

MINUTES – 5TH APRIL 2025

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

SERVICE POSITIONS

Current service positions and person

Service position	Person	Service Start Date
Chair		
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):

- Tina – Penmaenmawr Thursday meeting online and occasional face to face. Treasurer IN&R, retreat committee for noddfa retreats. Had zoom bomber issues.
- Jane B - Penmaenmawr Thursday meeting online and occasional face to face. Literature secretary IN&R and NSC, retreat committee for noddfa retreats.
- Pete H – IN&R communications and secretary, noddfa retreat co-chair.
- Gillian - Stockton heath member. IN&R and NSC member. Several world committees. Founders weekend committee. Workshops and retreats committee.
- Nicolle – Newcastle meetings 3 meetings per week. Secretary of Friday meeting. Mon/fri up to 10. Step meeting varies. 3-9 people and up to step 4. Service positions are filled. Attending on behalf of Karen GSR.
- Carol - Wednesday Stockton heath. Consistent group of 8-12 with regular newcomers. GSR for the meeting. Co-literature secretary for IN&R.
- David – GSR Liverpool in person meeting Thursday evening. Regularly 6-12 attendees.
- Christine – member of groups.

Establish voting members:

7 voting.

Apologies:

- Mari H.
- Rob

RAISE 'ANY OTHER BUSINESS' ITEMS (AOB):

- N/A

ANNOUNCEMENTS:

- Workshops and retreats –
 - Next Noddfa retreats 23rd – 25th May 2025, 31st October – 2nd November 2025. Places available codanoddfaretreats@outlook.com
 - 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.
- 2025 Women's retreat in September, this year in Roehampton. Details will be release around April.
- There is a new CoDA app. Can be found in the app stores or linked from coda.org
- CoDA UK newsletter can be signed up to on the CoDAUK.org website by clicking on the subscription link.

BUSINESS (11:10)

TREASURER REPORT

Coda Intergroup North and Regions:
Financial report for 05.04.25

B/F £13,854.38 @ 22/01/25

Paid in:

£ 65.00	Concession ticket 29/01/25
£ 50.00	Donation from Didsbury 05/02/25
£ 65.00	Concession ticket 05/02/25
£140.00	Ticket founders 10/02/25
£ 13.00	Literature 12/02/25
£ 65.00	Concession ticket 13/03/25
£ 13.00	Literature 19/03/25
£ 65.00	Concession ticket 21/03/25

Total: £ 476.00

Paid out:

£ 1500.00	Pendulum Hotel (Founders weekend) 28/01/25
£ 5.20	Ticket tailor 03/02/25
£ 4.79	Literature – postage 12/02/25
£ 5000.00	Founders expenses 25/02/25
£ 6.36	Ticket tailor 03/03/25
£ 7.95	Literature – postage 10/03/25
£ 75.47	Literature delivery charge 24/03/35
£ 3.50	Literature – postage 25/03/25

Total: £ 6603.27

Balance £ 7727.11 @ 31/03/25

Paid in £2307.16 from PayPal for founders tickets and donations.

Outgoing of £5.41 for ticket tailor

Donation £100 Didsbury group

Outgoing £5.33 postage

Balance as of 5/4/2025 - £10,123.73

To pay – remainder balance for founders weekend and event expenses.

Intergroup North & Regions bank details for donations etc.

Name: IN&R

Type: Business account

Sort Code: 51-61-14

Account number: 71101667

LITERATURE REPORT

CODA PRICE LIST. JAN 2025.

(Please note prices may change a little).

New Green Workbook. £13.00

Growing Up in Coda. £13.00

Big Blue Book. £12.00

Coda colouring book, Joy in the Journey. £13.00

Pocket Blue Book. £10.00

In This Moment – Meditation. £10.00

Tools for Recovery - £4.00.

Making choices - £4.00.

Newcomers handbook - £4.00.

12 piece relationship toolkit -£4.00.

Common Threads of Codependency - £4.00.

Carrying the message, Living the 12 steps - £4.00.

Traditionally speaking, Finding Solutions - £4.00.

Peeling the onion - £4.00.

Affirmations booklet - £2.00. Coda prayers - £2.00.

Also available: booklets for £3.00 and pamphlets for 50p on Boundaries, Crosstalk, Sponsorship, Meetings, Information for Professionals, building Coda Community.

Other literature to come soon includes 'The God Word', 'Service in Coda' and a Reparenting pamphlet.

Request: Is there anyone able to help with setting up access to the CoDA UK literature mailbox and setup forwarding to Janes own email.

Pete H will assist with setting up automatic forwarding from the literature mailbox to Janes own mailbox

Question: How should the purchases be handled from the literature pool. NSC asks for all payments to be sent to NSC funds following the donation. For those in service it makes most sense to bring the funds back for sales individual and event etc to be accountable and paid into the IN&R account and then larger interim transfers to NSC to be made periodically.

Proposal:

The committee welcomes an open discussion to move forward with ensuring that the valuable service provided to CoDA members across the UK can continue in a way that is workable for those in service. If the NSC desires return of the funds donated for the purchase of literature, then the committee is open to discussing this once the literature has started to be sold after the upcoming events.

(Phil A and Philip F joined early in this item – both voting. Now 9 voting)

Unanimous

Please contact Jane if anyone has questions about literature, supply, purchase, assistance. ffynnon1@gmail.com

IN&R RETREATS REPORT

Price and day visitor changes:

- Weekend rate of £180
- Day visitors must register with the committee and there will be a cost of £15 to Noddfa as well as the registration fee.
- To book for meals as a day visitor it will be £35 per day.

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

January 16th to 18th 2026

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

Have emailed Salisbury – suggestions for when a retreat might be good during the year. Maybe March/April 2026 or July/august depending on availability.

If anyone has interest in starting weekend events, workshops etc please contact northregion@codauk.org

COMFORT BREAK

Voting .

FOUNDERS WEEKEND

73 tickets sold so far. **Lots of tickets still available.** We have capacity for 200 and need at least 100.

Interest from across Europe.

Question from Gillian about looking to purchase a quantity of the inner child teddy bears to help raise additional funds to support concessions and retreat establishments.

Final payment of £6200 to the hotel to be paid in the next two weeks which will be paid when they contact the treasurer.

New flyer:



CoDA FOUNDERS SPEAKER WEEKEND WORKSHOP

Working Through The CoDA Twelve Steps & Twelve Traditions

At The Pendulum Hotel & Conference Centre

Sackville St, Manchester M1 3BB Tel: 0161 955 8000

CoDA UK INTERGROUP NORTH & REGIONS with Support from the NSC look forward to Welcoming you

17th & 18th MAY 2025

COME AND JOIN US FOR AN AMAZING
CoDA FELLOWSHIP WEEKEND
WORKSHOP IN MANCHESTER
AT THE PENDULUM HOTEL &
CONFERENCE CENTRE

Registration from 8.45am for start at
9.30am - 6.30pm each day.



KEN & MARY R. ARE TRAVELLING
FROM ARIZONA. USA - IN PERSON -
TAKING US THROUGH THIS SPECIAL
WORKSHOP WEEKEND
WORKING THROUGH THE
CO-DEPENDENTS ANONYMOUS
(BLUE) BOOK - (which they wrote).

Book online at codaukintergroupnorth.org or codauk.org
*concessions available on application to: northregion@codauk.org

Saturday evening CoDA Fellowship Celebration Evening 8pm - 10:30pm

If you need Accommodation please book separately - directly with the Hotel and mention CoDA Weekend.
There are also many hotels in the area such as Premier Inn & Travelodge. The hotel is 10 minutes walk
from Piccadilly or Oxford Road train stations and 20 minutes train journey from Manchester Airport.

**£130 TWO DAY
WORKSHOP**

**2 COURSE HOT
LUNCH DAILY**

**TEA COFFEE
PASTRIES**

**SERVED THREE
TIMES DAILY**



07792 236888



gilliancoda@gmail.com

Talks will be on the steps and traditions together.

Itinerary for the weekend:

CoDA FOUNDERS SPEAKER WEEKEND WORKSHOP

The Co-Dependents Anonymous Twelve Steps & Twelve Traditions

17TH & 18TH MAY 2025

Saturday 17TH MAY 2025

***8.45am - 9.30am**

REGISTRATION and Literature Sale

***9:30am - 11:15am**

Introduction & Housekeeping - Foundational Documents etc Patterns & Characteristics DENIAL etc.

KEN and MARY

STEP 1 - Admitting Powerlessness Over Others and Accepting Unmanageability.

TRADITION 1 - Common welfare and CoDA unity.

Shares

***11:15am - 11.45am**

BREAK

Refreshments & Literature Sale

***11.45am - 1:30pm**

STEP 2 - Came To Believe - Higher Power, Sanity and Finding Spirituality.

TRADITION 2 - Ultimate authority Higher Power, group conscience - Leaders are trusted servants and do not govern.

Shares

CoDA LONG SERENITY PRAYER

***1:30pm - 2:30pm**

LUNCH BREAK

LUNCH SERVED & Literature Sale

***2:30pm - 4.15pm**

STEP 3 - Made a Decision to Let Go and Let God/Higher Power - Turn Our Will and Life Over to Higher Power, etc.

TRADITION 3 - Only requirement for membership - Desire for healthy and loving relationships.

Shares

***4.15pm - 4:45pm**

BREAK

Refreshments & Literature Sale

***4:45pm - 6.30pm**

STEPS 4 & 5 - Serious Self-Reflection - and Being Human.

TRADITIONS 4 & 5 - Group remains autonomous except in matters affect CoDA as a whole
& Group's primary purpose to carry message of CoDA recovery.

Shares

CoDA LONG SERENITY PRAYER

Close

***6.30pm - 7.00pm**

Literature Sale

***8.00pm - 10.30pm**

CoDA FELLOWSHIP ENTERTAINMENT EVENING

CoDA FOUNDERS SPEAKER WEEKEND WORKSHOP

The Co-Dependents Anonymous Twelve Steps & Twelve Traditions

17TH & 18TH MAY 2025

Sunday 18TH MAY 2025

***8.45am - 9.30am**

REGISTRATION and Literature Sale

***9:30am - 11:15am**

STEPS 6 & 7 - Letting Go - Trusting God/Higher Power and Welcoming Change.

TRADITIONS 6 & 7 - CoDA never lends name or endorses outside enterprises

& Every Group fully self-supporting through 7th Tradition.

Shares

***11:15am - 11.45am**

BREAK

Refreshments & Literature Sale

***11.45am - 1:30pm**

STEPS 8 & 9 - Resentments, Forgiveness and Willingness to Make Amends.

TRADITIONS 8 & 9 - CoDA to remain non-professional but can employ special workers

& CoDA never organised but can create service boards and committees to serve the Fellowship.

Shares

CoDA LONG SERENITY PRAYER

***1:30pm - 2:30pm**

LUNCH BREAK

LUNCH & Literature Sale

***2:30pm - 4.15am**

STEPS 10 & 11 - Keeping a Journal. Daily Reflections, Prayer & Meditation

TRADITIONS 10 & 11 - CoDA has no opinion on outside issues; CoDA name never drawn into public controversy - & Attraction not promotion, personal anonymity at all levels of public forms of communication.

Shares

***4.15am - 4:45pm**

BREAK

Refreshments + Last Literature Sale

***4:45pm - 6.30pm**

STEP 12 - Carrying the Message - Recovery Through Service.

TRADITION 12 - Anonymity is spiritual foundation of all our CoDA Traditions - Principles before Personalities.

Shares

The Twelve CoDA Promises

FAREWELL & Vote of Thanks

CoDA LONG SERENITY PRAYER

***6.30p**

If booking a room with the pendulum to stay do mention the CoDA weekend for a discount on the room rate. Room stay includes breakfast.

Founders will be talking through the steps and traditions. There will be a fellowship evening on the Saturday.

For Concessions or enquiries contact either northregion@codauk.org gilliancoda@gmail.com or call Gillian on +44 7792 236888

Short committee meeting on Sunday 4th May 6PM for 1 hour. Anyone wanting to give service is welcome.

Proposal for a list of ad-hoc service positions.

ACTIONS FROM LAST MEETING / ONGOING SUB-COMMITTEES

AOB ITEMS

ROTATION OF SERVICE AND RECORD OF WHEN SERVICE POSITIONS WERE TAKEN UP.

Treasurer has been in place for 2 years.

Current service positions. Need to confirm start date.

Service position	Person	Service Start Date
Chair	Temp – Gillian A	April 2025
Co-chair	Mari H	
Communications	Pete H	
Co comms	Rob	January 2025
Secretary (minutes)	Pete H	

Co-secretary	Serina (TBC)
Literature	Jane
Co-literature	Carol
Treasurer	Tina
Retreats and workshops	Gillian

Action: to confirm people in service positions who have not been able to attend often want to continue in their service.

CSC Delegates will be voted in July.

2025 IN&R MEETING DATES

Chair or co-chair to send out agenda in advance of the meeting. (2 weeks prior).

12th July. Vote unanimous

Date of next meeting(s): 12th July (10:30-13:00), later TBC

Sign off/Confirm Minutes: Unanimous

Promises, Closing Prayer, Serenity Prayer

Time meeting ended: 13:15