




ANCoR Meeting Agenda

 Location: Zoom
 Date: Mar 16, 2024
 Time: 9:00am

Meeting Agenda

Topic: ANCoR Intergroup Meeting

Date: Saturday, March 16 2024 Time: 9:00am - 11:00am

Join Zoom Meeting

<https://us02web.zoom.us/j/85711606962?pwd=WFFGMGNWMjM5RytockNPWIE2dEZOZz09>

Meeting ID: 857 1160 6962

Passcode: 593741

I. Call to order

Becky T called to order the regular meeting of ANCoR at 9:00am on March 16, 2024 on Zoom.



Serenity Prayer

II. Roll call

The following members were present:

Name	Position
Becky T - present	Chair
Kary S - present	Vice Chair
Vacant	Secretary
Cindy W - present	Treasurer
Jessica C - present	Events Committee Chair
Win C - present	Outreach Committee Chair
Brian	Events Committee Treasurer
John H - present	Web Committee Chair
Sara J – present	Alternate Delegate
Sharma D	Delegate
Shelley S – AZ363/Delegate	GSR
Marilyn H – WW619	GSR
Joan O – AZ012	GSR
Amber E	GSR
Sandra M – AZ503	GSR

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Lena M – AZ360	GSR
Jennifer J	Members at large
Tracy M	
Ellen O	

III. Open Issues/Old Business

- a) Arizona Voting Entity Update
 - i) Format and dates discussed by Sara J./Kary S.
 - (1) Sat Apr 6, 9-11 – VE election
 - (2) Sat May 25, -11 – Motions meeting
 - ii) Further discussion about Arizona CoDA VE
 - (1) Will have 3 positions; chair, secretary and treasurer
 - (2) Will meet 2 or 3 times a year
 - (3) Money would flow to AZ VE treasurer from intergroups
 - (4) Joan O commented that this is how the CoDA structure was designed and that Arizona used to have a VE
 - (5) Motion made by Becky and seconded by Joan O - ANCoR Intergroup in conjunction with TCI will support creation of AZ VE in principle, and contribute membership to assist with creating a plan to establish the group. We will have a report in 6 months to review progress. The plan should include
 - (i) Finding members
 - (ii) Establishing the 2025 meeting schedule
 - (iii) Determining how to create a bank account, etc
 - (b) Motion passed 10 yes, 0 no
- b) Open position review
 - i) Secretary
 - ii) Web Committee Chair
 - iii) Events Committee Chair - Live Events
 - (1) Sharma stepping down as Events Committee Chair
 - (a) Jessica C was her co-chair and was nominated and elected by the Events Committee to be chair; Sharma will show her how to complete the statistical reports for ANCoR
 - (b) Jessica C was elected as Events Committee Chair 11 yes, 0 no
 - (c) As of right now, they aren't looking for a co-chair at this time
- c) Meeting contact efforts - Marilyn H.
 - i) Marilyn gave her report which will be included in the meeting minutes

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- d) Officer Reports
 - i) Outreach
 - (1) Discussion of H&I
 - (a) Interest in starting a meeting at a rehab center and at Perryville Prison
 - (b) There are materials re H&I on CoDA.org
 - (c) Interested parties can send email to ariz.coda@gmail.com
 - (d) John did find fellowship members to help him with the PVCC Health Fair
 - ii) Events Committee
 - (1) Picnic coming up next weekend and live event workshop in April
 - (a) Zoom and Live Events want to separate their funding - ie, different bank accounts
 - (b) There is a need for multiple pay-pal accounts, which dictates that they have multiple bank accounts
 - (c) No further discussion on how the current bank balance will be divided
- e) Update - Audit of Arizona Events Committee finances
 - i) Discussed history, how reconciliation was done
 - ii) Two people will count \$\$ at beginning and end of all live events
- f) Update on discovery - Modify expense policy to remove ambiguity re what is considered a travel day.
 - i) CSC ended 27th, ICC started 28th. We reimbursed for meals on 28th assuming it was a travel day but we want the expense guidelines modified to relieve ambiguity

[Here's what I found in the Finance Unlocked page of CoDA.org.](#)

iii. Air Travel - Deviations

1. Travel to/from CoDA event to/from another destination (not home) - Only the cost of a round trip to the event from the home airport or travel depot will be reimbursable. Travelers traveling to/from a city other than home, or adding additional trip legs, will have to submit copies of the travel quote for a round-trip to the event from their home printed on the same day as the flights are purchased. Reimbursement will be for the lessor of the two fares.




2. Additional days before/after an event - Additional reimbursable days per committee member can be requested if justified by providing written verification of the work to be performed by that committee member on the extra days requested, which is to be submitted with the FMAF. © Co-Dependents Anonymous, Inc., 2020 Page 7 of 23 Expense Reimbursement Policy, Version 2020-v1

Here's the link to the document:

<https://coda.org/wp-content/uploads/2020/05/CoDA-Expense-Reimbursement-Policy-2020-v1.pdf>

While CoDA's Expense Reimbursement Policy will be undergoing some revision soon, I have no reason to believe that this particular issue will be involved in any of the changes. I will let you know if I find out differently.

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- ii) Discussed CoDA's possible revisions to their expense policy
- iii) John and Shelley will review our policy and make a recommendation at our May meeting
- g) Reminder - Counseling Division at Paradise Valley Community College will once again be hosting a two-day event, Mental Health & Wellness Information Fair on Tuesday, March 19th & Wednesday, March 20th.
- h) Purchase of new vinyl banner ACHIEVED!! Thank you, Shelley!!




IV. Review Officer Reports

New:



Old:

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V. New business

- a) New business/summary of discussion

VI. Adjournment

Serenity Prayer

Meeting ended at: 11:00am




Next meetings:

- (1) Sat Apr 6, 9-11 – VE election
- (2) Sat May 25, 9-11 – Motions meeting
- (3) ANCoR meeting: May 18, 2024 @9am on Zoom

Next meeting topics




- (1) Expense policy update
- (2) Donations to CoDA.org

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(3) Technical Committee Chair Roles and Responsibilities

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Chair's Report

1. Discussion about Events Expense audit
2. Discussions about VE Assembly
3. Got COI for Thinking it thru Thursdays
4. Various communications with Marilyn H about contacting GSRs and Meeting Contacts

Vice-Chair's Report

Worked with Sara J to establish dates for 2024 VE Assembly and Motions Review meetings

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Special Report on CGS Outreach

PHOENIX CODA INTERGROUP LIAISON

Purpose -

To let our CoDA groups know that we are here to help them in any way we can

To ask them to update their meeting information on coda.org yearly and asked them to make changes to remove old meeting contacts and update with new information.

To ask if they are reading the Welcome, Preamble, 12 Steps and 12 Traditions
Refer to booklet Traditionally Speaking for understanding how to have healthy relationships.

To advise of all the information on the CoDA website, especially Meeting Resources (free pamphlets - info on sponsorship, 30 Questions for working Steps 1, 2 and 3, recovery patterns, Healthy Meeting booklet, Calendar of Events

Links from coda.org on those looking for a sponsor and Power of Five groups link to work the 30 Questions

Ideas if needed for groups on Zoom who have experienced bombers

Request functions of Phoenix Intergroup and CoDA.org are read a couple of times a year to understand the bigger picture of all that CoDA does.

Encourage volunteers to help with Intergroup and CoDA.org.

Request a GSR for each group if possible - and advise benefit to their group - info from Intergroup and a place to ask questions and have a vote.
and CoDA.org's quarterly reports (new literature, Teen CoDA)

Our meeting list was very outdated.

Took all information from CoDA.org and removed meetings from our list that were not on CoDA.org and added meetings that were on CoDA.org.

Did not contact Tucson groups since they have their own Intergroup.

Most groups did not respond at all to phone calls or e-mails.

Got good results texting.

41 CoDA groups information confirmed - either by text or phone

Followed up phone call with e-mail to contact person with links to Meeting Resources, Power of Five groups and Sponsorship and PDF of functions of Intergroup and CoDA.org

4 meetings left to be contacted.

One meeting known to be closed due to bomber problems.

One meeting had closed and was no longer meeting.

A few expressed appreciation for contact -

in reference to her meeting, one said "I thought I was alone in this"

Appreciative for someone to call and talk to who can refer them to resources to resolve any meeting issues.




Got more phone numbers for those who had only listed e-mail addresses.

And got e-mail address for Intergroup's use for those who only wanted phone listed.

Contacted groups 3 times - on third request asked if group was still meeting - usually got quick response to that

2 groups contacted 3x and no reply - both had no phone contact - will e-mail all info and leave info as is.




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Events Committees' Report

1. Reviewed audit of finances
2. Elected new chair

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Zoom Events Committee

Continue our year of weekly 2-hour workshops based on the “In recovery” side of the patterns of codependency. See a list of workshops past and upcoming in the following link. The last column on the spreadsheet shows weekly attendance.

<https://docs.google.com/spreadsheets/d/1Vj17I-i6UM6y42ENoOckcVSPAXKTCOdB/edit?usp=drivesdk&oid=102804861068548215132&rtpof=true&sd=true>




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Events Treasurer's Report


October 2023 Monthly Events Committee Accounting Report										
Starting Balance <i>(From previous month ending balance)</i>					\$ 7,483.18					
Income										
Week Ending	Zoom Speaker	Live Event*		AnCor	Total	Workshop Date	Speaker	Income	Expense	Profit
N/A		Paypal QR	In Person		\$ -	10/22/24	Birthday Party	\$ 4,794.30	\$ 3,363.34	\$ 1,430.96
					\$ -					
					\$ -					
					\$ -					
					\$ -					
					\$ -					
					\$ -					
Total					\$ -					
Bank Deposits										
Date	Amount	Notes								
10/16/23	\$ 299.25	Cash Deposit								
10/25/23	\$ 35.00	Wells Fargo transfer								
Total	\$ 334.25	\$ 334.25								
Disbursements										
Payee	Purpose	Date	Pymt Method	Ref #	Amount					
Shared Expenses										
Zoom	Online Meeting		Bank Autopay	N/A	\$ 65.99					
Bank	Service Fee		Bank Autopay		\$ 5.00					
Google Storage	Media Storage		Paypal Autopay	N/A	\$ 10.82					
Mailchimp	Email Marketing		Paypal Autopay	N/A	\$ 28.59					
Total					\$ 110.40					
Live Event Expenses										
NSUMC	Rent	10/21/2023	Check # 1100		\$ 100.00					
Brian G.	Bottled Water	10/21/2023	Check # 1099		\$ 16.76					
Caldwell's BBQ	Food	10/21/2023	Check # 1094		\$ 1,191.62					
Caldwell's BBQ	Food	10/21/2023	Check # 1096		\$ 1,549.22					
Balloon ATX	Entertainment	10/21/2023	Check # 1095		\$ 120.00					
Kahoot	Supplies	10/23/2023	PayPal		\$ 21.65					
Wal-Mart	Supplies	10/20/2023	Debit		\$ 54.86					
Total					\$ 3,054.11					
					\$ 3,164.51					
Ending (Current) Balance					\$ 4,652.92					

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November 2023 Monthly Events Committee Accounting Report							
Starting Balance <i>(From previous month ending balance)</i>						\$ 4,652.92	
Income							
		Live Event*					
Week Ending	Zoom Speaker	Paypal QR	In Person	AnCor	Total		
11/8/23	\$ 501.16				\$ 501.16		
11/8/23			\$ 4,274.30		\$ 4,274.30		
					\$ -		
					\$ -		
					\$ -		
					\$ -		
Total						\$ 4,775.46	
Bank Deposits							
Date	Amount	Notes					
Total	\$ -						\$ -
Disbursements							
Payer	Purpose	Date	Pynt Method	Ref #	Amount		
Shared Expenses							
Zoom	Online Meeting		Bank Autopay	N/A	\$ 15.99		
Bank	Service Fee		Bank Autopay		\$ 5.00		
Google Storage	Media Storage		Paypal Autopay	N/A	\$ 10.82		
Mailchimp	Email Marketing		Paypal Autopay	N/A	\$ 28.59		
Kahoot	games		Paypal Autopay		\$ 21.65		
Total						\$ 82.05	
Live Event Expenses							
Anne Booty	Supplies	10/21/2023	check # 1097		\$ 35.51		
Chuck Wright	Printing Reim	10/21/2023	check # 1098		\$ 65.00		
Faye Whitney	Food	10/21/2023	check # 1151		\$ 64.43		
Angie Vestillo	Registration reim	10/29/2023	check # 1152		\$ 20.00		
Burnz Clemens	Registration reim	10/29/2023	check # 1153		\$ 20.00		
Total						\$ 204.94	
Ending (Current) Balance						\$ 286.99	
Ending (Current) Balance						\$ 9,141.39	



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December 2023 Monthly Events Committee Accounting Report					
Starting Balance (From previous month ending balance)					\$ 9,141.39
Income					
		Live Event*			
Week Ending	Zoom Speaker	Paypal QR	In Person	AnCoR	Total
12/8/24		Birthday - cash	\$ 485.00		\$ 485.00
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
Total					\$ 485.00
Bank Deposits					
Date	Amount	Notes			
Total	\$ -				
Disbursements					
Payee	Purpose	Date	Pymt Method	Ref #	Amount
Shared Expenses					
Zoom	Online Meeting		Bank Autopay	N/A	\$ 15.99
Bank	Service Fee		Bank Autopay		\$ 5.00
Google Storage	Media Storage		Paypal Autopay	N/A	\$ 10.82
Mailchimp	Email Marketing		Paypal Autopay	N/A	\$ 28.59
Kahoot	Games		Paypal Autopay		\$ 21.65
Total					\$ 82.05
Live Event Expenses					
NSUMC	Rent	12/2/2023	Cash		\$ 100.00
Fayo	Supplies	12/2/2023	Cash		\$ 47.00
Total					\$ 147.00
Ending (Current) Balance					\$ 9,544.34


Workshop Date	Speaker	Income	Expense	Profit
12/2/23	Holiday Party	\$ 85.00	\$ 147.00	\$ (62.00)

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January 2023 Monthly Events Committee Accounting Report					
Starting Balance <i>(From 2022 Final Report)</i>					\$ 9,564.34
Income					
		Live Event*			
Week Ending	Zoom Speaker	Paypal QR	In-Person	AnCor**	Total
N/A					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
Total	\$0.00	\$0.00	\$0.00	\$0.00	\$ -
Bank Deposits					
Date	Amount	Notes			
Total	\$ -	\$ -			
Disbursements					
Payee	Purpose	Date	Pymt Method	Ref #	Amount
Shared Expenses					
Mailchimp	Small Marketing	1/23/2024	Bank Autopay	N/A	\$ 28.59
Zoom	Online Meeting	1/2/2024	Bank Autopay	N/A	\$ 15.99
Google Storage	Media Storage	1/23/2024	Bank Autopay	N/A	\$ 10.82
Kahoot	Game	1/22/2024	Paypal Autopay	N/A	\$ 21.65
First Fidelity	Service Fee	1/31/2024	Bank Autopay	N/A	\$ 5.00
Total					\$ 82.05
Live Event Expenses					
Total					\$ -
Ending (Current) Balance					\$ 9,462.29




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February 2023 Monthly Events Committee Accounting Report					
Starting Balance <i>(From previous month ending balance)</i>					\$ 9,462.29
Income					
Week Ending	Zoom Speaker	Live Event*		AnCor	Total
		Paypal QR	In-Person		\$ -
					\$ -
					\$ -
					\$ -
					\$ -
					\$ -
Total	\$ -	\$ -	\$ -	\$ -	\$ -
Bank Deposits					
Date	Amount	Notes			
2/26/24	\$ 160.00	Live Events - Vision Board Workshop			
Total	\$ 160.00	\$ 160.00			
Disbursements					
Payee	Purpose	Date	Pymt Method	Ref #	Amount
Shared Expenses					
Mailchimp	Email Marketing	2/23/2024	Bank Autopay	N/A	\$ 28.59
Zoom	Online Meeting	2/2/2024	Bank Autopay	N/A	\$ 15.99
Google Storage	Media Storage	2/22/2024	Bank Autopay	N/A	\$ 10.82
WatsonVA	Zoom Recording	2/9/2024	Paypal	N/A	\$ 237.50
Total					\$ 392.90
Live Event Expenses					
Jessica	General 2023	2/1/2024	Check	1101	\$ 84.96
Jessica	Birthday 2023	2/1/2024	Check	1101	\$ 104.29
NSUMC	Rent	2/17/2024	Check	1102	\$ 100.00
Faye	Supplies	2/17/2024	Check	1103	\$ 27.86
Jessica	Supplies	2/17/2024	Check	1104	\$ 127.77
Total					\$ 444.88
Ending (Current) Balance					\$ 8,784.51

Workshop Date	Speaker	Income	Expense	Profit
2/17/24	Vision Board	\$ 180.00	\$ 255.63	\$ (75.63)



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Outreach Committee's Report

No report

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Web Committee's Report

Continued to update the website with current fliers for the Sunday Series Speaker events, the local live workshops, and other events around the world.

The website host account has been paid through 7/17/24 (\$44.97) using the ANCoR debit card.

A complete review of the website contents was performed to verify that all wordage is current and that all links are functional. Possible updates to the Events Committee Page have been discussed with Sharma.

No progress has been made with the project to add Events Committee Workshop recordings that exist on YouTube to the website. I'm considering the importance of this effort due to the size of the effort it would take and the fact that the events committee has a YouTube channel with a link to the many videos that have been posted to YouTube.

However, while researching this, it was noted that the search criteria that Facebook apparently used for the Videos link on the Events Committee Facebook page inadvertently brings up non-CoDA related videos of controversial public issues that are in violation of Tradition 10. Sharma and Jackie were advised of this new finding.