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## LONDON & SE REGIONAL COMMITTEE MEETING

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

Present	Apologies
Frank, (Secretary and rep Clapham) Jane (Acting chair for this meeting) Jill (Eastbourne), Anoushka (Chelsea), Chioma (rep Camden)  Kathy (Chair and GSR Hampstead) Tracey (Hinde Street and NSC Secretary) Jacey (West Norwood) Marietta (Regional where to find person and acting GSR Enfield) Jason (rep Victoria)	Jenny (Enfield), John (Richmond), Karen (W. London), Steve (Finchley), Lindsay, Marianna (Horsham) Will Lindsay, (rep Hammersmith) Stuart (Hampstead) Victoria (Treasurer) Steve (East Finchley Step) Naomi (Bournemouth)

#### 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 September 2008 were accepted.

#### 4. Matters arising from previous minutes

Matters are minuted under AOB.

#### 5. Where to Find

WTF is still being finalized at NSC level. To be completed Dec 6th 2008.

#### 6. Report on Hampstead Sponsorship Workshop

Deferred to Jan 09 meeting because the Hampstead Group is now Belsize Park group, due to move to new premises. Still settling in.

#### 7. Report on Sponsorship Listings on Web site

Further discussion was deferred to Jan 09 Meeting, after Dec NSC meeting.

#### 8. Assisting Coda members to find Sponsors

Chioma asked about sponsorship / co-sponsorship.

Frank described the proposed Hampstead Sponsorship workshop, which will provide a way for coda members to learn more about sponsorship, find sponsors and step groups.

Frank explained the current web site proposal which will connect coda members looking for step groups.

Anoushka recommended that Chioma suggest that the meeting contact book have a column in book to say

'Willing to Sponsor'. Clapham meeting has that column, and it is well used. Chioma's meeting's members could come to the Clapham meeting and look through the Clapham book for someone.

Jane suggested looking for sponsors in a similar fellowship. Chioma asked about Co-sponsoring guidelines. Jane mentioned the Sponsorship leaflet. Jane suggested that Chioma encourage interested members to volunteer at Hampstead group to help workshop.

Anoushka volunteered to co-ordinate on Regional level and write up overview of Sponsorship. She said she would write a basic outline by first of January. Frank will distribute for discussion and approval at next meeting. The meeting proposed having a Regional Sponsorship Representative. Anoushka was voted in to fill this role.

Apparently Clapham are having a step workshop. Further discussion was deferred to Jan 09 Meeting.

### **9. Regional Rep to Literature meeting**

29 Nov 08 in Clapham. Repeated questions on pricing of literature. Requests to include US literature on the UK list. Anoushka shocked by the conflict apparent in the reports, concerns about alignment with Traditions. Proposal that there is a Regional Literature Representative. Put on agenda for next mtg.

Meeting agreed to fund Jane's travel to the meeting, so she will attend.

### **10. South West Regional Mtg**

Frank reported that he had had contact to support the SW Regional meeting.

Chioma volunteered to do org chart to understand the coda structure.

### **11. Written info to assist new GSRs.**

In response to Stuart's request, the meeting agreed a guidelines: 12 months in Coda and no minimum service time in Coda. GSR must attend home group meetings twice a month, attending group consciences. There was a proposal to have discussion on how to clarify service positions in meetings, or a separate meeting or workshop on this. Frank mentioned that some work was being done on this by the NSC. Anoushka to propose an agenda for separate meeting, with the goal of written guidelines on service for all positions for each meeting. Awaiting approval of draft by NSC. Further discussion was deferred to Jan 09 Meeting.

### **12. Guidelines for Sharing**

Awaiting approval of draft by NSC. Further discussion was deferred to Jan 09 Meeting.

### **13. Proposal for new workshops / events / socials**

Ongoing planning for Hampstead Sponsorship workshop.

Current proposal for Meeting on Service Guidelines.

Looking for Summer 2009 and Winter 2009 social.

Refer to item 6 and 8. Hampstead and Clapham.

Further discussion was deferred to Jan 09 Meeting.

### **14. Treasury Report and Prudent Reserve**

Treasurer paid out £17.63 to Eastbourne for expenses for the social/region mtg they had in July. Our balance is now £714.00. Thanks to the Camden Woman's Sat mtg for their £150.00 donation to region.

### **15. Meeting Reports**

Bexhill on Sea asks for Support Monday 10am.

Jane reported small mtg, 4-5 reg people, dropped off. Dire need of support. Just gone on web site.

Barnes Wednesday Lunchtime asks for support

Knightsbridge Thursday Lunch, asks for support, needs service positions filled

Jill, Eastbourne still cosy, small but thriving. Could do with support, but regular, btw 4-8.

Anoushka, Wed Chelsea, positions filled. 12-20+

Chioma, Camden Sat morn, strong, positions filled, 15-25, Hampstead.

Hampstead meeting has moved to larger space, Interchange Studios, Hampstead Town Hall, 213 Haverstock Hill, NW3 4QP

The nearest tube station is now Belsize Park.

Following quotes are from emails sent in with regrets for absence.

John, Richmond, "Our group is going quite well and averages about 10 people a week."

Jenny: "Enfield is unable to send a GSR to mtg. Our mtg is healthy with about 15 - 18 people each time. We send our good wishes in recovery."

Karen: "I'm a co-secretary at the Wednesday night Ladbroke Grove meeting. I'd be grateful if you could please announce that it still needs support. There are many service positions available. I would also like to feed back on the Monday night Women's meeting in Knightsbridge. They're in dire need of people to fill in service positions on a regular basis and also needs support."

Finchley meeting:

"- On literature, the group decided to initially go with the suggestion that we order from the US and not Fellowship Souvenirs. However our literature person had difficulty doing this over the web, so we placed another order on Fellowship Souvenirs. As our meeting is a reasonably new meeting, we do not have much literature, thus when funds built up to enable us to order, we had to resolve this, hence group conscience decided to place order with Fellowship Souvenirs, as an expedient measure

"- Service Positions, these have largely been filled since the group started in June, certainly the key positions (Secretary and Co Secretary, Treasurer, Literature, GSR)

"- Attendance at the meeting is good, we average about 20 or so a week, the group is now self supporting, and has raised sufficient from Tradition 7 to pay the next 3 months rent on the premises (Sept to Nov)

"- Although the meeting is a mixed meeting, we seem to have a lot more women than men attending (about 5 men to about 15 women). If you could plug our meeting especially for men who are interested, I am attaching the flyer, which has my new mobile number on it"

Horsham meeting:

"Been reading about all the sponsorship ideas from the meeting. Sounds great. Just for your info, the Horsham group is now regularly 4 people - and up to about 8 as we have just got some newcomers (still women only)! As sponsorship is a problem down here too, 4 of us (the core meeting) are now working through the steps together and meet once a month outside the meeting for sharing step work. In between times we share by email and by phone when needed. Just thought I'd let you know as it was something we set up because we all wanted to get on with steps and none of us had sponsors."

Hampstead meeting moved to Belsize Park. Strong meeting. Good recovery. Doing well in new venue. Over 20 people in each meeting.

Clapham is a strong meeting. It will need GSR from December.

Enfield, strong meeting, healthy recovery. GSR and Chair finder positions available.

West Norwood. Generally solid. Reduced attendance in winter. Looking for a secretary.

## **16. AOB**

a) Rent for Regional Meeting.

Anoushka asked why meetings shouldn't appeal for help on rent from the Regional Meeting. Jane explained that this was against the traditions. A discussion followed. Anoushka asked why GSRs should contribute to 7th Tradition at Regional Meetings. Jane explained that when the Regional Meeting was small, it raised rent through attenders. The current prudent reserve came from a surplus raised through the sponsorship workshop and donations from groups.

Chioma suggested that each home group reimburses rent paid by GSR.

Frank: Treasurer makes up shortfall for rent from prudent reserve.

b) Regional aid to Groups starting up

Anoushka shared about starting up a group in Holborn. It took a lot of money. It was hard to get people to come to meeting. Had to walk away from having that meeting. How do we help new meetings grow, but keep to the traditions? Are there guidelines on starting a group?

Jane has seen a lot of unmanageability around finance. Chioma asked how we could encourage membership in Coda.

Proposal for item on agenda: guidelines for new meetings

Interest in Australia's Sheet on Sponsorship in 14 days.

**15. Date of next meeting**

In order to allow Stuart to attend, we agreed to meet on another day than Tuesday.  
Monday 19th Jan 2009, 7-8.30pm

**16. 7th tradition**

Frank collected £5. Kathy collected £8.

**17. Long version of the Serenity Prayer**