**Co-Dependents Anonymous Sunday 11am Meeting Format**

*[Secretary puts door on latch; chooses speaker]*

1. *[Secretary introduces themselves by first name only.]* Welcome everyone to the Sunday morning meeting of Co-Dependents Anonymous.

2. *Coda Big Book Welcome:* We welcome you to Co-Dependents Anonymous, a program of recovery from co-dependence, where each of us may share our experience, strength, and hope in our efforts to find freedom where there has been bondage 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 childhoods. Many of us were raised in families where addictions existed - some of us were not. In either case, we have found in each of our lives that codependence is a most deeply-rooted, compulsive behaviour and that it is born out of our sometimes moderately, sometimes extremely 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, friends, and even our children, as our sole source of identity, value and well being, and as a way of trying to restore within us the emotional losses from our childhoods. Our histories may include other powerful addictions, which at times we have used to cope with our co-dependence.

We have all learned to survive life, but in CoDA we are learning to live life.  Through applying the Twelve Steps and principles found in CoDA to our daily lives 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.

3*. [Secretary passes “Daily Meditation” reading to chosen speaker. Speaker reads the reading, then shares on it.*

*After the literature has been read and share completed, secretary reads the statement on cross-talk.]*

4. 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 newcomers handbook. Examples of crosstalk may include but are not limited to: giving unsolicited feedback, advising, answering, making ‘you’ and ‘we’ statements, interogating, 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.

5. 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.

6. This is a timed meeting, with an allocation of 5 minutes sharing per person. A sign will be held up at one minute to go and again when sharing time is finished. The timing is a service position. Is anyone willing to do the timing? To allow everyone a chance to share, please adhere to the time allocated. *[Secretary thanks whoever takes up the position]*

7. The meeting is now open for sharing. The closing time for this meeting is 12:15.

*[On the first Saturday of the month]* The closing time for this meeting is 12pm to allow for a group conscience to take place.

8. 7th Tradition: Every CoDA group ought to be fully self-supporting, declining outside contributions.

9. Any CoDA announcements?

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

11. Thanks to: …. for sharing on the reading, … for doing the timing, and everyone who has made this meeting possible.

12. *[If service positions in the group are vacant read the following…]* In this meeting there are service positions that need to be filled. To keep the meeting open and healthy we need a [secretary / treasurer / literature secretary / GSR]. It is suggested that the members volunteering for the roles of Secretary, Treasurer, and GSR have been regularly attending CoDA meetings for at least a year. It is suggested that the members volunteering for the role of Literature Secretary have been regularly attending CoDA meetings for at least 6 months.Service positions in this meeting are held for a minimum of 3 months. Would anyone be willing to take up a position? *[Leave a pause.]*

13. We read the 12 promises. *[Secretary reads one, then passes around the book]*

14. 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.’

15. 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.