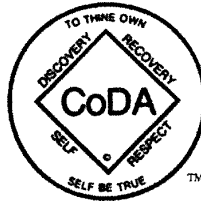


Meeting Format (Online)



1. Hello and welcome to the online Chico Tuesday Night meeting of **Co-Dependents Anonymous**. My name is _____, and I am a codependent. I will be the meeting leader tonight. To minimize background noise, we ask that you mute yourself unless you are reading or sharing. 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. May we have a volunteer to be of service to read the **CoDA Preamble**?
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.
4. May we have a volunteer to be of service to read the **CoDA Welcome**? (*short version unless there are newcomers*)
5. **CoDA's Twelve Steps** are the spiritual guidelines for our individual recovery. May we have a volunteer to be of service to read **CoDA's Twelve Steps**?
6. **CoDA's Twelve Traditions** are the spiritual principles of our meetings. May we have a volunteer to be of service to read **CoDA's Twelve Traditions**?
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. In this time of remote meetings, we ask that if you are able put a little aside please do so that when we return to face-to-face meetings a Seventh Tradition may be accepted in person.
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*. May we have a volunteer to be of service to read the **CoDA Pattern** for this week?
(*Note: If it is a four-week month, read both (4) Control and (5) Avoidance Patterns*)
9. So that we may get to know each other better, unmute and introduce yourself by first name only. (*Leader starts here*) "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, the chat window is available and by putting first name and a telephone number in the chat you are open to communication between meetings. (*read only if there are newcomers*) Newcomers: If open to sharing your contact information, we can notify you if meeting changes or important events occur.

12. **CoDA** approved literature is available at www.coda.org and meeting materials used here are available at www.effortlessis.com/coda. The **CoDA** Big Book, workbook, and booklets are for sale www.corepublications.org and we can arrange delivery from our inventory. All other materials are free and online.
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? Twomonths? 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, 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)
- 1st TUES of the month: As a group, we will now read the **CoDA Step Study** for this month.
 - 2nd TUES of the month: As a group, we will now read a **Big Book Member share**.
 - 3rd TUES of the month: As a group, we will now read the **CoDA Tradition Study** for this month.
 - 4th and 5th TUES of the month: May we have a volunteer to be of service to read ***In This Moment Daily Meditation Book?***
18. Based on our group conscience, you are welcome to unmute and we will now read the **CoDA Opening Prayer**.
19. Our meeting is 1-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. May we have a volunteer to be of service to be the timekeeper? When (say timekeeper name), raises their hand in the video or chat window, please kindly wrap up your share and please refrain from sharing a second time. With that, the meeting is now open for individual sharing. (*Leader: When long 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 and ends our sharing. If you did not get a chance to share, the zoom space will be kept open for a few minutes and you are welcome to stay and chat with any of us after the meeting.
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. May we have a volunteer to be of service to read **CoDA's Twelve Promises?**
23. Thanks to those who read and do service at this meeting. Please join together in our "virtual" a circle for a moment of silence, followed by the **CoDA Closing Prayer**.