

Co-Dependents Anonymous Saturday Meeting Format

<Preamble>

Co-Dependents Anonymous is a fellowship of people 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 codependent 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 realise a new joy, acceptance and serenity in our lives.

I have asked ____ to read Our Welcome (Optional to get a volunteer / secretary can read this)

<read 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. Co-dependence is a deeply-rooted, compulsive behaviour. It is born out of our sometimes moderately, sometimes extremely dysfunctional families and other systems. We attempted to use others as our sole source of identity, value, well-being, and as a way of trying to restore our emotional losses. Our histories may include other powerful addictions which we have used to cope with our co-dependency. 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. Our sharing 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. May you find a new strength within to be that which God intended - Precious and Free.

It was decided at group conscience that everyone must show their face on video for the protection of all our members. You can then turn it off if you have problems with the internet.

I ask that everyone please keep their microphones on mute unless you are sharing.

Intergroup decided that the only information to be shown on your zoom profile is your first name and first initial of your surname if necessary. Thank you for your cooperation

I have asked ____ to read The Twelve Steps of Co-Dependents Anonymous

I have asked ____ to read The Twelve Traditions of Co-Dependents Anonymous

I have asked ____ to read The Characteristics of a CoDependent.

Meeting Topic: As this is week (**) of the month, today's meeting will be a ...

Week 1	Step of the month (January Step 1, February Step 2 etc)
Week 2	Tradition of the month (January Tradition 1, February Tradition 2 etc)
Week 3	Reading from The Blue Book
Week 4	Chair (invite someone present to speak of their experience, strength & hope) / Topic
Week 5	Reading from the Daily Meditation Book (Small red book)

I have asked _____ to read (or to share their experience, strength & hope with us).
Before i hand you over to ____, the meeting will soon be opened for general sharing.

Statement on cross-talk: Feedback, crosstalk 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 5 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.

Timing

The length of this meeting is 1 hour and 15 minutes. Each speaker is allocated 5 minutes. _____ has volunteered to be the timer and will let you know when you have reached the 5 minutes. Newcomer time will be between 3:45 - 4pm- this is a time where newcomers can share or just introduce themselves to the group- however you are welcome to share before this time.

For members who joined late, could you please show your face on camera and makesure that the only information on your zoom profile is your first name and the first initial of your surname if necessary. Thank you for your cooperation.

After the reading / chair: The meeting is now open for general sharing.

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 fully self-supporting, through our own contributions.

We encourage members to give as much as they are able to help our group be self supporting, ever mindful that the only requirement for membership in CoDA 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, or via PayPal.

IBAN: IE47ACRU99104311044947

BIC: ACRUIE21

All of these details are on www.codaireland.com under 'Donate'. On your bank or PayPal statement, donations to our account will appear as the acronym "coda" so your anonymity is not compromised. Thank you for your donation.

Is anyone willing to be a temporary sponsor?

Any Coda announcements? Service positions are an important part of our recovery. The position(s) of is currently open in this group.

I have asked ___ to read the promises.

The Twelve Promises of Co-Dependents Anonymous

I can expect a miraculous change in my life by working the program of Co-Dependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve Traditions...

1. I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible to mend – to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust a guidance I receive from my higher power and come to believe in my own capabilities.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.

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.

We close with the Serenity Prayer, for those who wish to unmute and join in.

Extended Serenity Prayer: 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

