

CODA UK National Service Committee Annual General Meeting 2020

Secretary: Tony

Saturday February 1st 2020

10am – 5pm

At

Waterloo Action Centre

Lambeth

London

SE1 7AA

Please note, anonymity is the spiritual foundation of all our traditions however as agreed by the NSC, all CoDA UK National Service Committee meetings are recorded (audio only) by the Secretary to assist with preparing minutes and action points for service to the UK fellowship. The recordings will be stored securely by the secretary and deleted once the minutes have been agreed at the next meeting. All minutes of NSC Meetings are published on the CoDA website once approved.

References to individuals are on a first name basis only. If you do not wish to be mentioned in the minutes please make this clear to the Secretary at the start of the meeting.

Agenda

10am – 10.15am Welcome, moments silence, preamble, 12 steps, 12 Traditions, 12 Concepts of Service and sharing guidelines. Reminder of 30 second time out with serenity prayer if anyone requests and crafting of ideas for agenda items into proposals for action.

10.15 -10.45 Introductions and Feelings check with meetings info and AOB requests from any meeting who wishes to have an issue discussed that isn't on the agenda. Voting entity stated and added to the minutes for clarity when voting.

10.45-11.15am – Objectives and goals for 2019 – Achieved or not? What unfinished business is there to tidy up?

1. **Ken and Mary report** including financials for further information for possible future events and finalising fellowship monies into account for full accountability.

2. **World Service Committee (WSC) report** – Full explanation of benefits to CODA UK membership on the ground and expenses report final decision.

11.15 – 11.45 - Treasury and expenses report for 2019 with early estimates for 2020 to 2021 for expenditure with a focus on our primary purpose, to carry the message to the codependent who still suffers (Tradition 5)

11.45 to 12pm – 15 minute break

12pm – 1pm – Communications and Website update – 5/10-minute report from Dipak on how he's found the communications role, the importance of it anything relevant in service to the fellowship and possible objectives for Feb 2020 to Feb 2021. Any prepared questions to be asked by the GSR's/fellowship members or committee. 20-minute report from the website committee (Ray and Pete) on where we are up to with any prepared questions to be asked by the committee on timeframe estimates or specifics etc. Any requests for any possible budget requirements for this year for the website.

1pm – 1.50pm Lunch break

1.50pm Afternoon restart (Further 15 minute break mid-afternoon)

1.50pm-2.10pm Future of LSER – Hilary, Dipak and others from the region have been drumming up support for a coffee shop style meeting and this has been communicated via email. There are fairly reasonable funds to support the region (given by the region) and moving forward the region needs a chair a secretary, a treasurer and ideally a rep to the NSC to be fully functional in supporting the 60 odd meetings in the area. But to begin with a coffee shop meeting or two over the next 6 months along with a separation of the current funds from the National Service Committee has been suggested (this is following signing off on an emergency short term measure to merge LSER and the NSC due to lack of people available for service in June 2018). Additionally as part of this agreement is a proposal to have quarterly meetings rather than bimonthly meetings for the NSC that are costing CODA UK more money from the fellowship than is possibly necessary (covered by Treasurer in treasury and expenses report for 2019/2020).

2.10pm – 2.50pm WSC – What are the benefits to the UK fellowship and do we need to send anyone to Ottawa year? If so, we need to plan to apply for funding in the next month (There is a \$2000 bursary for the NSC from WSC for the WSC meeting which is in Ottawa in July 2020)

2.50pm – 3.35pm Future proofing the fellowship in the UK and beyond – Carrying the message (our primary purpose) – How are we doing? What can we do better? Sponsorship and events. Public Information and CODA National helpline suggestions. Objectives for Feb 2020 to Feb 2021 and possible budget requirements for the treasurer to consider with the committee.

3.35pm – 3.50pm Afternoon break

3.50pm – 4.15pm Conventions – Do we want them and do we need them? Bringing the national fellowship together annually with UK speakers to assist with recovery (Target Spring 2021).

4.15pm – 4.55pm AOB I notice that a great deal of the NSC members time is focused on organizing retreats and wonder if some time should be given to these on the agenda?

1. Racist language in meetings – From CoDA North Local Meeting – 20 mins

4.55pm Serenity prayer and close

CoDA Traditions

1. Our common welfare should come first; personal recovery depends upon CoDA unity.
2. For our group purpose there is but one ultimate authority -- a loving higher power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in CoDA is a desire for healthy and loving relationships.
4. Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.
5. Each group has but one primary purpose -- to carry its message to other codependents who still suffer.
6. A CoDA group ought never endorse, finance, or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim.
7. A CoDA group ought to be fully self-supporting, declining outside contributions.
8. Codependants Anonymous should remain forever nonprofessional, but our service centres may employ special workers.
9. CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.