

CoDA Basic Meeting Format

1. Opening Section:

Good evening and welcome to this meeting of Co-Dependents Anonymous. My name is _____ and I am a recovering codependent and your meeting Chairperson tonight. CoDA asks those with cell phones to please turn them off or silence them for the duration of the meeting, so we can keep our focus on the meeting without interruptions. Please help me open this meeting with the **CoDA Opening Prayer** and the **Serenity Prayer**.

2. Chairperson reads the **Preamble**.

3. We welcome any newcomers who are attending their first, second, or third CoDA meeting and ask that you introduce yourself with your first name only.

4. So that we can get to know each other better, let's take this time to introduce ourselves by first name only.

5. Will the person with the **Welcome** please read it?

6. **CoDA's 12 Steps** are the spiritual guidelines for our individual recovery. Will the person with the 12 Steps please read them?

7. **CoDA's 12 Traditions** are the guiding spiritual principles of our meetings. Will the person with the 12 Traditions please read them?

8. Will the person with the **Patterns of Codependence (or Recovery Patterns)** please choose one category to read?

9. Announcement Section:

- Washrooms are located _____
- Are there any CoDA Announcements?

10. Program Section:

- Individuals take turns reading from the selected CoDA literature.
- The chairperson or volunteer reads the **CoDA Guide to Sharing**.
- What is Crosstalk? is read by the chairperson.

11. Sharing Section:

- Individuals take turns sharing either on the reading or anything they feel they need to share.

12. Seventh Tradition:

Our Seventh Tradition reminds us that *“Every CoDA group ought to be fully self-supporting, declining outside contributions”*.

13. Closing Section:

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”*.

14. Will the person with the Promises please read them?’

15. Thank you to those who read and who do service at this meeting.

16. The chairperson reads the CoDA Closing Prayer and then all participants say the Serenity Prayer.

**Keep coming back, it works if you work it,
so work it, you're worth it!**