

MinnCoDA Intergroup Agenda/Minutes

Odd Months 3rd Saturdays (2026): Jan 17 March 21 May 16 **July 18** Sept 19 Nov 21

Location: Valley Park

Today's Hosting Group: MinnCoDA



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 -Rita

ColdSpring-MN123-Mon-In Person-NA

EastMetro-MN094-Thurs-Online -La'Tosia

Edina-MN016-Wed-In Person -Carol / -Mary

ElkRiver-MN100-Tue-In Person NA

GoldenValley-MN005-Mon-Hybrid -Cindy/Chris

KeepComingBack-WW11847-Mon-Online - Jan M

LetItBe-WW1033-Wed-Online NA

MapleGrove-MN080-Fri-In Person NA

MapleGrove-MN108-Sat-In Person -Benton

MapleGrove-MN068-Sat-In Person -Mia

MinnesotaBoundaryWANTers-MN121-Wed-Online N/A

Mpls-MN110-Tues-In Person NA

NewHope-MN127-In Person -Valerie

NE Mpls-MN076-Sat-Online NA

NoStPaul-MN 122-Mon-In Person -Mark S

PathToSerenity-MN078-Sunday-Online -LeeAnn

Plymouth-MN095-Tue-In Person -Tim / -Annie

PriorLake-MN038-Tues-In Person -Kim F

RichfieldGratitudeClub-MN042-Mon-In Person NA

Robbinsdale-MN114-Wed-In Person -Abby / Janelle

SouthMpls-WW11830-Tue-Online -Tom

St.PaulAM-MN115-Wed-In Person -Wendy/ -Viktoria

St.PaulPM-MN011-Wed-In Person NA

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

38 total (18 active = 13 in person, 5 online) MEETING GROUPS /

QUORUM is 7

***Grand Total for State of MN Meetings: 38**

MinnCoDA Intergroup Officers:

Chair La'Tosia, Vice-Chair Max,

Secretary Mia, Treasurer Roxanne

Meetings by Weekday:

Monday-ColdSpring-MN123-In Person

Monday-GoldenValley-MN005-Hybrid

Monday-NewHope-MN127-In Person

Monday-NoStPaul-MN122-In Person

Monday-RichfieldGratitudeClub-MN042-In Person

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

Monday-KeepComingBack-WW11847-Online

Tuesday-ElkRiver-MN100-In Person

Tuesday-Mpls-MN110-In Person

Tuesday-Plymouth-MN095-In Person

Tuesday PriorLake-MN038-In Person

Tuesday-SouthMpls-WW11830-Online

Wednesday-Edina-MN016-In Person

Wednesday-Robbinsdale-MN114-In Person

Wednesday-St.PaulAM-MN115-In Person

Wednesday-St.PaulPM-MN011-In Person

Wednesday-LetItBe-WW1033-Online

Wednesday-MinnesotaBoundaryWANTers-MN121-Online

Thursday-Anoka-MN107-In Person

Thursday-Chaska-MN061-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

Attendance of Trusted Servants: **GSRs** 15 of 18 active groups **Chair** La'Tosia **Vice Chair** Max **Treasurer** Roxanne **Secretary** Mia **Group Conscience Quorum of 7 reached** w/12 voting representatives present by 10:00am. Meeting called to order at 10:11 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!*

See prayer on page 4.

1. Opening CoDA Service Prayer / Welcome! / Announcements: (La'Tosia) (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 Max (Vice-Chair) if your group has elected a new GSR (or co-GSR).**
Via phone/text or call at 612-616-0974, or email nickolas.herman@hotmail.com
He 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 (Webmaster) 763-228-4683 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

Next Meeting: September 19, 2026 **Hosting Group:** New Sense of Belonging (Maple Grove Sat 9:30am group)

Hosting groups are responsible for bringing coffee or coffee grounds now.

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. Motions

#1: (1min) Motion made and seconded to accept the minutes from the last meeting. - Liz Moves, Annie seconds favor /11 opposed /0 abstention 1

Motions 2-4, please see item number 6 below.

- 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

3. Old Business: (La'Tosia) 10:20 AM

Any follow-up from previous meeting: Outreach Committee updates?

Annie : Just beginning to get things organized. She is compiling a list of mental health professionals and has gained some additional volunteers.

St. Paul 6:30 PM Wednesday meeting attendance update?

The GSR came in late to the meeting. Others in attendance commented that the meeting has picked up a bit since we started to support the group. Still encourage announcements via band and seasoned members to attend when possible to build up the group.

4. Treasurer/Literature Report: (Roxanne) (5 min)

- Current balance \$8247.80
 - Income from groups since last meeting: \$162
 - Expenditures: picnic food \$191
 - Reminders:
 - If a new meeting disbands within a year, leftover funds and literature/meeting materials can be donated to MinnCoDA Intergroup. Bring items to the next meeting or contact us at minncodaintergroup@gmail.com to make arrangements.
 - MinnCoDA donates 20% of group donations to CoDA World annually. Groups do not need to send donations to the world level directly.
- 7th Tradition Donation Information
 - Mailing address listed at minncoda.org/community/donate
 - **Digital donations accepted via 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 to order books.**

5. Events Committee report: (Roxanne/Heidi) (10 mins) 10:25 AM

Recurring events, games, color, craft & create, stroll without control and brunch. On each Sunday at 12:30. Currently at the SNA in Maple Grove.

- Walk for Recovery September 12, 2026- we will again have a booth and need volunteers to help carry the message to attendees. It's is put on by the Minnesota Recovery Connection and is a fun day at the St Capitol Grounds. Flyers passed out.
- Stepping Into Nature Retreat October 9-11 - Registration forms available. Early bird rate is good until 8/10/26. \$152/2 nights or \$109/1 night. - Venmo, cash and check, only, accepted. Paying via Venmo, note that it is for the retreat. Final deadline 10/1/2026 So far about 1/3rd full so encourage folks to register to reserve their spot. Men are especially encouraged to attend. 1/3 of participants the last two years have been men.
- Volunteer MinnCoDA Band needs new members. Please encourage your members to join and use the app. Flyer available for meetings with QR to join.

Pass 7th tradition envelope. MinnCoDA now accepts Venmo.

Handouts
Available

6. Big Book Update: (Roxanne) 10:33 AM

Roxanne presented information on a project that some members of CoDA's Literature Committee (CLC) are currently working on involving significant changes to our main text, Co-Dependents Anonymous by Co-Dependents, aka "the Big Book" or "Blue Book"... in MN we also refer to it as "the Aqua Book".

There has not been adequate transparency to be able to share the exact changes being made. A letter from the CoDA Founders, Ken and Mary, was shared with the GSRs and officers. Roxanne confirmed with the CLC via email that they do have the project and will not bring the book to the CoDA Service Conference (CSC) this year. It is possible the book will be presented at the 2027 CSC after completion.

Discussion was opened up to gather questions, thoughts and concerns.

We have spoken with IL Intergroup and are wondering if we can somehow protect our big book from significant editing. The solution proposed is for MN/IL to bring a motion to the 2026 CSC that would designate the CoDA big book as a CoDA Foundational document. The process for editing a Foundational Document is more involved than changing other literature.

Discussion:

B&B: Some things that jumped out; A. Human beings do not like change, and sometimes change is good. B. Being asked to approve literature changes without being able to see them, does not seem right. We need to stick to the 12 step model. We are not medical providers and it's important to keep the medical/therapy methods outside of CoDA. She is definitely in favor of a motion. Are people going to actually and thoroughly read the whole 300+ pages before voting to approve the change?

Prior Lake: In AA, they keep the first 169 pages and the founder's story sacred. They never change the core text. They may update the stories to be more current/relevant, but they have never changed the core documents. Even though the wording is outdated/archaic. Maybe our focus should be the first 128 pages of the book, as foundational, so that part can't be changed?

A: One option would be to say that we would like the first 128 pages and our founders' stories to be defined as a Foundational Document.

Why can't we just add more literature, rather than change our current literature? Within the literature committee is 16 people but they have a solid 8 person group supporting these changes, so there is a chance that this will not die in committee.

Plymouth: We would support making the book a foundational document. What is the extent of the changes being made? How much deleted and added to?

A: The information gained so far is that the rewrite would make the first 128 pages approximately 300 pages and would take out a lot of the current text and replace with different language which is less in line with the 12 steps and more "therapy" or "trauma-informed" language.

Robbinsdale: Not opposed to changing "God" to "Higher Power" but that any major edits need to come to a larger group to approve. Would be in favor of a foundational document, or something that would move this effort forward instead of just with a select group of people.

Keep Coming Back: As a past Delegate, I am aware there are pockets of people that decide they want to do something and just move forward with it. The lack of transparency is a huge concern. The idea of moving towards trauma based language could be more hurtful to members than helpful. Adding trauma to the Big Book could divert readers to a different direction rather than healing our codependency. AA created a separate book for the stories. Making the book way longer, should be examined more closely and should be brought to the fellowship worldwide.

Golden Valley: We all do our work outside of CoDA. We can appreciate the way those things contribute to recovery. We would like the opportunity to review and approve/decline changes. There is nothing wrong with considering the feedback about the things we do outside the 12 steps, but can't they just make a new book, rather than changing our main text? Can there be a dialogue regarding the changes before they pass down an edict making changes? The lack of transparency is a great concern. Not being able to be a part of the decision process feels wrong.

Roxanne: Speaking to the last comment- If we send 2 delegates to the conference, Minnesota would get 2 votes. Once CoDA World publishes the motions, the delegate will review them thoroughly and then communicate about them with the GSRs via intergroup (hopefully we'd have them by the September meeting.) The delegate represents Minnesota's voice, they don't get to just serve their opinions. They have to vote on what we vote on/approve as a group, during our business meetings or follow-up discussions. We want a delegate that is going to vote for Minnesota's vote. Not their own personal opinions.

Jan/our previous Delegate spoke more on the CSC process.

St Paul Men's: CoDA is based on 12 steps, that's foundational and should not be changed. We want to make sure the changes are brought to the larger group. But we want it to serve the larger purpose of recovery. I am reluctant to make the book unchangeable without further information. I would like to hear why the changes need to be made and how they're supporting CoDA recovery as a whole. I also agree that we should have transparency, the chance to review and vote before making any changes. I would not be in favor of the motion if it is to make our Big Book sacred. I think it's a good opportunity for CoDA to reaffirm what the whole point of this program is. What do we value, what are our goals? The book must serve our program's purpose.

Plymouth: If becoming a foundational document, it can still be amended but it would require a $\frac{2}{3}$ vote, rather than just a small committee. We need more discussion, more transparency.

Keep Coming Back: We support more eyes on the changes, rather than just a small committee. The lack of group conscience in this decision is paramount.

Motion 2: Roxanne/Anoka: Move to define the book, Co-Dependents Anonymous by Co-dependents Anonymous, aka the Blue Book/Big Book, as a foundational document.

Kim/Prior Lake seconds.

Favor /15 opposed /0 abstention /o - Motion passed 11:28 AM

Motion 3: Roxanne/Anoka-Move that Minnesota is willing, only if needed, to craft language in Conference so as to prioritize preserving the first 128 pages of the text Co-Dependents Anonymous aka the Blue Book/Big Book and the Founder's stories as a foundational document.

Abby/Robbinsdale seconds. (11:30 AM)

Favor /15 opposed /0 abstention /o - Motion passed 11:31 AM

Motion 4: Roxanne/Anoka- Move to present motion #2 as a motion to the CSC in 2026.

Liz/B&B seconds.

Favor /15 opposed /0 abstention /o - Motion passed 11:33 AM

Motion 5: Mia/Maple Grove-Vision of Hope -Move that we elect Roxanne as a Delegate 1 for the upcoming CSC 2026.

Second: Jan/Keep Coming Back

Favor /14 opposed /0 abstention / 0

Motion 6: Robbinsdale/Abby- Move to elect Heidi as Alternate Delegate 1 for the upcoming CSC 2026. (Motions passed at 11:39 AM)

Second: Kim/Prior Lake

Favor /14 opposed /0 abstention / 0

Note: Illinois VE is also voting today on this issue. We will collaborate with them if possible and communicate via our Intergroup BAND app as to updates and the final motion language prior to the August 13th submission deadline. Please review any posts and comment as appropriate.

7. Closing Announcements / End of business meeting: (La'Tosia) (5min)

- Host group needed for Nov. Meeting: Path to Serenity will consider.
- **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.
- Resource packet -Let us know if your group needs a copy
- Serenity Prayer

Agenda items tabled for future meetings:

- *Check in with St. Paul Wed. meeting regarding attendance.*
- *Outreach update*
- *Motions for 2026 CSC*

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.