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LONDON & SE REGIONAL COMMITTEE MEETING

Minutes for Regional Meeting, London, September 16th 2008, 7.30pm

Present	Apologies
Kathy (Chair and GSR Hampstead) Steve (East Finchley Step) Victoria (Treasurer) Jacey (West Norwood) Tracey (Hinde Street and NSC Secretary) Naomi (Bournemouth) Jane (rep Eastbourne) Frank, (Secretary and rep Clapham) Stuart (Hampstead) Jason (rep Victoria) Chioma (rep Camden)	Will Lindsay, (rep Hammersmith) Marietta (Regional where to find person and rep Enfield) NSC=CoDA National Steering Committee GSR=Group Service Representative

1. Serenity Prayer & 12 Traditions

Meeting opened moment of silence, Serenity prayer, check in with names and feelings, 12 Traditions.

2. Introductions & Apologies

Those present introduced themselves and apologies were noted. Email addresses requested for those not on mailing list.

3. Minutes of the previous meeting

Minutes of the Meeting July 2008 were accepted, with the amendment that Marilyn not Marietta helped with Sponsorship workshop.

4. Report on Regional Meeting 2008

Jane reported on the social meeting preceding the regional meeting. 17 people attended. It was well supported, well organized. Jane encouraged other meetings in the region to host a regional meeting. She and other members from Eastbourne would be happy to talk to any other meeting interested in hosting a social function and regional meeting.

5. Report on Womens Retreat

Jane reported on the Womens Retreat. It was a great success with 43 women attending. There was a net profit made of £600. The meeting agreed to donate £125 to NSC and retain balance to reduce

cost of next year's meeting through paying costs in advance. There are still positions available on the service committee to organize next year's meeting. There will be a more detailed report on the coda website. The venue was exceptional. Costs can be lowered through camping facilities available. Jason queried about mixed and mens retreat. There is a men's retreat proposed. Interested men are encouraged to contact or attend the NSC meetings.

6. Report on NSC

Stuart reported on the NSC meeting 13th September. He emphasized how well run and professional the NSC meeting was. He acknowledged the committee are hard working, dedicated, committed servants of Coda. The meeting had six attendees. They would welcome more support. The meetings are open to all Coda members.

6a. Sponsorship Workshop

Hampstead Meeting has offered to host a sponsorship workshop. Further details will be publicised as they are decided.

6b. Sponsorship Web Bulletin Board

Stuart has volunteered to take on, under NSC oversight, producing a web sponsorship bulletin board. This will help Coda members find other members interested in one to one sponsors, co-sponsorship groups and starting step groups. Tracey reported there are two volunteers willing to work with Stuart to put their details on the web site. There will be a three month trial, once it is started and announced. This three month period will book-end the project, to make sure that it serves a purpose.

6c. Sponsorship sharing from other fellowships.

Stuart asked whether Coda members were interested in hearing shares from other fellowships on experience, strength and hope of sponsorship.

No proposal was agreed.

6d. Incremental Sponsorship

Stuart asked whether it would be appropriate to recommend that a Coda member working Step 2 be willing to sponsor another member working Step 1. He noted that Coda members assume they can't sponsor until they have finished all 12 steps. No proposal was agreed.

6e. Weekend Step Retreat

Stuart reported that there was interested expressed at the NSC in a mixed weekend step retreat.

6f. Structure of Coda

Stuart reported that the only Regional group in Coda UK is this one, with interest from Bournemouth in starting a SW Region. Naomi was acknowledged in her efforts to start a SW Region, representing 7 meetings. Frank agreed to email existing documents, including past agenda and minutes. The difference in Regional roles is a longer commitment being asked for, and longer recovery guidelines. The NSC are working on the written guidelines, which will be distributed when available.

6g. NSC Treasury

Stuart reported that the NSC has a balance of £4,044 which is being held as a prudent reserve to cover web site costs. The NSC also built up the balance through having only two members in 2007, and not being able to execute projects to use the funds. Now the NSC has more support, the funds will be used.

6h Web Site

Stuart has volunteered to make a report on the web site role. Concern was expressed regarding the preservation of anonymity. Jason vouched for the integrity of the volunteer working on the web site.

6i. Workshop proposals

The NSC is willing to consider and promote new workshops proposals which are presented by meetings and regions.

6j. UK representation to Coda World Conference 2009

NSC is willing to send someone to the conference. Tracey said she is willing to earmark funds for this purpose, if meetings submit funds for this purpose, and make it clear on the submission. Jason said Victoria Meeting is interested in making this kind of donation.

6k. Public Information

NSC is going to focus at improving and increasing the information made available to the public regarding Coda.

6l. Literature

Sue, NSC Literature Secretary, collated detailed responses made to the literature questionnaire. There is widespread dissatisfaction with the current arrangement. Sue wrote a detailed report to which Stuart referred. Sue has ascertained that there is a need for an Extraordinary Meeting of the NSC to focus on Literature and come up with recommendations for Coda UK. The Regional Meeting agreed on the following proposal: The Regional Meeting will take action following the NSC Extraordinary Meeting, but in the meantime, GSRs are asked to encouraged to notify the member with responsibility for literature that they are free to order directly from the US. Costs are likely to be lower, particularly if books are ordered in quantity.

6m. Regional Rep to NSC

Stuart acknowledged that his presence at the NSC meeting was a temporary commitment. He is willing to extend that commitment to a year, and become formal Regional Rep to NSC. The meeting proposed and voted him to this position.

6n. Where to Find

Tracey reported that nationally, Coda has six new meetings, and has lost one meeting.

The Regional meeting voted to congratulate NSC and Bryony for her service in updating meeting information.

7. Bournemouth request for help setting up SW Region

As reported above, the meeting agreed to provide whatever assistance is requested.

8. Where to find

NSC has requested that the minutes clarify that only meetings that are completely out of touch will be taken off web site.

9. Assisting Coda members to find Sponsors

The Region voted to underwrite costs for Hampstead Sponsorship workshop. Hampstead will present expected costs as the plans progress. GSRs are asked to notify their meetings that other meetings are welcome to host more sponsorship workshops, or workshops on other topics. The Regional meeting expects the workshops to follow all the traditions, including self-sufficiency, but is willing to underwrite workshops which have been presented to the meeting and have been approved. Frank asked that sponsorship workshops have a volunteer to co-ordinate information with the web site coordinator. Kathy asked that workshops provide written reports once they are completed.

10. Treasury Report and Prudent Reserve

Current balance in bank account is £586.71, including a recent donation from Clapham of £35. Cash held is £20. Meeting agreed to reimburse travel expenses £16.25 for previous treasurer, Jane, to attend meeting for handover of last documents. Jane noted that the last Regional and Social meeting had completely covered their own costs. Kathy proposed, and the meeting voted, to congratulate Eastbourne on a successful event. Camden reported they are due to contribute £150 to the region. Kathy commended their strong support of the region.

Frank reported that a meeting requested £35 to pay back debts on rent incurred by poor attendance. After discussion and dissent, the Region voted to decline to reimburse the debt out of a concern that this would break with traditions 4 and 7, and this would support unmanageability.

11. Meeting Reports

Hampstead is looking for a larger venue.

Victoria is strong with a couple of service positions open. It is about to make a donation.

Finchley Step meeting is strong with 30 members.

West Norwood is strong and safe with 10-12 members.

Hinde Street meeting has approved controversial changes to their welcome and sharing guidelines.

The meeting was asked to supply the texts.

Camden meeting is about to have its first birthday. It is strong with 15-20 members. Founding members are about to hand over roles to new members. They have been wondering what to do with their funds, with ideas for workshops.

Eastbourne meeting is cosy group of 4-8 with service positions filled.

Knightsbridge Thursday Lunch and West London Wednesday meetings are acknowledged to need support. GSRs are asked to pass on the message to members to support these meetings. If other meetings require support, they should either email the secretary of the Region, or bring in flyers to the Regional meeting for redistribution.

12. Written information to assist new GSRs to be of service

Stuart reported that there are three contradictory documents in existence. He is working to reconcile them, and will present them at the next meeting.

He asked for guidance on the requirements for GSR as to length of time in Recovery (one year?), and for the length of service required (one or two years?). The meeting deferred guidance until the next meeting.

13. Guidelines for Sharing

The Region deferred to NSC since the NSC is working on this document,

14. AOB

Victoria asked about contributing to sending representative to World Conference. Tracey asked for clear notification that funds are earmarked for this purpose. Checks should be made out to Coda UK.

Frank queried for the length of service of secretary since he was going to be coming up to a year's service.

The meeting proposed and voted that he be secretary for another year.

15. Date of next meeting

The meeting declined the previous request to have a meeting on the same day as the National Steering Committee.

Next NSC meeting is Saturday 6th December in Clapham. See web site for more details.

Next Regional Meeting will be confirmed by Victoria to be either 11th or 18th of November.

Stuart requested that the meeting meet on another day of the week than Tuesday, since he cannot attend in future on Tuesdays.

16. 7th tradition

The meeting covered the rent of the room, collecting £15.42.

17. Long version of the Serenity Prayer