

CoDA Omaha Service Board Meeting

August 30th, 2015

12:30-1:30pm

Board Attendees: Chair Lynn S., Treasurer Peggy, Secretary Kelley M.

1. June/July Meeting Minutes Emailed to the Board for approval

-Approved July & August financials: Balance \$1582.75

2. DAILY MEETING REPORTS:

Peggy

Newcomer meeting is going well once a month

-more people

-more sharing and questions

*Board approved to keep it once a month and Lynn will update on website and National website

*Board approved to include dating guidelines in newcomer packets and at newcomer meeting; CoDA encourages us to remain free of an intimate relationship for at least 6 mos-1 year after a break up when starting recovery.

3. OLD BUSINESS:

-Secretary will email June/July minutes to board for approval.

4. NEW BUSINESS:

Reviewed Round Up Sept 19th: Board to arrive early & bring food. Lynn to bring copies, literature & prints.

11:30-12pm socializing, snacks

12pm Lynn Announcement, Intro & seventh tradition & talk about elections

12:15pm Life Coach

12:45pm Yoga

1pm Seventh Tradition

1-1:45pm Song medley

2pm wrap up

Speaker info- Life Coach To include: Self care, healthy ways to interact w/ world, ways to deal with caring and addiction

Yoga: A yoga instruction

Food: Ask host meeting to cater or what they can contribute, discussed what food to bring, Potluck with healthy food

Discussed songs of recovery for the Round Up

5. Discussion of Board Elections -Entire board will be retiring after two years. Need someone to lead the CODA group.

**Board voted to hold a separate meeting for those interested in serving on the board on Sept 27th in place of regular board meeting, allowing enough time for new board members to serve current members.