

## **GSACC Minutes 8<sup>th</sup> January 2007**

Opened with the Serenity prayer at 6:48 PM

### **In Attendance were:**

Debbie W./Chair  
Colleen H./GSACC Literature  
Jay F./GSACC Treasurer  
Tracey L./SoSacCoDA CoSecretary  
Kathy E./Thursday Kaiser Literature  
Mike M/Wed GR  
Dianna D./Temp Recording Secretary  
Sharon N./Mon GR  
Julie L./Sat GR/Conference Chair

### **Minutes:**

Sandy S. had to leave suddenly. Dianna D. Volunteered to record minutes. Since we only had one copy of Dec06 minutes, they were passed to be read by all attendees for corrections. At the end of the meeting the corrected minutes were handed in.

### **Treasurer report:**

Current Balance: \$2034.41. See report for details. Jay is stepping down in March 2007. Looking for new GSACC Treasurer. Motion made by Colleen H. to have all future treasurer reports have only the last initial of anyone's name since the reports are now being posted on the internet. Motion 2<sup>nd</sup> by Sharon. Motion carried.

### **Literature report:**

\$184 cash given to treasurer. Found full box of green workbooks. We still need more blue books and new meditation books for conference.

### **Outreach report:**

No Report.

### **Hospitals and Institutions:**

No Report.

### **Phone Line:**

Any changes needed will be addressed at our next meeting.

### **CoDA World Fellowship – Service Opportunities in CoDA:**

- Co-NNections On-Line - Writers. No Experience Necessary. We need your recovery thoughts, stories, & poetry
- H.&I. Committee needs help! (Hospitals and Institutions)
- CoDA Teens Committee - seeks Trusted Servants!
- Outreach Committee - If you want to do service work, have a computer, and like e-mail, we have a volunteer position for you!

- Spanish Speakers needed! - Spanish Outreach needs bilingual volunteers who have been attending CoDA meetings for at least one year to help carry the message to Spanish-speaking codependents who still suffer. If you can read/write Spanish and English, and wish to help codependents learn about CoDA and find CoDA meetings. Muchas gracias!

**NorCal CoDA –**

**REGIONAL MINI-CONFERENCES:**

- **Winter Mini-Conference** - JANUARY 27, 2007 Sacramento - We are putting the finishing touches on the conference. Bring cookies and your "Experience, Strength, & Hope"!! Flier available online at [http://norcalcoda.org/upcoming\\_events.htm](http://norcalcoda.org/upcoming_events.htm). Please distribute to your meetings!! Julie L reports we have received 20 registrations to date. Sandy S had to step down from registration. Sharon N volunteered for registration day of conference. Jay obtained liability insurance for conference. Twelve workshops planned. Need more volunteers for Food & Beverage. Colleen made reservations at Brookfields for Fellowship Dinner after conference. Julie suggested we look for new location for next year's conference. Motion made by \_\_\_\_\_ and seconded by \_\_\_\_\_ for GSACC to provide 4 scholarships to conference.
- **Spring Mini-Conference** – will be May 12<sup>th</sup>, 2007
- **Summer Mini-Conference** – 2007 – TBD
- **Fall Mini-Conference** – 2007 Committee volunteers needed.

## Group Rep Reports –

#935 Sunday “The Committed” no rep Heritage Oaks Hospital – Sharon N reported - ~15 solid regular members attending , a few service positions open, treasury has \$500, needs to know where to send 7<sup>th</sup> tradition contribution to GSACC, NorCalCoDA, and CoDA World Fellowship.

#1135 Monday Folsom CoDA Mtg Cindie/Alyssa Mt. Olive Lutheran Church – group is doing real well, keeping about 6-8 core attendees, with a couple newcomers every week. We are now having quarterly business meetings, have all our positions filled (I have put out the word for someone who might want to step up to be our group rep) and our bank balance is healthy. I know we have several from our group who will be attending the mini-conference. We still have our rotating format - studying traditions, steps and open share and we rotate the chair. No particular issues and look forward to seeing you at the mini-conference.

#1155 Monday NEW! Men’s CoDA Mtg Chris Kaiser/FairOaksBlvd/Sacto – healthy meeting, several members will be attending upcoming mini-conference.

#015 Monday “Be Precious & Free” Sharon N. Group Rep. Friends Church ~ Meeting is experiencing meltdown. Secretary & Treasurer had resigned at the end of Dec. No one had stepped up to be of service. The past secretary dropped off all meeting materials, literature, and treasury monies tonight to GSACC Chair announcing that the meeting was closed. Since Wed night CoDA meeting is not experiencing these issues, immediate group conscience at community level was to contact the pastor of Friends Church and find a way to open the meeting “a-new” to comply with Tradition #5 “Each group has but one primary purpose -- to carry its message to other codependents who still suffer.”

#CA1152 Monday “Fiddletown Fellowship” Cyndee H. Fiddletown Community Church, Amador County, ~ The Fiddletown Fellowship of CoDependents Anonymous has now been meeting for one whole year! We have grown from 3 to 6 regular attendees. For a small town, we think that is awesome! It's a little difficult in a group this size to have rotation of leadership, but we are working on it. Several of our group are planning to carpool and attend the Winter Conference in 2007. See you there!

# 103 Tuesday Rancho Cordova Group ~ no report

#941 Wednesday Modesto Michael ~ no report – haven’t heard from meeting in a while, Debbie W. will contact them.

# 861 Wednesday South Sacto/Elk Grove Tracey & Angela are now co-secretaries, no group rep presently, 5~6 members attending, previous secretary just left, so Tracey & long-timer stepped up to keep meeting going. Wants writing group support. Will discuss with Kathy E who is organizing current signup for new writing group. (Mtg Needs Support)

#055 Wednesday “I Wanna Be Me” Mike, Friends Church ~ 5~6 regular attendees, down from 12~15 core group, no key or service issues, financial and literature ok.

#434 Wednesday Men’s Group Jay F. ~ attendance down due to holidays, expect to pickup, usual 3~5 core members, still meet for dinner & pre-meeting fellowship

#637 Wednesday Grass Valley Darrel S. Sierra Nevada Memorial Hospital ~ meeting continues to have a strong group of regular attendees of 9 to 12 . At our first meeting of 2007, one person (the gsr!) rec'd a 2 year Coda Medallion, 2 others rec'd their 3 year Coda Medallions, and one person rec'd her 4 year Coda Medallion. Keep coming back; It Works!!! All of our service positions are filled and there are no schedule changes anticipated. Several members have shared their intention to participate in the GSA Conference on January 27th.

#694 Thursday “We Care CoDA” ~ no rep ~ no report

#449 Thursday Auburn Group ~ no rep ~ no report

#996 Thursday “New Beginning” Kathy ~ well attended meeting 20~25 people, service needs: secretary, group rep, literature

#018 Friday "Happy, Joyous & Free" Phyllis ~ core group 5~6 members, \$\$ is blocked at bank, need signature card change, needs conference flier & writing group signup sheet

#1029 Saturday AM Journaling Group Julie L. (Mtg Needs Support) ~barely making rent, good core group, need service positions filled,

1165 ~ **NEW MEETING!!** ~ Saturday – Murphys, Calaveras - Sheena, group rep ~ had four meetings since our first on December 9, 2006. Our first meeting had 3 in attendance and our last meeting had 6. We face the challenge of our meeting place being closed on holidays, but we have been meeting at alternative locations and we seem to be doing great. We have all but the GSR position filled. We will be choosing a group name at our next business meeting. Most of us have shown interest in attending the Winter Mini Conference.

**Any other events/Meeting/Flyers –**

- 12 Step Workbook Writing Workshops forming – sign up by Feb 28th
- MEETING NEEDS SUPPORT – Wednesday, 7:30pm So. Sacramento
- MEETING NEEDS SUPPORT – Saturday, 9:30am Fair Oaks
- NEW LITERATURE ORDER FORM on our NEW website!! <http://greatersaccoda.org>

**Old Business –**

- Discussed need for service volunteers for GSACC Chair beginning April 2007, GSACC Vice Chair, Recording Secretary, & Outreach Volunteers.

**New Business –**

- Scholarships for conference –
- Amador County – Gold Country Roundup – is there interest in participating this year? Discussed need to contact Cyndee for more information.
- Discussed concept of CoDA Community. Jay F. emphasized that CoDA is an idea, a flag that is planted around which we can form our recovery community, there are no rules, there are no CoDA police. This is a community where we can come together to practice developing healthy relationship skills and sometimes we will do well, and sometimes not so well. Group mixers and social potlucks within our CoDA groups are encouraged.

**Closed the meeting at 8:15 PM with the Serenity Prayer**