

Co-Dependents Anonymous Sample Meeting Format

[Secretary puts up sign on door, puts door on latch if necessary, puts chairs in a circle, puts out literature on table / middle of floor]

1. *[Secretary introduces themselves by first name only.]* My name is _____. We welcome you to the *[insert meeting day]* meeting of Co-Dependents Anonymous.

2. [Read CoDA Preamble]

3. [Read CoDA Welcome]

4. [Read 12 Steps of CoDA]

5. [Read 12 Traditions of CoDA]

6. *[If you have any literature such as the Blue Book, the Workbook or the 'Daily Meditations' book, you may wish to now read a section from it.]*

7. Statement on crosstalk: in our meetings we speak about our own experience and we listen without comment to what others share. We work towards taking responsibility in our own lives rather than giving advice to others. This is why crosstalk is strongly discouraged in our meetings. Crosstalk guidelines help to keep our meeting a safe place. For more information please refer to the Newcomer's Handbook. Examples of crosstalk may include but are not limited to: giving unsolicited feedback, advising, answering, making 'you' and 'we' statements, interrogating, debating, criticizing, controlling, dominating, minimising another persons feelings or experiences, physical contact/touch, body movements such as nodding ones head or other gestures, verbal sounds/ noises, referring to someone present by name.

8. Statement on 13th stepping: This term describes unhealthy and inappropriate sexual behaviours that take place within the fellowship. 13th Stepping is strongly discouraged in this meeting. If you feel this is happening to you, please contact a safe member to share your concern after the meeting. Read page 101 of the Coda Big Book for more information.

9. The meeting is now open for sharing. The closing time for this meeting is *[insert time]*.

[On the first meeting of the month] The closing time for this meeting is *[normal time minus 15 minutes]* to allow for a group conscience to take place.

10. Seventh Tradition: Every CoDA group ought to be fully self-supporting, declining outside contributions.

11. Any CoDA announcements?

12. If there is anyone willing to be a Coda sponsor? Can you please raise your hand?

13. Thanks to: ___ for being the treasurer, ___ for being the literature secretary, and everyone who has made this meeting possible.

14. [Read 12 Promises of CoDA]

15. Tradition 12: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities. That means: 'Who you see here, what you hear here, when you leave here, let it stay here.'

16. We close with the extended serenity prayer for those who wish to join in:

God, Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.

Grant me patience with the changes that take time, appreciation of all that I have, tolerance of those with different struggles, and the strength to get up and try again - one day at a time.