

Prep for this meeting is required. Print out the Steps, Traditions, and Promises and cut them into separate strips (one Step or Tradition or Promise per strip). Fold them and put into a basket. This basket will be passed, and each person will share on that tool of recovery. An exception is made for newcomers for the first five weeks.

Using Tools of CoDA Potluck Meeting Format

Good evening and welcome to this meeting of Co-Dependents Anonymous. My name is _____ and I am a codependent. I am your meeting chairperson tonight. We ask 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 a moment of silence followed by the ____ Prayer. **(Select either The Serenity Prayer or the CoDA Closing Prayer).**

The Serenity Prayer: *God, grant me the Serenity to accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference.*

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.*

We welcome any newcomers who are attending their first, second, or third meeting of Co-Dependents Anonymous and ask that you introduce yourself by your first name only.

So that we can get to know each other better, let's take this time to introduce ourselves by first name only. (Chairperson introduces self and then introductions continue around the room.)

Will the person with the CoDA "Preamble" please read it?

Will the person with the CoDA "Welcome" please read it?

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

CoDA's Twelve Traditions are the guiding spiritual principles of our lives. Will the person with the Twelve Traditions please read them?

The Seventh Tradition reminds us that we are self-supporting through our own contributions. We ask that you donate only as you can. Please remember that a dollar doesn't go as far as it used to. Your donation will allow us to meet our obligations for rent and other meeting expenses, as well as supporting CoDA at all levels. *(Pass the basket)*

We are passing around two items – a calendar to sign up to lead the meeting or be the greeter as well as a contact list. If you are willing to sponsor, please indicate with a checkmark in the last column.

There are meeting schedules and phone lists on the literature table.

Our literature person is _____. Do you have any announcements?

Our treasurer is _____. Do you have any announcements?

Our secretary is _____. Do you have any announcements?

Our Group Service Representative is _____. Do you have any announcements?

Are there any other CoDA related announcements?

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 experiences is best done with "I" statements. This meeting has agreed to not allow "Crosstalk" and "feedback".

What is Crosstalk?: Crosstalk can be: giving unsolicited feedback, advice-giving, answering, making *you* and *we* statements, interrogating, debating, criticizing, controlling, or dominating. 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. Crosstalk guidelines help keep our meeting a safe place.

This meeting is a potluck meeting, focused on the tools of the program. The basket will be passed; in it are strips of paper with either a Step, Tradition, or Promise. Please pick one at random, and share your experience, strength, and hope. If you are a newcomer, for the first 5 meetings, you may share on anything you wish; after that, please pick a topic from the basket.

Please limit your sharing to 3-5 minutes to allow for everyone to share.

The meeting is now open for sharing.

Three to Five minutes before the end of the meeting

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

Thanks to those who read and who do service at this meeting

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"*.

We encourage you to stay after the meeting to talk or ask questions.

Let us close with _____ (***select either The Serenity Prayer or the CoDA Closing Prayer***)

The Serenity Prayer: *God, grant me the Serenity to accept the things I cannot change, Courage to change the things I can, and Wisdom to know the difference.*

The CoDA Closing Prayer: *We thank our Higher Power for all that we have received from the meeting. As we close, may we take with us the wisdom, love, acceptance, and hope of recovery.*