

NGCA Minutes for 04/18/09

Chair: Louis
Secretary: West
Treasurer: Bruce

Opening CoDA prayer

Call to order at 1:30 p.m.

Self introductions: Cheryl, Anita, Ginger, Cheryl, Liz, Terri, Dakota, Bruce, Janet, Gerald, West, and Louis. Five Meetings at the following locations were represented (Mt Pisgah, Peachford, Ridgeview, Summit Ridge, and Unity)

Minutes of last meeting were approved as distributed.

Treasurers Report: Bruce reported that there were two expenses since the last meeting: \$23.94 for Web hosting and \$26.00 for the rental of the post box. There was a donation of \$60.00 from the Meaningful Monday group, which left us with a balance on hand of \$4382.11.

OLD BUSINESS

- 1.) The new Web site description was completed, but other items of needed clean-up & updates were noted and those are handled under New Business.2.) The questions raised for the Monday Night Insights group regarding Format, etc were resolved by its Group Conscious. No change in format was the decision of the Group. The Group determined to officially be one Meeting, which meets on Monday and Thursday (with one Group Conscious on Mondays). It was discussed that the Meeting contact National CoDA to clarify this status by requesting only one CoDA number for the Group, as contributions come from the Group conscious decision and literature for both nights is ordered as the single Group. Separate numbers were set-up a while ago, but the meeting has, in effect, functioned as one Group with meetings on the two nights of the week
- 2.) OPEN ITEMS. This is a list of items that have been brought up for consideration by NGCA but most are only feasible as the Groups expand to be able to provide the volunteer resources needed when we have attained a critical mass of volunteers so that "burnout" is avoided. This is addressed in the CoDA pamphlets on "Being of Service", as well as in references in other pamphlets/check-lists on such things as rotating leadership. It was decided that these open items would be listed as a subset of Old Business and repeated in each subsequent set of Minutes so that they can be considered for action, deleted if accomplished, and added to as items come up at NGCA meetings over the coming months: Group representation; reputation of CoDA among therapy community; NGCA web site upgrade; encouraging that local Meetings do a regular

Group Traditions check-list Inventory as printed in the dark green CoDA Workbook for Steps/Traditions; NGCA participation or Group participation in the National & Business meetings of CoDA through a representative(s) to such National meetings; local workshops; social events; a NGCA local retreat; Publish a brief summation of each meeting's format on the meeting list published on the NGCA web site; Define and disseminate information of Group types: Open (anyone may attend), Closed (only CoDA members), and Committed (which is a Step meeting process that is a closed group of members confidentially going through the Steps individually but in a group setting. In other 12 Step Programs this type of committed group traditionally is not listed as a meeting, but forms through getting the word out and disbands after the Steps have been worked through. Its participants attend their individual Home Group CoDA meetings, which are the ones registered with National. The registered and numbered CoDA Groups turn no one away who has a desire to develop and maintain healthy, fulfilling relationships.

3.) NEW BUSINESS

The NGCA web site needs to be brought current as to local group meetings information, NGCA meetings (including date of next meeting, Agenda, and Minutes from the meeting) etc. It was decided that Dakota would confirm with Nancy as to her wishing to continue the responsibility of Web Coordinator. In the vein of future needs and planning, Janet mentioned that Phil had expressed that he would consider being Web Coordinator, when and if that becomes needed. As a further backup, Bruce said that he also would consider doing it in the future as might be needed.

- 1.) Some of the NGCA Web site updates include: posting the new information on the group that meets at Peachford, which Terri represents. Janet said she does have that information and that it will be done asap. Also she will ask all Groups to be sure that the group representative name & contact information, etc. is current. Also, she or the web-coordinator will contact National CoDA to assure that out meeting information is current with theirs, updated, and consistent. Group Representatives will be asked to review their Groups' listing on both sites and let Janet know if it is correct or if it needs changes. If there are individual meeting instructional situations, such as cell phones & purses cannot be taken into the meeting (Peachford), those will be noted as a footnote. Also, Janet will add the wording in a footnote, that "it is a good idea for newcomers or visiting CoDA members to contact the Group's Representative a day or so prior to the meeting to be sure of directions, etc".
- 2.) The next item of business was the opportunity to announce our CoDA meetings in local, free newspapers. It was suggested that the wording of such public service announcements be worded along the following lines: "Co-Dependents Anonymous, a 12 Step Program for those wishing to develop and maintain healthy & loving relationships, meets daily at several locations throughout the Atlanta Metro area. The one in this area meets on

__day__& is held at the following location and time _____. Please contact us by calling _____ or searching for Co-Dependents Anonymous (www.coda.org) for information”. Cheryl will contact Creative Loafing; Terri, the Dunwoody Crier; and Brian the local Lawrenceville paper. All of these publications would be the local, free community type papers. All present were encouraged to think of local free community newspapers in their area and inquire of them if information on the CoDA Program and Meetings can be published as a public service under support groups. The National CoDA web site has further samples for use under its tab for starting and expanding a meeting.

The next NGCA Meeting will be Saturday, July 18, 2009, subject to approval by the Church.