# CORK CO-DEPENDENTS ANONYMOUS MEETING FORMAT

Welcome to Saturday’s meeting of Co-Dependants Anonymous, which particularly welcomes newcomers.

My name is and I am a Co-Dependent and your secretary for this meeting. I will ask everyone to please keep their microphones on mute for the duration of the meeting, unless you are sharing. As directed by our Group Conscience, we encourage you all to keep your video on for the safety of all our members. I ask those of you who do not have your videos turned on, to do so now, so that we can verify these account names – you can switch it off again afterwards if you are having network or signal issues. Thank you.

(*It’s is up to the secretary to enforce this, you can send a direct message to someone if you need to while the readings are happening – you also have security features on Zoom to mute or unmute people and to remove someone from the group, if they are causing a disruption. It may also be beneficial to assign a co-host to help with managing this)*

# The Preamble of Co-Dependents Anonymous

Co-Dependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery -- learning to love the self.

Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own co-dependent behaviours. We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom.

These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege. This renewal process is a gift of healing for us. By actively working the program of Co-Dependents Anonymous, we can each realize a new joy, acceptance and serenity in our lives.

* I have asked to read Our Welcome (optional to get a volunteer or the secretary can read this)

# Welcome

We welcome you to Co—Dependents Anonymous a program of recovery from co—dependency where each of us may share our experience, strength, and hope in our efforts to find freedom and peace where there has been turmoil in our relationships with others and ourselves.

Most of us have been searching for ways to overcome the dilemmas of the conflicts in our relationships and our childhood’s. Many of us were raised in families where addictions existed —— some of were not. In either case, we have found in each of our lives that co—dependency is a most deeply—rooted, compulsive behaviour and that it is born out of our sometimes moderate, sometimes extreme, dysfunctional family systems.

We have each experienced in our own ways the painful trauma of the emptiness of our childhood and relationships throughout our lives. We attempted to use others: Our mates, our friends, and even our children as our sole source of identity, value, and wellbeing and as a way of trying to restore within us the emotional losses from our childhood’s. Our histories may include other powerful addictions, which at times we have used to cope with co—dependence.

We have all learned to survive life, but in Co-Dependents Anonymous we are learning to live life. Through applying the Twelve Steps and principles of recovery found in Co—Dependents Anonymous to our daily life and relationships, both present and past, we can experience a new freedom from our self-defeating lifestyles. It is an individual growth process. Each of us is growing at our own pace and will continue to do so as we remain open to God’s will for us on a daily basis. Our sharing is our way of identification and helps us to free the emotional bonds of our past and the compulsive control of our present. No matter how traumatic your past or despairing your present may seem, there is hope for a new day in the program of Co-Dependents Anonymous. No longer do you need to rely on others as a power greater than yourself. May you instead find here a new strength within to be that which God intended -Precious and Free.

* I have asked to read the 12 Steps of Co-Dependents Anonymous.
* I have asked to read the 12 Traditions of Co-Dependents Anonymous.
* I have asked to read the Characteristics of a Co-Dependent.

# Tonight is a: Step/Trad/Reading/Topic/Chair or Daily Reflection Meeting:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **DAY** | **Week 1** | **Week 2** | **Week 3** | **Week 4** | **Week 5** |
| SAT | STEP 11 | TRAD 11 | BB Reading | Topic/Chair | Daily Reflection |
|  |  |  |  |  |  |

*I have asked to read (or - to share their experience, strength and hope for/with us).*

Before I hand you over to - The meeting will soon be opened for general sharing. Feedback, cross talk and advice-giving are discouraged here. FOR SAFETY SAKE I use “I” statements when sharing. (I feel; I believe.) I share my own experience, strength, and hope—no one else’s. I refrain from commenting

on what others share. I share for up to five minutes, keeping the focus on myself. I help myself and others by being emotionally present and honest. I let others experience their own feelings; I keep my advice to myself.

The length of this meeting is one hour and 15 mins in duration. Each speaker is allocated 5 mins. who has volunteered to be the timer, will let you know when you have reached 5 mins. Newcomers time will be between 3.45 – 4.00pm – this is a time where newcomers can share or just introduce themselves to the group – however, you are welcome to share before this time.

# After the reading/chair: The meeting is now open for general sharing. After everyone has shared:

**Closing**

Thank you all for doing service and for being here. Please reach out to newcomers and to each other. We have a WhatsApp group, if you would like to join it, please ask the secretary after the meeting.

**SEVENTH TRADITION:** According to our Seventh Tradition, we are self-supporting through our own contributions. We encourage CoDA members to give as much as they are able, to help our group be self-supporting, ever mindful that the only requirement for CoDA membership is a desire for healthy and fulfilling relationships.

You can donate to CoDA Ireland Intergroup using our BIC & IBAN, which is currently in the chat:

<*insert BIC, IBAN & PayPal link in chat*>

IBAN: IE47ACRU99104311044947

BIC: ACRUIE21XXX

<https://www.paypal.com/donate/?hosted_button_id=NGXAXG33ZCWFY>

This donation system is completely anonymous; we do not see your name. You can also donate to CoDA Ireland Intergroup using PayPal. A link to our PayPal address is also in the chat. All of these details are on [www.codaireland.com](http://www.codaireland.com/) under 'Donate'.

Are there any CoDA related announcements?

I have asked to read the Promises

“Anonymity is the spiritual foundation of our program.

What is said here, who you see here, when you leave here, please let it stay here”.

We will finish in the usual way with the Serenity Prayer if everyone would like to unmute 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

Keep coming back, it works if you work it, so work it, you're worth it