

Communication Committee Agenda - leader Mary (*Kaga wasn't in attendance*)

February 24 , 2022 7:30PM

<https://us06web.zoom.us/j/97526350573?pwd=V3ZzU0s1RFkldW9va25WRFJyY2l6QT09>

MeetingID: 975 2635 0573 Passcode: 732815

Open with Serenity Prayer

permission to record Yes/No YES

Tradition 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.

In Attendance/round robin order: *Mary, Jeanne, David, Michele, Dayle, James, Liz joined at about 7:50 Eastern time*

Approval of January Minutes https://nonprofit12steorganizational.sharepoint.com/:w:/g/personal/commchair_coda_org/EdyxCzz3U7FAoznTDaNzbJ4BVcBtFKWN-AzJiTxM4_5hA?e=mDMohb

Motion by -- second –

Tabled until March meeting; *Jeanne has not yet completed the notes; Dayle will send the wording of the approved paragraph on the application to her so she can add it to the minutes*

Introductions – use round robin order

Update from sub-committees:

1. **AVM (audio/visual/media)** – First item is in the works, a panel on the first pattern. We have J creating the concept. Others are interested in voice work, waiting for some answers about recording things from past CoNNections. Update: Turns out Geff (special worker) has been posting recordings from ones currently available, and an email went out looking for more. Mary told the board AVM is happy it is being handled by Geff, and we will focus on other areas. An email was sent to Connections, asking if they have objections or questions about AVM recording things from Bear Facts/Connections newsletter.

2. CET – (CoDA Email team) -

- a. The email team has replied to 68 emails since our last meeting on 1/27.
- b. We are in need of a new team member – Thursdays and Saturdays are available.
- c. There has been some group discussion about how to respond to folks inquiring about a member who expresses suicidal ideation in a meeting. CoDA members/groups/volunteers are not mental health advocates. We can share resources with the caller such as “211” (211 is designed to provide information and referrals to health and human services and other social assistance programs) or the National suicide hotline (800-273-8255). Remind the person calling or emailing they can call for a group conscience should this happen in a meeting. Remind callers and emailing members about the power of the group, boundaries, and the safety rules of CoDA meetings.

3. C-phone – (CoDA Phone) The team is happy to welcome Michele H. from South Carolina working on Mondays! The team has responded to 43 calls since 1/27.

4. Fellowship Forum - *David reported that the Board did Fellowship Forum for a while and then requested to be relieved of it. The Communications Committee took it on. Mary asked for volunteers and both David and James volunteered. The format of Fellowship Forum is as follows: 1) The Serenity Prayer is recited; 2) Someone takes 5-15 minutes to introduce a topic; 3) Then the floor is open for questions/comments on the topic from those in attendance. The foundational documents are not read. Past topics have included change, acceptance, forgiveness, and “my authentic self”. The coordinators of Fellowship Forum seek to pick fresh topics that are current and address the issues of “younger people.” David also stated that the last two months had been well attended by members of The Fellowship, despite being at the same time as a speaker meeting in AZ.*

Old Business

1. Update on Application Progress – *Everyone takes a look and thinks of questions/comments. Bring those to the next meeting. Dayle will send the current app to the comm@codas.org alias. This will be further discussed at the March Meeting.*
2. Chair for this Communications Committee, so that Mary can focus on AVM. She wishes not to be the chair of AVM however. *Mary is done being chair of this committee as of CSC 2022. David profusely thanked Mary for her service as*

committee chair. "God will provide." James expressed thanks for Mary's service as chair as well. "You came in at just the right time."

New Business

- 1. Questionable Meetings -- Does anyone have updates on what happened with the "Queen" group and any others that have been "problem meetings?" Mary will follow up with the Board. She invites others to bring info on meetings with "issues" to her as well.*
- 2. National Numbers for referring callers/emailers who need resources...211 and Suicide Prevention Hotline (800-273-8255). This topic was approached in a round robin style. Each person in attendance was given a chance to voice their thoughts. David told the group that a CoDA member important to his recovery had expressed suicidal intentions. He suggests each case be considered on an individual basis. This allows the character and attitude of each person to be evaluated. For an in-person meeting, a newcomer greeter can be utilized in order for a person to have someone to talk to if they are having suicidal thoughts. Others in the group may also be willing to lend an ear. He suggested not discussing this with the entire group in a meeting, lest the meeting be "hijacked" and others there wouldn't get what they needed. Online and phone meetings make it harder to tell what's really going on. Each meeting can give out the number to the National Suicide Prevention Hotline, as well as the numbers of members who are willing to share theirs. Still, this is no guarantee that a person will not act on their suicidal thoughts. David shared that, when he was a volunteer at a suicide prevention center, the people he talked with were "at the bottom of the barrel." They were so depressed that they had no energy to actually follow through with their thoughts.*

Jeanne stated that yes, as trusted servants of CoDA, we are volunteers. We have no authority to speak for CoDA as a whole. She also stated that, since she would be obligated to do something more than listen and give out resources, she stopped answering calls for CoDA. This has to do with her professional license.

Michele reminded everyone of the autonomy of each CoDA group, (except in matters affecting other groups or CoDA as a whole). She suggested a group conscience be taken to determine if the group wanted to take some time during the meeting to explore and give resources to the person expressing suicidal thoughts.

Dayle spoke of how AA meetings and CoDA meetings are very different. Codependents get "hooked." A lot are very needy and will "cling" to others as their lifeline. She shared that a member of The Fellowship disclosed a previous suicide attempt during a meeting. The group offered no opinions, and didn't suggest any

therapists. They simply loved on that member. They also didn't allow the meeting to be "hijacked" by focusing all the group's attention during the allotted time on that member. Dayle suggests that a document be drawn up for Cphone and CET as to what to do if/when a member expresses suicidal thoughts.

James stated that many codependents are empathetic. Each group can actually be a support group for members that attend, not an intervention group. He suggested letting new members (to a particular CoDA group) know that empathy can/will be found. Might not seem like it at first. A person has to get to know the people in the group and others in the group have to get to know them.

Liz spoke of someone who shared in a meeting that was actually abusing a parent. She also expressed homicidal/suicidal ideation. A group conscience was taken
and the members asked her to stay rather than leave the meeting.

They recognized that a person in a stressful situation is often simply overwhelmed. The group simply listened and shared their ESH (experience, strength, and hope). Noone reacted like this was a big deal. Some in the group reached out to this member, reminding her that taking her frustrations out on her elderly mother was not helping her or her recovery. Resources in the area where she lived were shared with the member. Some specifically were to help the daughter get out of the house, so she wasn't constantly with her mother getting more and more frustrated all the time. Liz suggested dealing with the details of a situation like this after the meeting, not during it. She wondered about a "standard answer" that could be given to those expressing suicidal thoughts.

David thanked Liz for the story and asked if a script for this kind of situation was being sought by the members of the Communication Committee. He reiterated Liz's thought of giving local resources to people, IOW resources for where they are located.

Mary took her turn and wondered if the word about Fellowship Forum was getting out. She had requested that it go on the CoDA calendar, but is not sure if it is printed there.

Close with 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.

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1. Leaders for next months: *March - Mary ; April - Linda ; May - David ; June - Chris ; July - Daniel ; August - Jenny ; September - Kaga ; October - Linda ; November - David ; December - Dayle ;*