

## LI Coda Intergroup Meeting Minutes - November 11, 2023

1. Meeting opened. Greeting and Welcome. Called to order with the Serenity Prayer; Recording and Closed Captioning started
2. Meeting Roll Call: Quorum Established - people present:

Names, Positions, Meeting Representation:

Jeff - Chair  
Michele - Co-Chair; Huntington Group  
David - IT; GSR  
Linda - Alternate GSR; Tuesday Huntington New Freedom mtg; Sub. Treasurer For Grace  
Fedra - Bellerose mtg  
Laura - Secretary; Heartfelt Humility Tuesday night Zoom  
Tommy G - Huntington mtg  
Leslie S. - Westchester - Mount Kisco mtg

3. Agenda - Reviewed - Any additions to New Business-no additions

David makes a motion that everyone have Voice and Vote - All have equal vote on any issue we bring up - passed - unanimous

4. Minutes from Last meeting - Brief Recap - Will review LI Coda Activities in Item 11 of Agenda - Minutes were accepted

5. Treasury Report - Linda

Balance: Nov 7: \$ 1037

Donations: from last mtg in March= \$786 total  
This includes a donation from Kevin M of \$ 431 from former Upstate Intergroup Treasury donated to LI Coda

Expenses: David - website; \$300  
LI Coda Treasury Received 2 payments from [coda.org](http://coda.org) totaling \$750 for reimbursement to David for CSC Expenses, the sum which was then given to David

6. Communications Report

Phone calls and emails are up, 3-4 per week at times. Phone Number: 516-500 coda (2632)  
Includes inquires on attending meetings

Website - Traffic is down but as google changed way of tracking may not be accurate  
People are spending more time when they visit the website

The Home, Documents and Info pages on the website were updated

Links to Coda Teens were added

Domain costs: [licoda.org](http://licoda.org) and [licoda.info](http://licoda.info) combined for a two year period were \$65

## 7. 2023 CSC Recap - David

New Literature: New Booklet - "Growing up in Coda"  
New Pamphlet - "Reparenting Your Inner Child"  
Both are on [licoda.org](http://licoda.org) in draft form

Use of Non Coda Endorsed Literature was discussed but tabled  
Coda board wanted to eliminate representation of groups that used non conference approved literature - this was sprung without much discussion and caused a large stir and which is why it was tabled

There was Approval of New Coda Teen Material

The Coda Workbook is coming out with a new edition

The 40 Questions was approved to be Coda Endorsed Literature

Recordings of the Keynote Speakers are available on Youtube

## 8. New Business:

### A. 2024 CSC - July 2024 in Ottawa Canada

Representatives:

Linda volunteered to be a Delegate - Nominated

Fedra volunteered to be a Delegate - Nominated

Tommy Nominated as Alternate Delegate

David - Stepping down as Delegate; Nominated as Alternate Delegate

### B. Meetings Status:

Tommy - Tuesday Huntington F2F - 25-30 in attendance; A lot of Younger people - group chat of 24; Business Meetings are growing

Fedra- Bellerose F2F - Attendance is solid about 12 per week, almost all attend business meeting

Fedra - Freeport F2F is doing well - steady

David - Sag Harbor and Bridgehampton have returned to F2F and New Bridgehampton mtg at Thrive;  
Port Jefferson Wed F2F doing well

Laura - Heartfelt Humility Zoom - over 25 people, get lots of beginners, more people coming to Business Mtg slowly  
Pls Announce Wednesday 12:30 pm Phone Literature Meeting

David - Fri and Sat Night First 14 days phone meetings are doing well  
Fri Listening Room Zoom gets 45-60 weekly

#### C. PayPal Account -

David - Venmo Account we use only accepts donations from U.S.  
We could continue Venmo as many young people use it and add PayPal  
Motion to add a PayPal; Account - David to work with Grace - Venmo account is shielded from Grace personally and this can be done with PayPal -  
David will work with Grace to set this up- suggestion Item to be discussed offline by David and Grace and vote on email thread offline as a friendly amendment  
Passed

#### D. Long Island Based Workshops

Fedra - would like to do a workshop or lecture Series based around Shame and how it affects us as Codependents - upbringing and towards healing and how in healing affects our Character Defects - Has reviewed many resources  
Laura - Tuesday Meeting has been discussing doing a workshop and Would be willing to help including financially  
Tommy working with New England Alliance, they are interested in working with New York Freeport Library can give rooms  
Suggestions for Resources; Could come to Tuesday night Zoom and announce it; form an ad hoc committee - Intergroup would support as well

#### E. Outreach

Tommy - Would like to make a Service Committee - An Outreach Committee on LI to spread the message of Coda as part of Public Information for Long Island  
Create committee  
Passed to make such a committee - Intergroup would support - as part of Intergroup

F. David - Eliminate [licoda.info](http://licoda.info) domain -not being used frequently enough, and redirects to [licoda.org](http://licoda.org)  
Passed - not to renew next year

G. Coda Teens - Linda - Tabled - discuss at the next Intergroup Meeting

H. Open Positions: - many open, and people have been having them for a long time  
Chairperson is open  
Will cover positions again next meeting

David can continue to be Intergroup GSR

I. Next Intergroup Meeting - Decided to be on March 9, 2024 2 pm