

MINUTES – 5TH OCTOBER 2024

CODA INTERGROUP NORTH AND REGIONS (IN&R) QUARTERLY MEETING.

SERVICE POSITIONS

Current service positions and person

Service position	Person	Service Start Date
Chair	Philip F	
Co-chair	Mari H	
Communications	Pete H	
Secretary (minutes)	Pete H	
Co-secretary	Serina	
Literature	Jane	
Co-literature	Carol	
Treasurer	Tina	
Retreats	Gillian	

OPENING

Time meeting begins: 10:30

Script link: <https://sway.cloud.microsoft/z59hCgkC1f5d5g7c?ref=Link>

Opening Prayer, Welcome, Preamble

12 steps, 12 traditions

CHECK IN

(Group membership, service positions, group check-in/health/attendance, establish voting members):

- Gillian A – IN&R workshops and retreats, CSC committees (CoDA Teen, H&I, outreach, literature) and NSC committee, CSC delegate, Womens annual retreat literature, GSR Stockton heath – online and alternate weeks hybrid meeting. Recent newcomers.
- Jane – Literature secretary IN&R and NSC. Thursday Penmaenmawr meeting and Noddfa retreat committee
- Pete H – IN&R communications and secretary, noddfa retreat co-chair.
- Tina – Penmaenmawr treasurer, IN&R treasurer, retreats committee.
- Vicky – penmaenmawr Thursday attendee. Retreat committee co-chair.
- Rob – GSR south Manchester group Didsbury. Healthy and growing. Service rotation.
- Carol – Wednesday Stockton heath meeting. Co-literature secretary for IN&R.
- Bryony – GSR Monday Manchester city centre online meeting. Small meeting. Gone fortnightly. Members welcome to attend. Plenty of sharing time. 2nd and 4th Monday of every month 6:30-8PM.
- Ian – co-chair of Newcastle Thursday step meeting. Gsr for Newcastle Friday meeting.
- Mandy D – various service positions. GSR east kent group. Newcomers rep coda matters group.
- Lucy F-M – GSR for Bangor hope and recovery meeting currently on hiatus.

Establish voting members:

11 voting.

Apologies:

- Philip F – IN&R Chair, GSR Penmaenmawr

- Mari H – illness – IN&R Co-chair

RAISE 'ANY OTHER BUSINESS' ITEMS (AOB):

- Gillian – Hoping to start a CoDA Teen meeting on a Sunday. Someone at the last Noddfa retreat showed interest.
- Gillian – if anyone is interested in Hospitals and Institutions – sending literature to support refuges and facilities to support people struggling please contact IN&R
- Lucy – Bangor meeting currently closed. If people would like to continue a meeting in the Bangor area please make contact. Any support for outreach to raise awareness of the possibility of the meeting being available. Open to relocation for ease of access. Did have an online/hybrid on Tuesdays. Possible option to combine with Monday Manchester meeting online. Option for in-person at Penmaenmawr.

ANNOUNCEMENTS:

- Workshops and retreats –
 - October Noddfa retreat 25th-27th October. Close to full but short waiting list.
 - **CoDA Edinburgh gathering 11th to 13th October.**
 - Next Noddfa retreats January and May 2025 - 17th – 19th January 2025, 23rd – 25th May 2025, 31st October – 2nd November 2025.
 - CoDA founders speaker weekend in Manchester 17th – 18th May 2025 – pendulum conference Manchester. Concessions are available contact northregion@codauk.org for info or concessions.
- Literature workshop will be reading the new book “Growing up in CoDA” this afternoon 2-4:30 along with 10,11,12 in traditionally speaking.
- Members are welcome to join the Monday Manchester City Centre online meeting running 2nd and 4th Monday of every month 6:30-8PM. <https://codauk.org/meetings/?search=manchester&meeting=manchester-city-centre>
- Gillian – Hoping to start a CoDA Teen meeting on a Sunday. Someone at the last Noddfa retreat showed interest.
- Gillian – if anyone is interested in Hospitals and Institutions – sending literature to support refuges and facilities to support people struggling please contact IN&R.
- 26th October 5-7PM UK time international CoDA literature Q&A advertised on coda.org – send in any questions about CoDA literature. In response/relation to the changes brought in at 2024 CSC around need to use CoDA conference approved literature at CoDA meetings.
- CoDA UK website – new changes and improvements to menu options following feedback, questionnaires, statistics. If you haven't been on the site in a bit then please have a look codauk.org – offers of service gratefully received. Website committee meeting monthly, looking for people with technical abilities as well as non-technical users of the site.
- CoDA UK NSC meeting is 2nd November 1-5 PM. Details on codauk.org
- International online workshop 2nd November. Coda.org. whole day of different workshops from around 2pm.
- Outreach information has been updated at coda.org
- Next years CSC will be in Philadelphia at the beginning of October.

BUSINESS (11:30)

TREASURER REPORT

Coda Intergroup North and Regions:

Financial report for 10/24

B/F £1815.14 @ 13/07/24

- 684.75 literature (18/07/24)

- 64.73 literature postage (23/07/24) Donation from Newcastle Monday group

40.00 (02/08/24)

- 568.16 to delegate (14/08/24) 568.16 (Delegate grant 2nd payment 07/08/24)

- 340.00 Literature (19/09/24)

Founders weekend/paypal

- 1500.00 Hotel deposit (24/09/24)	
	384.14 (09/09/24)
	1554.24
	.01 (02/09/24)
	509.11 (11/09/24)
Sub total -3157.64 (paid out)	Sub total 3055.66 (paid in)

Balance @ 24/09/24

£1713.16

Query – donation from Newcastle and Didsbury gratefully received.

NSC donation towards founders speaker weekend agreed but to be arranged.

Jane is arranging to be co-signatory on the IN&R business account. It is underway but has met with some complications. Will be completed as soon as possible.

LITERATURE REPORT

Proposal going to NSC at November meeting for NSC to fund a large (ish) stock of CoDA literature for use at coming retreats and speaker weekend. Doing so will allow the publisher to provide the literature before the events. Proposal has been fully costed.

There are 6 new publications on the proposal. Main items to be purchased are:

- Growing up in CoDA.
- (New) green workbook.
- Traditionally speaking.
- Communication and recovery.
- Using the 12 traditions.
- Joy in the journey.
- Making choices.
- Carrying the message.
- 12 piece relationship toolkit.

Emphasis is on the new material and ensuring that suitable quantities of the new and updated literature will be available to buy in person.

Carol and Jane will be arranging literature sales at the founders weekend and would gratefully receive service and assistance over the weekend. Please visit the literature desk on arrival to offer service and arrange a rota for coverage of the literature desk.

UK website committee is working towards reformatting some of the free/downloadable/printable leaflets that are formatted for US letter format or for folding etc which makes sharing in online meetings difficult. Service welcome to assist the committee with this.

IN&R RETREATS REPORT

Upcoming retreats – October has a short waiting list so still worth contacting for a place. Rooms available on Thursday night but not sunday.

January will be publicised and made available for booking from today.

2025 dates 17th – 19th January 2025, 23rd – 25th May 2025, 31st October – 2nd November 2025.

Suggestion of new additional venue – Minster Acres in county Durham – to consider for a retreat. well recommended.

Hope for the Salisbury retreat to return. Service will be needed around that and we are very happy to help with support and experience. If people would like the support in this then also contact communications@codauk.org to get an announcement in the newsletter.

Suggestion to discuss it with members at the founders weekend. May be the option for a notice board with announcements etc to put items such as this at the founders weekend.

ACTIONS FROM LAST MEETING / ONGOING SUB-COMMITTEES

UPDATE WEBSITE INFO ON IN&R AND PEOPLE TO SHARE IN ANNOUNCEMENT ABOUT INTERGROUP.

Website created and launched. Work in progress as time permits. Welcome additional assistance. Functional currently.

<https://codaukintergroupnorth.org/>

Pete to add brief information and signpost to codauk.org and coda.org for foundation documents, media, and other CoDA content and state that the site intent is for announcements and functionality.

Pete to add a page about the literature stock and how to access it.

GROUP CONTACT SUB-COMMITTEE REPORT.

contact groups and offer service

Mari, Hil, Pete H, Philip F, Serina

Activity to continue, welcome additional service.

AOB ITEMS

GILLIAN – HOPING TO START A CODA TEEN MEETING ON A SUNDAY

Someone at the last Noddfa retreat showed interest who has experience in this area.

Some meeting facilitators (minimum of 3) needed so that the meeting can be established along with support of intergroup. Facilitators do not sponsor the kids, they sponsor each other.

CoDA Teen committee meets one a month, welcome to join the committee. Need to complete a training program and DBS checks to facilitate a CoDA teen meeting.

Current online CoDA Teen meetings internationally don't align well with UK time zone. Aim for 5PM on a Sunday evening to also help other nations to attend online.

Contact gilliancoda@gmail.com or codateen@coda.org for more information.

GILLIAN – IF ANYONE IS INTERESTED IN HOSPITALS AND INSTITUTIONS

sending literature to support refuges and facilities to support people struggling please contact IN&R

looking at a system for the UK like the American system whereby people in institutions can access digital copies of CoDA literature. Otherwise, possibility of a grant to support physical literature to institutions.

Hoping to visit women's prisons and provide a package of literature to be available to people in the prison.

If people would like to engage with this or has contacts in prisons etc please get in contact.

LUCY – BANGOR MEETING

Currently closed. If people would like to continue a meeting in the Bangor area please make contact. Any support for outreach to raise awareness of the possibility of the meeting being available.

Open to relocation for ease of access. Did have an online/hybrid on Tuesdays. Possible option to combine with Monday Manchester meeting online. Option for in-person at Penmaenmawr.

Date of next meeting(s): 11th January 2025 (10:30-13:00), later TBC

Sign off/Confirm Minutes: unanimous

Promises, Closing Prayer, Serenity Prayer

Time meeting ended: 12:41