Co-Dependents Anonymous Wednesday Morning Meeting Format

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.
Welcome everyone, my name is… (Introduce yourself by first name only). Newcomers are welcome to relax and listen and are under no obligation to share unless they wish to do so, At 11:50 newcomers are invited to introduce themselves or say hello, please find newcomers information in the chat (co-host please share).
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.

<read 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.

<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>

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>

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 organised; 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 and How CoDA Meetings Work

When we were growing up, we learned three rules:

● Don’t talk; Don’t feel; Don’t trust

In CoDA Meetings, we break those rules.

We talk about what happened then, and what is happening now.

We feel the things we never felt and get in touch with our feelings today.

We trust the people in this meeting to respect our feelings and treat what we say here as

Confidential. As we begin to talk, and to trust and feel, we begin to break the patterns which were necessary for our survival in childhood, but which now prevent us from experiencing our lives fully.

In most CoDA meetings, we do not cross talk. We do this for two reasons;

First, when we were growing up, no one listened to us. They told us our feelings were wrong.
Second, as adults we are accustomed to “taking care of” other people, and not taking
responsibility for our own lives.
So, in these meetings we speak about our own experiences and feelings. We accept without
comment what others say, because it is true for them and we work towards taking more
responsibility for our lives rather than giving advice to others.
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	Recovery Patterns & Characteristics
Week 3	Tradition of the month From Green workbook (Jan Tradition 1, Feb Tradition 2 etc)
Week 4	Topic (decide on the day, or in advance at group conscience)
Week 5	Chair (invite someone present to speak of their experience, strength & hope for as long as they want)

We will now have 3 minutes' silent meditation. <3 minutes of silence.>

Timing

The closing time for this meeting is 12:15.
(on the first Wednesday of the month: The closing time for this meeting is 12pm).
Sharing time for this meeting is 4 minutes.
<calculate time>
'1 minute left' will be said when 1 minute of sharing time is left, and ‘Time' will be said when sharing time is up. Please acknowledge the timekeeper to let them know they've been heard. The timing is a service position. Would anyone be willing to volunteer to do the timing? Thank you.
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.
The meeting is now open for sharing.

<After sharing has finished – 5 minutes from the end…>

Closing

Seventh Tradition reminds us that we are self-supporting through our own contributions. We ask that you donate as you can. You can donate to CoDA Ireland Intergroup using our BIC & IBAN, Could our co-host please put this information in the chat. All of these details are also available on www.codaireland.com under 'Donate'. 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? There are also people available to sponsor who do not wish to raise their hand.
It was decided that if there are any new members present at the meeting, one or two members will remain after the meeting to have a chat with them.
Any CoDA announcements? If relevant: Service positions are an important part of our recovery. This meeting currently needs a ...

We 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 Coda Closing Prayer, plus the long version of the Serenity Prayer, for those who wish to unmute 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.