

Emotional Sobriety

CoDA Meeting Format

1. Opening Section

“Good evening (morning, afternoon) and welcome to the meeting of CoDependents Anonymous. My name is and I am a codependent. I am your meeting leader tonight (today). CoDA asks those with cell phones and pagers to please turn them off or to silent ringing 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 (This is the meeting leader or group's prayer of choice: the Serenity Prayer / the CoDA Opening Prayer).

The CoDA Opening Prayer ©	The Serenity 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.	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.

3. Ask for Volunteers to read the following:

- CoDA Preamble
- Welcome (short version)
- CoDA 12 Steps

4. Seventh Tradition

Our Seventh Tradition reminds us that we are self-supporting through our own contributions. We ask that you make a monthly suggested donation of **\$5.00** to support meeting expenses and literature, and to support CoDA at the community and national levels.

5. 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. “Crosstalk” and “feedback” are discouraged.

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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 feeling or experiences, physical contact or touch, body movements, such as nodding one’s head, calling another person present by name, 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. Crosstalk guidelines help keep our meeting a safe place."

6. INTRODUCE MATERIAL

- Host should post the meeting material
- Ask for volunteers to read if needed.

7. Spiritual Timekeeper

Ask for a spiritual timekeeper. Format: three-minute share with a one-minute warning. People can raise their hand in the participant’s window by clicking on the Reactions Icon and selecting the raise hand option.

8. Read The Promises

Ask for volunteer to read.

9. Closing Statement

"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."

10. Close with 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.