

Communication Committee Agenda
7:30PM (ET), November 17, 2022

Tonight's Leader: david a

Open with –

The Serenity Prayer

God, grant me the **Serenity**
to accept the things I cannot change,
Courage to change the things I can,
and **Wisdom** to know the difference.

Tradition Eleven – Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and all other public forms of communication.

Service Concept Eleven – The powers of the CoDA Service Conference derive from the pre-eminent authority of the group conscience decision-making process. Arizona State law gives the Board of Trustees legal rights and responsibilities to act for the Fellowship in certain situations. CoDA, Inc.'s Articles of Incorporation and Bylaws are legal documents enumerating these Board rights and responsibilities.

In Attendance/Round Robin Order: david a, James K, Jeanne B-J, Dayle, Chris F, Gail S (Board Liaison)

Motion to Approve October Minutes –

By ___James___, Second ___Chris___ In favor: 0 Opposed: 4 Abstain: 1

Motion to redact minutes so that it only covers business, not conversations and include a name change of the person who clarified what to do with the sponsorship list. (The secretary made an error that needs to be corrected) Motion includes moving the approval of these minutes to the December meeting. Unanimously approved. One member brought up that secretaries often record conversations. He's okay with the committee members splitting the chair's duties to redacting minutes.

Introductions – *(by round robin order)*: david, James, Jeanne, Dayle, Chris, Gail (Board Liaison)

Ask for Permission to Record: No objections

Update from sub-committees:

1. AVM (audio/visual/media) – A committee member *reports that he hasn't heard from a CoDA member who put together a meditation based on the promises.*

The secretary has reached out to her about possibly presenting it at the December meeting.

2. CET – (CoDA Email Team) – the email team has responded to 63 emails since 10/27
3. C-phone – (CoDA Phone) – the phone team has returned 14 calls since 10/27
4. Fellowship Forum – This month’s Fellowship Forum features guest speakers from NorCal CoDA talking about their *NEW* document “Working Steps 4 & 5 - Using The 40 Questions,” (https://licoda.org/Images/40_Questions_DRAFT.pdf). While still in draft mode, it was presented for review at CSC 2022. Find more information about the Fellowship Forum at: <https://coda.org/event/coda-fellowship-forum-11/>

Old Business

1. **Meditation Presentation by a CoDA member** – *Member has been contacted and asked if she can present the meditation at the December meeting. A committee member will attempt to get a copy to share with the whole committee for comment.*

2. **We need facilitators for the 2023 Comm Committee Meetings – Who is willing to facilitate for:**
 - a. January: Chris F
 - b. February: James K
 - c. March: Jeanne B-J
 - d. April: Dayle

3. **A Group Conscience is needed to determine if we wish to add the Prayer for the Tradition of the Month to our meeting agenda.** *In 2021, the CoDA Service Conference (CSC) approved putting these prayers up on the website for one year, so the Fellowship could make suggestions. They were approved in their current form at CSC 2022. Committee members like the idea of being aware, yet don't want to take too much time in a meeting. A member was concerned that they hadn't been published yet. The group conscience decision was that the prayers would be included in the agendas going forward. They are in this document at the end of the minutes.*

New Business

1. Comm Face-to-Face meeting in 2023
 - a. *The hotel is typically in a city that is home to one of the committee members.*
 - b. *A committee works with a liaison from the Finance Committee to set this up. We will let them know about dates and the chosen hotel and then our board liaison will get us in contact with the association management company.*

Action: *Think about a time (month, date) for face-to-face, preferably before CSC 2023.*

2. 2022 CSC Comm Motion # 22049 – From our Board liaison
“During our Public Board meeting on November 5th, the Board unanimously approved the updated wording that we came up with on our 2x2 meeting with you. This will appear in our Board Minutes and be updated in the revised Fellowship Service Manual (FSM).”

3. Update on action item by our Board Liaison regarding the sponsorship list – *The secretary has the list. At the direction of our board liaison, she will add a CoDA member who has requested to be added to the list. She will then send out the updated document to the entire committee and our board liaison.*

Close with The CoDA Closing Prayer

The CoDA Closing Prayer

**We thank our Higher Power,
for all that we have received from this meeting.
As we close, may we take with us
the wisdom, love, acceptance, and hope of recovery.**

*Copied from 2022 CSC Motion: Approved 2022 CSC Motion #22080 (2nd year) Now
CoDA Endorsed*

(Revised) Prayers for The Twelve Traditions

Tradition One

Higher Power, deepen my awareness to include the welfare of the whole, setting aside my discomfort and personal agenda. Help me speak my truth and allow others the same privilege, trusting that the spirit of unity supports my own recovery.

Tradition Two

Higher Power, grant me the humility to be a trusted servant, remembering that no one person governs. Together we seek the guidance and loving expression of Your will through our informed group conscience process.

Tradition Three

Higher Power, help me let go of my fear and expectations in my desire for healthy and loving relationships. Grant me courage to be honest, open-minded, and willing to acknowledge healthy boundaries as I accept myself and others.

Tradition Four

Higher Power, let me embrace the spiritual principles of autonomy and unity. Help me become aware of how my decisions affect other people and the community as a whole. May I honor You, using the gifts I have received to give service as I recover.

Tradition Five

Higher Power, help me carry the CoDA message of hope, sharing my struggles as well as my triumphs with other codependents who still suffer. May I listen with an open heart and an open mind. Help me accept responsibility for my part in creating more loving relationships and healthier CoDA meetings.

Tradition Six

Higher Power, help me keep my focus on the primary spiritual aim and the power of the CoDA principles. Show me how to build equal relationships with others, releasing control, the misuse of power, and overconcern with material possessions.

Tradition Seven

Higher Power, help me become self-supporting; financially, emotionally, physically, and spiritually. Carry me through my discomfort as I become accountable for my behavior. Guide me to give service and financial support humbly, wholeheartedly, and enthusiastically to ensure the health and growth of our CoDA community. May I cooperate as an equal partner in all my relationships so all may benefit, including me.

Tradition Eight

Higher Power, may I appreciate that each of us is a precious creation with unique and valuable abilities and talents. May we contribute as equals to seek shared solutions for the benefit of all. Give me courage to say yes to service requests that will help me grow.

Tradition Nine

Higher Power, support me as I do my part, humbly sharing in the rotation of service, remembering that no individual is in charge. May I loosen my control and accept the informed group conscience as an expression of Your loving spiritual guidance.

Tradition Ten

Higher Power, encourage me to contribute to a safe environment by keeping our meetings focused on CoDA recovery. Help me stay away from hurtful controversy and outside issues, creating space for healthy relationships to grow.

Tradition Eleven

Higher Power, may I be mindful of remaining anonymous in all forms of public communication. May my life reflect the CoDA principles, attracting new faces to our Fellowship. Help me remember to speak for myself, not for others, or for CoDA as a whole.

Tradition Twelve

Higher Power, thank you for the principle of anonymity as the spiritual foundation of CoDA's *Twelve Traditions*. Help me let go of expectations and my need for recognition. May I remember to base my decisions on principles rather than personalities.