Monday-GoldenValley-MN005-Hybrid*

*Monday-No St Paul-MN122-In Person (NEW)*

*Monday-RichfieldGratitudeClub-MN042-In Person*

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

*Monday-KeepComingBack-WW607-Online*

*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-Maplewood-MN116-In Person*

*Wednesday-Robbinsdale-MN114-In Person*

*Wednesday-St.PaulAM-MN115-In Person*

*Wednesday-St.PaulPM-MN011-In Person*

*Wednesday-LetItBe-WW1033-Online*

*Wednesday-Minnesota Nice-MN121-Online (NEW)*

*Wednesday-Women in Recovery-WW561-Online*

*Thursday-Anoka-MN107-In Person*

*Thursday-Chaska-MN061-In Person*

*Thursday-Collegeville-MN057-In Person*

*Thursday-Boundaries&Beyond-MN099-Online*

*Thursday-EastMetro-MN094-Online*

*Friday-MapleGrove-MN080-In Person*

*Saturday-MapleGrove-MN068-In Person*

*Saturday-MapleGrove-MN108-In Person*

*Saturday-NE Mpls-MN076-Online*

*Sunday-PathToSerenity-MN078--Online*

*Sunday-ColdSpring-MN112-In Person*

**Attendance** of Trusted Servants: **GSRs** 13 of 14 active groups **Chair** Jen N **Vice Chair** La'Tosia **Treasurer** Roxanne **Secretary** Mia **Group Conscience Quorum of 7 reached** w/\_\_\_ voting representatives present by 10:00am. Meeting called to order at 10:01 am.

*\*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](mailto: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
- Notify MinnCoDA **Online Meetings Point Person**, if you have online meeting troubleshooting issues or need support for your **online MinnCoDA Meeting text Linden H. at Primary contact: 612-559-7340** or Secondary contact: [codazoom@gmail.com](mailto:codazoom@gmail.com)

**Next Meeting:** Saturday, July 19th, 2025 (Picnic follows)

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](mailto: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: (1min) Motion made and seconded to accept the minutes from the last meeting. - Heidi Moves/2 Liz favor/7 opposed/ abstention 7

- 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](http://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 (5 min)

- Current balance \$ 5734.70
  - Income from groups since March meeting \$246
  - Expenditures: Deposit for retreat \$720, picnic venue \$43, Minncoda insurance \$181
  - Reminders:
    - If a new meeting disbands within a year, left over funds and literature returned to MinnCoDA Intergroup who sponsored to start that meeting.

Notes

See prayer on page 4.

- MinnCoDA donates 20% of group donations to CoDA World annually. Groups do not need to send donations to the world level directly.

- Minncoda now has a Venmo acct to take donations from meetings and literature money.
- Ryan K. speaking on his experience using Venmo and CashApp for 7th Tradition. (15-20mins)

Ryan K. - If you already have a personal Venmo acct, you can't do a separate one for CoDA. Uses his personal Venmo, respects anonymity. Uses a document to track personal funds vs. CoDA funds. Donations have quadrupled since starting digital funds. Great feedback from members who appreciate the option for 7th Tradition giving. For the MG 9:30 group, Heidi shared that she takes the Venmo payments and converts them to cash. Just label donations etc 'CoDA' to help differentiate. Use the QR barcodes. Share with the group what the money is going toward. Question: Zelle vs Venmo? Zelle is only used by some banks. Make sure to categorize a personal transfer NOT business or sale or you can end up with fees and year end tax issues. Mia suggested making a note on the QR code to select the person to person transfer category. Several groups do use Venmo and others will look into adding it.

Pass 7th tradition envelope.

- 7th Tradition Donation Information

- Mailing address listed at [minncoda.org/community/donate](http://minncoda.org/community/donate)
- Digital donations accepted via [minncoda.org/community/donate](http://minncoda.org/community/donate) or Venmo
- 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](mailto:Minncodaintergroup@gmail.com) to order books for pick up at Intergroup.**

#### 4. Events Committee report: (La'Tosia/Roxanne) (10 mins)

- Announce at all meetings.
- In person, **Free Boundaries Workshop on Saturday, May 31st** @1:00-4:30 Columbia Heights Public Library 3939 Central Ave. Please sign up. Link at [Minncoda.org](http://Minncoda.org) workshops page. - There were requests for Boundaries events during Stepping in. When do you know that you need a boundary? Making a boundary and holding a boundary. Really being accountable to yourself, loving yourself and being as healthy as you can in your relationships with yourself and others.
- **2nd Annual Stepping into Nature Overnight Retreat Oct 10-12, 2025.** Looking for volunteers. Get on Volunteer MinnCoDA and let us know you want to help. Early bird Discount \$105/1 night- \$145/2 nights. 1 night Sat-Sun, 2 night Fri-Sun. August 10th deadline for early bird discount. This will be the only discount. Save \$25 before **Aug 10. Oct 1st deadline.** Limited to 40 participants. See flyer for all details. Mail in or online registration.

Handouts available

- Still need a location and point person for **Games** days on the odd months.
- **July 19 Picnic**, again at Valley Park in Hopkins, sandwiches provided. Members can bring a dish to share.
- **Walk for Recovery Sept 14.** MinnCoDA will again have a table at this outreach event. More info to come in July.
- Volunteer MinnCoDA Band is gaining new members. Flyer available for meetings with QR to join.

**5. Service Call:** Reach out to groups without GSRs (5 mins)

PDF Flyer and digital copy available. Need volunteers to reach out to groups that are not represented. Email flyer to the group contacts?

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

- Host group for September: Golden Valley
- **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](mailto:minncodaintergroup@gmail.com) or chat/DM/post/comment on the Intergroup Band.
- Serenity Prayer

**Agenda items tabled for future meetings:**

- *Have guest member share on Literature Service position and how they carry out that service in their home group*
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*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

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.