

## **Co-Dependents Anonymous Wednesday Night Meeting Format**

Welcome to the Wednesday night meeting of CoDA.

I'm \_\_\_\_\_ and I'm a Recovering Co-dependent. This meeting is for 1 hour & 15 minutes (except when the Group Conscience is on – then its just 1 hour).

Welcome to any New members who are attending this meeting.

It was decided at group conscience that everyone must show their face on video for the protection of all our members. 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.

For the Wednesday Evening Zoom meeting, it was decided at group conscience to cultivate the spirit of a face-to-face meeting, where members face each other to share and listen in a circle. We aim to be just as present to our fellow members online, showing our presence on camera if at all possible. This creates a safe space and encourages connection. If you cannot leave your camera on after the initial check in, e.g. if your internet is unstable, or it is uncomfortable for you to share while onscreen, consider letting your fellow members know. We aim to create this atmosphere of a real life meeting as best we can while also tending to our own needs.

For those who would like to join me, we'll 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.”

### **<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 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 realise a new joy, acceptance and serenity in our lives.

### **Feelings Check-in**

“Now we'll have a brief Feelings Check-in. This isn't the main sharing – its just 1 or 2 words on how you are feeling at the moment. I'll call your name out as I see it on the screen....”

Can I ask for a volunteer \_\_\_\_\_ to read the Welcome -

### <read 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.

Codependence is a most 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 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 codependency.

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. 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.

### <read 12 Steps>

- Can I ask for a Volunteer to read out the 12 steps?

#### **The Twelve Steps of Co-Dependents Anonymous**

1. We admitted we were powerless over others - that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.

### <read 12 Traditions>

- Can I ask for a Volunteer to read out the 12 Traditions?

#### **The Twelve Traditions of Co-Dependents Anonymous**

1. Our common welfare should come first; personal recovery depends upon CoDA unity.
2. For our group purpose there is but one ultimate authority - a loving higher power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.

3. The only requirement for membership in CoDA is a desire for healthy and loving relationships.
4. Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.
5. Each group has but one primary purpose - to carry its message to other codependents who still suffer.
6. A CoDA group ought never endorse, finance, or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim.
7. A CoDA group ought to be fully self-supporting, declining outside contributions.
8. Co-Dependents Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films and all forms of social media.
12. Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

**Statement on Crosstalk** - In our meetings we speak about our own experience and we listen without comment to what others have to 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. Cross-talk guidelines help us keep our meetings a safe place. Examples of crosstalk may include, but are not only limited to: giving feedback or advice; answering; making 'you' and 'we' statements; interrogating; debating; criticising; controlling; minimising another person's feelings or experiences; body movements such as nodding one's head or other gestures; referring to someone present by name. Crosstalk may be addressed directly in this meeting by re-reading this statement.

For members who joined late, could you please turn on your camera.

A decision was taken at Group Conscience that all attendees at this meeting must have their camera on to attend the meeting 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.

### **Meeting Topic**

Daily Reading from the In This Moment book – “can I ask for a Volunteer to read today's reading”.... (OR you might have this book yourself so you can read it out).

There's now 2 minutes of silence to reflect on the reading – (and time the 2 minutes yourself).

## Timing

This meeting is over at 9.15pm (or 9pm if there is a Group Conscience).

Timer is a service position - can I ask for a volunteer to do the timing? (No 1 minute warning – just come in when the time is up)

The meeting is now open for individual sharing.

## Closing

The meeting is now coming to a close. **7<sup>th</sup> tradition** – “A CoDA group ought to be fully self-supporting, declining outside contributions”.

We ask that you donate as you can. You can donate to CoDA Ireland Intergroup using our BIC & IBAN, which is currently in the chat, or via PayPal. All of these details are on [www.codaireland.com](http://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. (Tech Host will have the link copy & pasted into Chat).

**12<sup>th</sup> tradition** - As we close this meeting, I would like to remind everyone that CoDA is an Anonymous program; therefore we ask - who you see here, what is said here, when you leave here, let it stay here.

We can read the 12 Promises together....

### **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.

Any CoDA announcements?

Any proposals for the next Group Conscience?

Is anyone available for outreach calls – you can put your number in the Chat or use the What's App.

Anyone available to sponsor? Please put this in the Chat also.

There are service positions that need to be filled all the time – if anyone wants to volunteer?

You can add your name to the calendar in WhatsApp (Group Info section).

Anyone who is new to doing service is welcome to try out the Chair position on the last Wednesday of the month – volunteer at any time for that & the script (meeting format) can be emailed to you.

Welcome again to any Newcomers – check out CoDA Ireland website NEWCOMER page.

Also - its recommended to attend 6 meetings initially to see if CoDA is for you. You're welcome to hang on for a few minutes after this meeting for a brief chat.

- Thanks again to everyone who read, did the timing & tech host.

We'll now close this meeting with the CoDA Closing Prayer for those who would like to unmute and join me:

**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.”

**The 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.