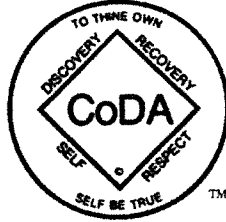


# Meeting Format



1. Good Evening, and welcome to the Chico Tuesday Night meeting of **Co-Dependents Anonymous**. My name is \_\_\_\_\_, and I am a codependent. I am your meeting leader tonight. Please take a moment to turn off all electronic devices. Please help me open this meeting with a moment of silence, followed by The 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.*

2. Will the person with the **CoDA Preamble** please read it?

3. (*Read ONLY if Newcomers are present*): We welcome newcomers who are attending their first meeting of **Co-Dependents Anonymous**. We recommend that you attend at least six meetings before deciding if **CoDA** is right for you. Our restroom is located in the far building to our left, right before the gate.

4. Will the person with the **CoDA Welcome** please read it?

5. **CoDA's Twelve Steps** are the spiritual guidelines for our individual recovery. Will the person with the **CoDA Twelve Steps** please read them?

6. **CoDA's Twelve Traditions** are the spiritual principles of our meetings. Will the person with the **CoDA Twelve Traditions** please read them?

7. Our **Seventh Tradition** reminds us that we are self-supporting through our own contributions. We ask that you donate only as you can. Seventh Tradition donations are used to support the meeting expenses and literature, and to support **CoDA** at the community and national levels. Newcomers are encouraged to use their money to purchase literature in lieu of donating.

8. The characteristics of codependence consist of the following five patterns: (1) Denial Patterns, (2) Low Self Esteem Patterns, (3) Compliance Patterns, (4) Control Patterns, and (5) Avoidance Patterns. Characteristics of all five patterns can be found in the free *Patterns and Characteristics* pamphlet. Will the person with the **CoDA Patterns and Characteristics** for this week please read them?

9. So that we may get to know each other better, let's take this time to introduce ourselves by first name only. My name is \_\_\_\_\_, and I am a codependent.

10. **CoDA** encourages members to get a sponsor. Sponsors are **CoDA** members who are committed to living the **Twelve Steps** and **Twelve Traditions** to the best of their ability. Working the steps with a sponsor will help guide us to recovery.

11. The telephone and email can be valuable tools in your **CoDA** recovery. Talking with other **CoDA** members between meetings can help strengthen your program and your recovery. To facilitate communications between members, each newcomer will be offered a phone list of people present at this meeting. Newcomers should also add their phone and email information to the Open Phone List so that they can be notified if meeting changes or important events occur.

12. **CoDA** approved literature is displayed on the literature table and in the hanging rack on the window. The **CoDA Big Book**, workbook, and booklets are for sale. All other materials are free.

13. We have regular business meetings following the second meeting of each month. Any member can request that a special business meeting be held to address a specific topic or topics. Are there any other **CoDA** announcements?

14. We give chips at this meeting. Are there any **CoDA** birthdays today? - Newcomers? One month? Two months? Three months? Six months? Nine months? One year? Multiples of years?

15. **The CoDA Guide to Sharing.** As we pursue our recovery, it is important for each of us to speak, as we are able. Many of us find speaking among others, especially strangers, a very difficult task. We encourage people to begin slowly and carefully. It is the intention of every **CoDA** member and group not to ridicule or embarrass anyone. Nothing that is shared is unimportant or stupid. The sharing of our experience is done with "I" statements. "Crosstalk" and "feedback" are discouraged.

16. **What is Crosstalk?** "Crosstalk" can be: giving unsolicited feedback, advice-giving, answering, making "you" and "we" statements, interrogating, debating, criticizing, controlling, or dominating. It may also include: minimizing another person's feelings or experiences, physical contact or touch, obvious body movements, or verbal sounds and noises.

In our meetings we speak about our own experience, and we listen without comment to what others share. We work toward taking responsibility in our own lives, rather than giving advice to others. These guidelines help keep our meeting a safe place.

17. (Choose ONE depending on the week of the month).

A. 1st Tuesday of the month: We will now read the **CoDA Step Study** for the current month. Pamphlet copies of this month's step study are available so that everyone may, if desired, take a copy home for further thought and consideration.

B. 3rd Tuesday of the month: We will now read the **CoDA Tradition Study** for the current month. Copies of this month's tradition study are available so that everyone may, if desired, take a copy home for further thought and consideration.

C. All other weeks of the month: Will someone please read today's opening thought from the **In This Moment Daily Meditation Book**?

18. Based on our group conscience, we will now read the **CoDA Opening Prayer**.

19. Our meeting is one hour and 15 minutes in length and will end at 8:15 PM. Please limit your sharing to 3 minutes when our group is over 15 people, or 4 minutes when time allows with a smaller group, so that all who need to share will have an opportunity. When the timekeeper, (*name*), raises his/her hand, please wrap up your share. Please refrain from sharing a second time. The meeting is now open for individual sharing. (*If / when periods of silence occur during the sharing, allow at least a minute of silence before asking anyone else needs or wants to share.*)

20. (*At 8:10 PM*): That is all the time that we have. If you did not get a chance to share, please speak to any of us after the meeting. For all who would like to participate, there may be a fellowship dinner immediately following this meeting; please gather near the literature table after the meeting to decide on the location for tonight.

21. As we bring this meeting to a close, I would like to remind you that **CoDA** is an anonymous program. We ask that you respect the anonymity and confidentiality of each person in this meeting. We ask that what you see here, what is said here, when you leave here, let it stay here.

22. Will the person with the **Twelve Promises of Co-Dependents Anonymous** please read them?

23. Thanks to those who read and do service at this meeting. Please join in a circle for a moment of silence, followed by the **CoDA Closing Prayer**.