

## **Co-Dependents Anonymous Tuesday Evening Meeting Format**

Welcome to Tuesday night's meeting of Codependents anonymous everyone.

We will start with the Coda Opening Prayer: In the spirit of love and truth, we ask our Higher Power to guide us as we share our experience, strength, and hope. We open our hearts to the light of wisdom, the warmth of love, and the joy of acceptance.

My name is... and i am a Co-dependent, I am your secretary for this meeting . As directed by our Group Conscience, we encourage you all to keep your videos 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 signal issues, thank you. 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

### **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.

### **Welcome**

We welcome you to Co-Dependents Anonymous, a program of recovery from codependence, 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 families and other 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 wellbeing, 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 codependence.

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 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.

Can I please have a volunteer to read:

- Twelve Steps of Co – Dependents Anonymous
- Twelve Traditions of Co – Dependents Anonymous
- The Characteristics of Co – Dependents Anonymous

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

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|--------|--|
| 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 | Blue Book Reading  |
| Week 4 | Topic / Chair  |
| Week 5 | Reading from the Daily Meditation Book (Small red book)                |

The meeting will soon be open 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 5 mins, 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 advice to myself. Crosstalk guidelines help keep our meetings 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, Interrogating, Debating, Criticising, Controlling, Dominating, Minimising another person’s feelings or experiences, Referring to someone present by name.

### **Timing**

The length of this meeting is 1 hour and 15mins in duration. (this is a service position, is anyone willing to do timer?).

I would like to take this opportunity to welcome newcomers. Feel free to introduce yourself to the group, to share or just listen. It is recommended that you come to at least 6 meetings

before deciding if CoDa is for you. You can find more information about Co – dependency and times of meetings on our website [codaireland.com](http://codaireland.com).

For members who joined late, could you please show your face on camera and make sure 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.

We will now have a minute silence.

The meeting is now open for sharing.

### **Closing**

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

**Seventh Tradition:** According to our seventh tradition, every CoDa group ought to be fully self – supporting declining outside contributions. We ask that you donate as you can. Seventh Traditions are used to support CoDa at the community, national and international levels. You can donate on CoDa Ireland intergroup on [codaireland.com](http://codaireland.com) by using debit/credit card or paypal.

Are there any CoDa announcements?

### **Service positions**

Service positions are an important part of our recovery, so if anyone wishes to volunteer you can put your name in the chat. If its your first-time doing service, you can trial the last tues of the month. (at group conscience it can be said chair position is currently open for.....the following month if nobody has volunteered)

Could I please have a volunteer for the Promises?

### **“Anonymity is the spiritual foundation of our program”**

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

We will close with the Coda Closing Prayer plus the long version of the Serenity pray if you would like to unmute and join in.

**Coda Closing Prayer:** We thank our Higher Power, for all that we have received from this meeting.

As we close, may we take with us the wisdom, love, acceptance, and hope of recovery.

**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. 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.

Keep coming back, it works if you work it, so work it your worth it. And live it!