

CoDA London & South East Region

Members Forum & Workshop

14th January 2023 1.30 – 3.30pm

Zoom Meeting ID: 870 1827 1005 Passcode: 493850

Doors open 1.15pm

1 Welcome: moment's silence, Preamble, Welcome, 12 Steps, 12 Traditions, Guidelines for Sharing

2. Introductions and feelings check-in (please be brief; "three words only")

3. Announcements & ask for volunteer as spiritual timekeeper 15 mins 1.30-1.45pm

4. GSR shares experience, strength & hope 20 mins 1.45-2.05pm

10 minute share, then 10 minutes of member shares (2 minutes each)

5. GSR & MEMBERS FORUM – open discussion session for sharing group issues, group experience, GSRs' and members' issues, questions, etc. 25 mins 2.05-2.30pm

For info: at previous LSER meetings, the following topics were discussed:

- Confusion regarding Power of 5 (from the 30 Questions) & drain on service time trying to clarify
 - Opening bank accounts; holding Tradition 7 funds; collecting online donations
 - Zoom login problems
 - Attracting members into service; healthy rotation of roles; online service roles at meetings
 - Group conscience meetings
 - Taking group inventory
 - Meetings' Whatsapp groups
 - Meetings returning to face-to-face, hybrid or separate
 - Online meeting security, Zoom bombing etc
 - Outside issues being discussed after meetings, e.g. political views, racism
 - Possibility of workshops, all or partly on service
 - Possibility of a face to face event
 - What do groups want from the LSER; future of LSER; attendance
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Tea break 5 mins 2.30-2.35pm

6. SERVICE WORKSHOP – Service Concept 1 35 mins 2.35-3.10pm

Reading & questions from **Twelve Service Concepts – Alive & Strong**

Questions will be on screen for 10 minutes, then member shares (2 minutes each)

7. Business section 18 mins 3.10-3.28pm

7.1 Positions vacant for GSR & members' forum & service workshops: LSER Coordinators (2)

7.2 Are any members interested in service to re-start the LSER as a committee?

Subcommittee vacancies are: Chair; Minutes Secretary; Regional Rep; (& from April, Treasurer)
(it is suggested that more than one position needs to be filled before re-starting the LSER)

7.3 Any group conscience matters to raise?

- **LSER Coordinators – draft role description** to add to main LSER Service Roles document

7.4 Is a volunteer needed to report or carry conscience to the NSC?

7.5 Any matters to report from the NSC?

7.5 Confirm date, time & duration of next meeting (Sat 8th April 1.30 to 3.30 unless agreed otherwise)

8. Close: Promises, Serenity Prayer 2 mins 3:28-3:30pm

“Our group purpose in CoDA is to carry the message of recovery to co-dependents. We decide how to do this by using the group conscience process, always aware that a Higher Power is our authority. Decisions at all levels of CoDA are made with the guidance of our Higher Power. As with all our recovery, the group conscience is about putting aside the self and looking to our Higher Power for guidance. Members participate in decision-making by sharing their strength, hope, and experience in an effort to determine what is best for everyone in the fellowship as a whole. We consciously invite our Higher Power to guide and direct us, individually and collectively. We grow in our recovery by putting aside the need to be right while making decisions for the good of CoDA. A group conscience decision grows out of the combined wisdom invested in the whole group. With the help of our Higher Power, we open our minds to all viewpoints presented and then vote for the one we believe is best for CoDA. We work to keep personalities out of our decision-making.”

– from CoDA booklet ***Traditionally Speaking: Finding Solutions, Tradition Two***