

**Greater Sacramento Area CoDA Community  
Minutes for Monthly Business Meeting  
JUNE 9, 2008**

Opened with the Serenity prayer at 6:50 PM

**In Attendance were:**

Debbie W. Chair  
Mike M GR CA055 Weds. Sacramento GR  
Julie L Recording Secretary  
John G Treasurer  
Isabell O. GR CA1135 Folsom  
Sharon N.  
Sylinda G. GR CA018 Fri. Women's  
Bob T.

**REPORTS**

**Chair:** Debbie W. continues to fill in as Chair. This service position is available for the Sac. CoDA community. If interested contact Debbie W. 916 536-1911

**Vice Chair:** Service Opportunity

Position is open. Debbie W. would like to train someone for Chair in the Vice Chair position for 6 months. Volunteers, please contact Debbie W. at 916 536-1911

**Recording Secretary** Julie L.

**Minutes from last meeting:** Minutes from May meeting were approved as corrected. Minutes will be available at GSACC Yahoo group.

**Treasurer's Report:** John G. Checking account balance on June 9, 2008 was \$1698.82. John's reports included the "check register" and the Income/Expenses year to date report. The estimates for 2008 are on the far right of the page. The Treasurer's report will be available at GSACC Yahoo group.

**Literature report:** Colleen H. (not present)

**Outreach report:** *Volunteer needed Service opportunity.* Bob T. inquired about Mental Health professionals' knowledge about CoDA and codependence as well as awareness of their own codependent issues. Bob wondered if it would be possible to "inventory" local therapists about their knowledge of codependence.

Discussion followed with various opinions and ideas, about this topic. Some members cited personal or professional experience, and suggestions were made to increase our outreach efforts (mail meeting schedules quarterly, conference fliers) to individual therapists, mental health and substance abuse treatment centers and professional associations of therapists. The majority in the meeting did not think an inventory/survey

would be an appropriate approach for GSACC CoDA to take. Debbie W. had emailed the Yahoo Group that the Bay Area CoDA Service Group (BACSG) has begun outreach to therapists via this website:

<http://therapists.psychologytoday.com/usnews/state/California.html> We may also be able to obtain names of therapists in the GSACC area.

**Phone Line:** Sharon N. Phone line has CoDA program information and website Address, but there is not enough time to list each meeting. Julie suggested contacting the Bay Area group, to see how theirs is handled. In a recent email from Jack S., he referred to a computer (currently housed at Jim M's), but that the computer will need to be moved, as Jim M is moving. Sharon to check it out with him.

**Hospitals and Institutions:** (*service position available*) Jean B returned the \$10.00 for CoDA books for prisons. Julie will contact the NorCal H&I person to see if there is a list of the prisons/libraries. Isabel brought up the need for CoDA information in the Veterans' community. She would be interested in CoDA books being placed in veteran's center libraries as well. **Agenda item for July meeting.**

**CoDA World Fellowship** Quarterly service report (1<sup>st</sup> Quarter, 2008) is available at [www.coda.org](http://www.coda.org) Service conference to be held in Chicago Sept. 2008.

**NorCal CoDA** NorCal Coda has an updated website (Thank you Debbie) and is more user friendly. The last NorCal meeting was held April 26 at the Spring Mini conference in Santa Clara. The NorCal CoDA website is: <http://norcalcoda.org>.

**Regional Mini-Conferences:**

- **Summer MC** Aug. 1, 2, 3, 2008 at Happy Valley Conference Center near Santa Cruz. Fliers available at <http://greatersaccoda.org> Please distribute fliers at your meetings. Carpools are forming.  
This meeting is **election** time for the service positions of: Chair, Recording Secretary, Treasurer, Corresponding Secretary, First Delegate to World CoDA Fellowship, H&I Coordinator. More details on duties and eligibility requirements is available at <http://norcalcoda.org>
- **Fall MC** To be held Oct. 26, 2008 LifeMark Center, outside of San Mateo.
- **Winter MC** Sacramento, Jan. 2009 It is time to request reservation at Fremont Presbyterian. Church for the Winter Mini Conference. The group decided on Jan. 24 as 1<sup>st</sup> choice, with Jan. 31 as back up. Julie will contact Melanie Andrews at Fremont. Deposit to hold reservation can be paid in August or September. The group also decided to begin conference planning meetings Aug. 11 at 5:30pm just before the GSACC meeting at 3240 Arden Way Kaiser facility. .
- **Spring MC** TBA South Bay CoDA

**Group Rep Reports:**

<b>Sunday</b> Heritage Oaks Sac CA935 ( <u>GR needed</u> )	Sharon N. reporting The Sunday CoDA group will provide plates and utensils. Sunday group attendance is usually about 15-20. Treasury is above prudent reserve.
<b>Monday</b> Folsom	Meeting is going okay, but attendance is very low-2 or 3

CA1135 Isabel O. Email 4/9/08	members attending. The meeting announcement has not been put in the local Folsom paper yet. <b>Meeting needs support</b>
<b>Monday Men's Kaiser</b> Fair Oaks Blvd. Sac CA1155 David	No report
<b>Monday Sac. Friends</b> Church E St. CA015 a <u>(GR needed)</u>	Debbie W reporting: 12 to 13 people attending, with 3-4 newcomers each week. The group has a prudent reserve (3 mos. Rent) plus some for literature. <b>Meeting needs support</b>
<b>Monday</b> Yuba/Sutter Yuba City CA488 Melissa	No report
<b>Monday #1152</b> Fiddletown	Take off agenda at Cyndee's request
<b>Tuesday Rancho</b> Cordova CA103 <u>(GR needed)</u>	From: Nan C [mailto:motherbears.hining@sbcglobal.net] Sent: Tuesday, June 03, 2008 10:00 PM To: Debbie W Subject: Tuesday CoDA Whee - had 12 people again tonight including 2 newbies. Gave out 1,2,3 and 9 month chips. Literature was flying out the door again. I paid the Apr-June rent and have enough to make some 7th step donations. I'll let you know when I mail them. <b>Meeting needs support</b>
<b>Wednesday Modesto</b> CA941 Michael V	No report
<b>Wednesday Sac Kaiser</b> South CA861 Tracey L	No report <b>Meeting needs support</b>
<b>Wednesday Friends</b> Church E St Sacramento CA055 Mike M	Attendance for past 2 weeks has been 13, a little less than before. Treasury is good. New Secretary.
<b>Wednesday. Grass</b> Valley CA637 Howie/Darrel	No report
<b>Thursday Citrus Heights</b> CA694. Andy O.	No report
<b>Thursday Auburn</b> CA449 <u>(GR needed)</u>	Sharon reporting. About 4-6 people attending. Group is solvent.
<b>Thursday Kaiser Watt</b> CA996. Kathy E	No Report
<b>Thursday</b> Murphys/Amador CA1165 Sheena B	No report
<b>Friday Women's Sac</b> Heritage Oaks CA018 Sylinda	Sylinda reports there are 4-8 "regulars" plus a few newcomers each week. Finances are improving. May have a business meeting in June

<b>Saturday Trinity Cathedral, Sacramento CA1029 <u>GR Needed</u></b>	Julie L reporting: Attendance is about 12 per meeting. Rotating secretary. Bus. Meeting planned. Finances allowing some literature purchase and donations to the church for "rent".
<b>Saturday Tracy <i>NEW!</i> CA           Dena B</b>	No report

**Old Business –**

- Plans for Debbie W.'s Counter Dependence Workshop on June 29 are in progress. Sharon has reserved space in Del Paso Park across from Heritage Oaks for a potluck picnic after the workshop. Sharon will ask for reimbursement of the fee she paid to reserve the park site.

**New Business –**

Debbie W. will conduct a brief discussion about logging on to and posting messages on the GSACC\_Business Yahoo Group

**Serenity Prayer**

**Close Meeting 8:115 PM**

**Minutes prepared by Julie L 916 362-5759 [jbureaucat@yahoo.com](mailto:jbureaucat@yahoo.com)**

**Old Business –**

- SoCal CoDA Conference – May 31-June 1 San Diego More info available at <http://socalcoda.org/retreat.php>
- No news on the 12 step writing group (Kathy E. not present)
- Picnic/Speaker meeting to be held Sunday, June 29 Debbie will be talking about Counter Dependency (the topic she presented at the Spring Mini conference. Debbie to make flier, Sharon N. to confirm room, park.
- Debbie created a new format for our growing Meeting schedule. Wants feedback.
- May-June announcements have been posted at [www.greatersaccoda.org](http://www.greatersaccoda.org)

**New Business –**

- New meeting forming in Truckee, Nevada County. Contact person is:  
John J <[john\\_johnson89@hotmail.com](mailto:john_johnson89@hotmail.com)> wrote:

**Serenity Prayer**

**Close Meeting 8:40 PM**

**Minutes prepared by Julie L 916 362-5759 [jbureaucat@yahoo.com](mailto:jbureaucat@yahoo.com)**

	<b>Meeting needs support</b>
<b>Monday</b> Yuba/Sutter Yuba City CA488 Melissa	No report
<b>Monday #1152</b> Fiddletown	Cyndee H. requested we drop Fiddletown from the list on the minutes. Debbie asked Cyndee to contact CoDA world Fellowship to retire the meeting number.
<b>Tuesday</b> Rancho Cordova CA103 <i>(GR needed)</i>	In an email to Debbie W., Nan C reported that 8-10 members are attending. <b>Meeting needs support</b>
<b>Wednesday</b> Modesto CA941 Michael V	No report
<b>Wednesday</b> Sac Kaiser South CA861 Tracey L	No report <b>Meeting needs support</b>
<b>Wednesday</b> Friends Church E St Sacramento CA055 Mike M	Attendance is averaging 12 normally. The secretary position is being handled by 2 people as "co-secretaries". The meeting notice continues to appear in the E. Sac. Newspaper bi-weekly.
<b>Wednesday.</b> Grass Valley CA637 Howie/Darrel	No report
<b>Thursday</b> Citrus Heights CA694. Andy O.	No report from Andy O, but Colleen reports this group is buying quite a bit of literature.
<b>Thursday</b> Auburn CA449 <del>Herman V B</del> /Sharon N email	Email from Sharon N 4/24/08 Good news! We have a new home for our Auburn Thursday Night CoDA Meeting: Auburn Grace Community Church 3126 Olympic Way, Rm. 117 Auburn, CA 95604 We meet at the same time: 7:15 p.m. Effective: Thursday, May 1, 2008 Sharon
<b>Thursday</b> Kaiser Watt CA996. Kathy E	No Report
<b>Thursday</b> Murphys/Amador CA1165 Sheena B	No report
<b>Friday</b> Women's Sac Heritage Oaks CA018 Sylinda	Sharon N reporting: Secretary position open
<b>Saturday</b> Trinity Cathedral, Sacramento CA1029 <i>GR Needed</i>	Julie L reporting: 10-12 people attending. Secretary position being "calendared". Other positions covered.
<b>Saturday</b> Tracy <b>NEW!</b> CA Dena B	Four people attended the FIRST meeting!