

# AGENDA – 20<sup>TH</sup> APRIL 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):

- Philip F – IN&R Chair, GSR Penmaenmawr
- Mari H – Co-chair IN&R
- Gillian A – IN&R workshops and retreats, GSR Stockton heath – face to face alternate weeks going well, CSC committees and NSC committee.
- Lucy – GSR bangor hope and recovery. Going ok, not huge numbers. Penryn house Bangor, hybrid meeting. Been a real lifeline. Still low on numbers. Had some issues with the meeting link online. Meeting still running and hoping to grow. Tuesday 6:30PM with mixed format. (step, reading, speaker, patterns). Members welcome to attend.
  - <https://codauk.org/meetings/bangor/?tsml-day=any>
- Jane – Literature secretary IN&R
- Pete H – IN&R communications and secretary, noddfa retreat co-chair.
- Tina – Penmaenmawr treasurer, IN&R treasurer, retreats committee.
- Phil A – IN&R alternate delegate.
- Michael R – GSR for CoDA awakenings online daily meeting (based in Northumberland). 30-40 attendees each day.
- Tom – North Yorkshire
- Vicky – co-chair noddfa retreat.
- Carol – co-literature secretary IN&R, Stockton heath meeting.

Establish voting members:

10 (Tom to confirm)

**Apologies:**

Bryony – Manchester Monday – switching to fortnightly has helped the group to continue.

#### RAISE 'ANY OTHER BUSINESS' ITEMS (AOB):

- Gillian – workshops and retreats
- Gillian – CoDA Teen
- Gillian – CSC item and votes
- Gillian – CSC delegate confirmation votes.
- Gillian – abuse online.

#### ANNOUNCEMENTS:

- Workshops and retreats –
  - May Noddfa retreat 24-26<sup>th</sup> May.
  - October Noddfa retreat 25<sup>th</sup>-27<sup>th</sup>.
  - 30<sup>th</sup> August – 1<sup>st</sup> September Womens retreat at Noddfa.
  - CoDA Service Conference 22<sup>nd</sup> July Ottawa Canada/online (related ICC workshops not online).
  - International sponsorship workshop 14<sup>th</sup> September.
  - SoCAL 26<sup>th</sup>-28<sup>th</sup> June annual conference available online.
- Next Penmaenmawr face to face meeting will be 23<sup>rd</sup> May. Night of 23<sup>rd</sup> May is potentially available for attendees. face to face meeting on 9<sup>th</sup> May.
- Literature workshop will be reading the new book “Growing up in CoDA”

#### BUSINESS (10:45)

#### TREASURER REPORT

Coda Intergroup North and Regions:

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Financial report for 20/04/24

**B/F £1673.46 @ 20/01/24**

Paypal test 00.01 (22/01/24)

- 213.95 Literature order (29/01/24)

Sub Total: -£213.95

£00.01

Balance: £1459.52

£85 in paypal donations gratefully received from Aberdeen and Manchester Monday.

#### LITERATURE REPORT

Literature order made and stocks received after the last retreat. Relationship with the printer is working successfully. Jane has also taken on the NSC literature secretary service.

If anyone has any questions about literature, would like to buy some literature through the IN&R stocks, use the literature for sale at an event, workshop, gathering, etc please contact Jane directly via email:

[ffynnon1@gmail.com](mailto:ffynnon1@gmail.com)

Hopeful for new literature items to be available shortly but there are steps needed to make them available in print here.

New literature items, of various lengths from pamphlets, booklets, and a full book are coming. New version of the workbook also coming.

New literature in the works, crosstalk book on listening with love and sharing with respect working title coming next year. Issues with the God word book with stories being submitted to CSC.

Please not to use the draft literature up for proposal for the CSC and to be printed.

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## IN&R RETREATS REPORT

Upcoming retreats – May has a short waiting list so still worth contacting for a place. Rooms available on Thursday night.

October has places available.

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

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

## ACTIONS FROM LAST MEETING / ONGOING SUB-COMMITTEES

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

Pete – to further the updates and to draw up the pilot IN&R info website.

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### GROUP CONTACT SUB-COMMITTEE REPORT.

contact groups and offer service

Mari, Hil, Pete H, Philip F, Serina

Activity to continue, welcome additional service.

## NEW AGENDA ITEMS

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### PI REQUEST RECEIVED VIA EMAIL

APPG 12 steps in June near Newcastle. Gillian to ask Kate F for further details and talk to Michael from awakenings meeting about support and attendance.

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### IN&R SPEAKER WEEKEND

Literature Workshops held after IN&R business meetings.

Central Manchester Venue. Ken and Mary proposed speaker weekend 17<sup>th</sup> and 18<sup>th</sup> May 2025. Pendulum hotel Manchester. Attendees welcome from everywhere.

Accommodation is available on-site. Assumed accommodation costs around £110 a night.

Food available on-site but will need to consider related costs.

Consider using Eventbrite for bookings.

Need to agree to go ahead and need a committee and people to give service.

Will only be held at one venue (not split north and south as in 2019)

Alternative venues have been considered.

Vote – to go ahead with planning and to hold a speaker weekend May 2025

Unanimous

Committee members:

Pete H. Tina. Jane. Philip F.

To ask the NSC for a contribution towards costs (assist with covering Ken & Mary travel and subsistence costs).

Jane – worth considering for future events depending on the experience.

Announce as an event that will happen – unanimous.

## AOB ITEMS

- Gillian – workshops and retreats
  - Literature workshops have been going well. Working through traditionally speaking and the new literature. Today's will be on reparenting.
  - Ideas for other retreats/workshops please let us know. Either face to face or online events welcome.
- Gillian – CoDA Teen
  - Spanish meetings started and going well. One started based from California, off to a strong start. Hoping to start one in the UK this May or June (proposing 5PM Sundays). **Need at least two adults who have completed the CoDA teen training program and willing and able to pass DBS checks.**
  - CoDA teen meeting handbook being updated.
  - Considering expanding leaflet offerings to universities and colleges in the UK.
  - Meetings must be registered with the CoDA teen committee and with coda.org to establish a CoDA teen meeting and ensure that suitable safeguarding is in place.
  - CoDA teen is growing globally. Sharing the information in Canada via the CSC this June.
  - Any questions contact gilliancoda@gmail.com
- Gillian – CSC items and votes
  - CoDA outreach have an annual international event September 14<sup>th</sup>. Will be recorded.
  - Resources to start CoDA meeting can be found on the CoDA outreach section of coda.org
  - We have started H&I (hospitals and institutions) – have a fellowship service worker in the US.
  - Anyone considering sponsoring please consider to apply as a sponsor for H&I to sponsor via email/letter. This is anonymous on both sides.
  - Hoping to start this in the UK to help those in institutions throughout the UK to receive recovery and help through CoDA.
  - If anyone wishes to donate directly for the purpose of donating literature to inmates and people in institutions there is a dedicated donation bank transfer information.
  - Issues and mediation committee – started healthy meetings task force. Covering issues such as people asking for payment for sponsorship, use of non-CoDA literature and sponsorship processes, “recovered” non-CoDA PPG acting as CoDA.
  - Please consider joining a CSC committee.
  - Literature committee – new meditation book (larger than current book). Story gatherers, what life was like, coming into recovery, how CoDA has changed your life, pandemic stories, etc to share your story. All submissions are welcome and can be submitted via coda.org website.
  - CSC motions will be coming soon.
    - Asking that abstention is an abstention and not considered a no vote.
    - Aim to return to any literature being submitted to go through the literature committee so that the committee can ensure it is actioned and not lost in the multitude of activities.
    - 6<sup>th</sup> July UK NSC will be doing a meeting with a summary of the items to be voted on.
    - Reports to be submitted by 30<sup>th</sup> June.
    - Conference is 22<sup>nd</sup> to 25<sup>th</sup> July (hybrid event from Canada).
    - May be worth rescheduling our next meeting from the previously planned 6<sup>th</sup> July.
- Gillian – CSC delegate confirmation votes.
  - Gillian A as delegate
  - Phil A as alternate delegate.
    - Second Jane.
  - Pete H as delegate
  - Philip F alternate
    - Tina second those

Vote for those delegates –

Philip F alternate – unanimous

Gillian A delegate – unanimous

Phil A alternate – unanimous

Pete H delegate - unanimous

- Gillian – abuse online.
  - Healthy meetings task force. May change the name. received correspondence with issues around people claiming to be recovered and using strict and non-CoDA literature and materials for sponsorship, recovery, and meetings. People asking for payment for sponsorship. Please contact the committee. Any difficulties in your own meeting please contact you intergroup (i.e. this intergroup) and then if issues persist or not able to resolve contact the IMC or healthy meetings task force.
  - Still occasionally experiencing zoom bombers. Report it as there is guidance on how to prevent and how to report anything inappropriate suitably.
  - Any abuse, conflicts, or upsets that cannot be resolved within a meeting then there is a route to help.

**Date of next meeting(s):** 13<sup>th</sup> July 2024 (changed from previous), October 5<sup>th</sup> 2024, January 2025 TBC

**Sign off/Confirm Minutes:**

unanimous

***Promises, Closing Prayer, Serenity Prayer***

**Time meeting ended:**