

Writing CoDA Meeting

(Wks 1-4)

1. Good evening and welcome to __ (insert meeting name) __, a women's meeting of Codependents Anonymous. My name is _____ and I am a codependent and your meeting leader tonight. Please turn off all cell phones for the duration of this meeting. A reminder about this facility, smoking is not permitted anywhere on the church grounds before, during, or after the meeting. Restrooms are located in the hall. Will you please help me open this meeting with a moment of silence followed by 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.*

2. I will read the Preamble found on page roman numeral ii (2) in the CoDA book or in the free newcomer pamphlets on the table, for those who wish to read along:

The Preamble

Co-Dependents Anonymous is a fellowship of men and women 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 behaviors.

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 realize a new joy, acceptance and serenity in our lives.

3. So that we can get to know each other better, let's take this time to introduce ourselves by first name only and say how we are feeling. We would like to welcome any newcomers, so please let us know if this is your 1st, 2nd, or 3rd CoDA meeting, or if you are visiting from out of town.
4. Welcome again to the newcomers. There will be free meeting lists, phone lists, and welcome pamphlets on the literature table after the meeting.
5. Who will please read the CoDA Welcome found on page roman numeral iii (3) or in the pamphlets?
6. Thank you. The Twelve Steps are our spiritual guidelines for our individual recovery. Who will begin reading that portion of Chapter 3 on page 23? When you'd like to stop, just say "Pass" and someone else will continue.
7. Thank you. Who will please read the Patterns and Characteristics of codependent behavior? There are readings on the table or in the pamphlets. When you'd like to stop, just say "Pass" and someone else will continue reading.
8. Thank you. Our meeting format for the first through fourth weeks of the month is to focus on one of the Patterns and Characteristics of Codependency. The fifth meeting of the month we will have a guest speaker.
9. Tonight we will focus on the Patterns and Characteristics _____ and its Patterns of Recovery, which is _____. We will pass around the numbered tokens to choose tonight's speaker. If you have over 6 months in CoDA and are willing to speak on tonight's pattern, please pull a token when the bag comes around and read the number aloud. The person who pulls the highest number will be our speaker for 10 minutes, sharing with us her experience with this Pattern and the tools she has used to make progress, *not perfection*, in this area of her recovery. After the speaker shares, we will spend 12 minutes expressing in writing our own experiences with this

Pattern. We will then have the opportunity to share what we have written if we wish. If there is any time left before the close of the meeting we can use that for sharing burning desires. I will pass the bag now.

Pass the bag of tokens

10. Our speaker tonight is _____. Please pass back the bag and tokens. How would you like your time? Is there a volunteer to operate the timer? Thank you.

10 minute speaker

11. Thank you for that lead share. It is now time for the writing portion of this meeting. We will write for 12 minutes. The timer will ring at 10 minutes, giving us 2 more minutes to wrap up our writing. Writing is an important recovery tool. You are encouraged to write about your experiences of codependency and/or recovery as it relates to tonight's patterns. There are pens and paper for those who need them. Please begin the timer.

12 minutes of writing

12. We now have the opportunity to share what we have written here. This is another important recovery tool. However, no one is required to read if she doesn't want to. Reading will proceed clockwise (to the left) around the room. If you do not wish to read when it becomes your turn, please just state your name and say that you pass. I will ask again at the end if anyone who passed would like to read. Who would like to lead us in the Serenity Prayer and then begin the reading?

Go around the circle, reading what we wrote

13. Would anyone who passed now like to read?
14. Thank you. This is a chip meeting. We acknowledge various lengths of recovery time. Will our Chip Person please hand out the chips?
15. Thank you. Newcomers are encouraged to attend meetings, get a sponsor, and begin working the Steps. Working a program of recovery means working the Steps, and they cannot be worked alone. Two options are sponsors and Step studies. Sponsors are women within the CoDA program who help guide us through the Twelve Step recovery process. Would all those willing to be of service as a sponsor or as a temporary sponsor please raise your hand and introduce yourself by first name? Step studies are groups of codependents who meet on a regular basis to support each other through the Twelve Steps and Twelve Traditions using the green CoDA workbook. Would all those interested in starting a Step study please raise your hand and introduce yourself by first name? If you are ready to begin working a program of recovery from codependence, please talk to someone who raised her hand after the meeting or look through the meeting copy of the CoDA booklet, "Sponsorship."
16. We now have until 8:20pm to share burning desires. Who will please read the Crosstalk Guidelines?
17. Thank you. More information about cross talk can be found in the CoDA booklet, "Experiences with Crosstalk." The timer will be set for 2 minutes and then again for 1 minute to wrap up. The sharing will continue in tag style; please choose someone with a raised hand after you share. Who would like to begin?

Open sharing

18. (At 8:20pm) It is now time to close this meeting. If you did not get a chance to share or have questions about the program of Codependents Anonymous, please ask someone to listen after the meeting or use the phone list to reach out.
19. Will our Phone List Person please pass around the phone list?
20. Thank you. Our 7th Tradition reminds us that we are self-supporting through our own contributions. We ask that you donate only as you can. Donations are used to pay rent, buy literature and other expenses, and to support CoDA at the higher levels of service. Who will please read the Twelve Traditions found on page 83 or in the pamphlets while we pass the basket observing the 7th?
21. Thank you. CoDA is an anonymous program. We ask that you respect the anonymity and confidentiality of each woman in this meeting. We ask that who you see here, what is said here, when you leave here, let it stay here.
22. I will now pass the binder to the Secretary to close the meeting.

Pass binder to the Secretary

Secretary's Announcements

23. Thank you to _____ for leading tonight. Thank you to _____ for timing tonight. Thank you to everyone with a service position in this meeting.
24. Service is another important recovery tool. There are many opportunities for service in this meeting and in this program. Open service positions are _____. Service positions are all 6 months in length and elections are held the last week of September and March. Please see me after the meeting if you have any questions about service positions.
25. Who would like to be the leader next week? Thank you. Thank you.
26. May we please hear the Literature announcements?
27. Thank you. May we please hear the Group Service Representative's announcements?
28. Thank you. May we please hear from the Newcomer Greeter?
29. Thank you. May we please hear the Treasurer's announcements?
30. Thank you. Our business meeting is at 8:30pm on the second week of the month. All are invited to observe and participate in the group conscience process. Upcoming group consciences include_____.
31. Are there any other CoDA announcements?
32. Thank you. We have fellowship after the meeting on the 1st and 5th weeks of the month. Fellowship is held at the Denny's, the pizzeria down the street, or a new suggestion. All are invited to join us, and those of us going decide on the place.
33. Who will please read the Twelve Promises on page roman numeral viii (8) or "The Journey Continues" on page 81?
34. Thank you. Please return books and pens so we can make them available for you and others next week.
35. Lastly, some other important recovery tools—affirmations and prayer. When you receive the list, you may read one, say one of your own, or pass. Then we invite you to join us as we stand and hold hands as a volunteer leads us in the CoDA Closing Prayer. Do we have a volunteer?

*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.*