

MEETING FORMAT

Hello.

My name is and I am a co-dependent.

Welcome to this CoDA Zoom meeting for our Noddfa Virtual Retreat on

Important Reminder::

Could you please Turn Off Mobile Phones or put them to Silent, and Mute your Microphone when not speaking, to avoid Background Noise. Also kindly turn your Video Icon Off if you are Moving About etc., so as not to Distract other Participants. Thank You.

If you wish to Offer Service in this Meeting, Please Raise the 'Blue Hand' in the Participant Icon at the Base of your Computer. For those who do not have this Facility – please Raise your Physical Hand or place your Offer of Service in the Chat Room. Thank you.

Can we please Start this Meeting with a Moment's Silence to Remember why we are Here and to Remind ourselves of the still suffering Codependent (10 seconds).

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.

Are there any **Announcements**?

Are there any Newcomers or people here for the 1st, 2nd or 3rd CoDA Meeting? We welcome you. Please introduce yourself by your First Name Only. There will be time for sharing later. We suggest that you listen to the similarities rather than the differences and also suggest that you try six CoDA Meetings to decide whether you are codependent.

Could someone please read the **CoDA Preamble**?

Could someone please read the **CoDA Welcome**?

We will now read the **CoDA Patterns & Characteristics of Codependence:**

I will **Begin** by **Reading** the **Introduction:**

The following Checklist is offered as a Tool to aid in Self-Evaluation. It may be particularly helpful to Newcomers as we begin to understand Codependency. It may aid those who have been in Recovery a while to determine what Traits still need Attention and Transformation.

We can now read a Section each, for those who wish to give service, beginning with the Denial Patterns on Page 4 in the CoDA Blue Book 3rd Edition, or Page 50 in the CoDA Green Workbook .

(After participants have read out all of the 5 Sections of Pattern & Characteristics – Continue

Could someone kindly read the **12 Steps of CoDependents Anonymous.**

Could someone kindly read the **12 Traditions of CoDependents Anonymous.**

We will now do a **“FEELINGS CHECK”**. Can we each raise our hand in turn and introduce ourselves by our **First Name Only**, stating **Very Briefly** in a few words how we are feeling **In This Moment**. There will be an opportunity to share more fully later in the meeting.

My Name Is and I Am Codependent [give a brief statement of feelings].

Before Introducing his Meetings Theme [reading or topic] I will read the **CoDA Guidelines For Sharing**

CoDA GUIDELINE FOR SHARING – FOR SAFETY SAKE

While many of us were Growing Up, No-one listened to us. We were told our Feelings were Wrong or that they did not Matter. We were often Interrupted and Criticized. We Need to Know that in Meetings we can Share without Fear of Interruption or Criticism or Contradiction.

We Do That By Observing The Following:

Not judging, offering advice or making comments.

Not interrupting or engaging in discussion.

Using I statements.

Sharing your own Experience, Strength and Hope – no one else's.

Refraining from commenting on others shares.

Keeping advice to yourself.

Not giving advice to people before and after the meeting, unless it is requested.

As Codependents, we are learning to set Boundaries and recognize that they are vital to Recovery. This is why we discourage Feedback and Crosstalk and Advice Giving.

We need to learn to keep the Focus on our own Recovery rather than Rescuing or Controlling others.

If you think that these Guidelines have been Violated, please ask the Chair-person to Read them Again at the End of a particular Share.

At this session we are reading(TOPIC or STEP)
[Optional]

Can we please have the Readings from the CoDA In This Moment Meditation Book

Can we Please have a Volunteer to be **Timekeeper**? [Approximately 3-5 mins. Shares]
Thank You.

The Meeting is now Open and Sharing will Continue until 10 Minutes Before the Scheduled Ending.

CLOSING SECTION

We have now come to the End of the Meeting.

If you need to Share but were unable to, then please Talk to someone After the Meeting and also put your Contact Details in the Chat Room.

We will now each read **1 or 2 Positive Affirmations** of your choice from the List.

Could we please read the **CoDA Promises of Recovery** also at the beginning of the CoDA Blue Book Page vii - or on Page 8 of the CoDA Green Workbook.

CoDA is an anonymous programme. We ask that you respect the anonymity of each person at this meeting – **WHO YOU SEE HERE – WHAT IS SAID HERE – WHEN YOU LEAVE HERE – LET IT STAY HERE !!**

Thank you to Everyone who has Given Service by Attending this Meeting and to All who have Shared and Given Service.

Please note we need a **Secretary** for the next **Meeting** here. If you have not already been a Secretary at this Weekend – perhaps you would like to give service by downloading the **Format** we use, found by pressing the ‘Chat’ Icon at the base of your computer, to be Secretary for the next Meeting. **Thank You.**

CoDA Closing Prayer

We Thank our Higher Power for all that we have Received from this Meeting. As we Close, may we Take with us the Wisdom, Love, Acceptance and Hope of Recovery.

Will those who wish to please join with me in the LONG VERSION of the CoDA 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.**

**GRANT ME PATIENCE WITH THE CHANGES THAT TAKE TIME
APPRECIATION OF ALL THAT I HAVE
TOLERANCE OF THOSE WITH DIFFERENT STRUGGLES
AND THE STRENGTH TO GET UP AND TRY AGAIN
ONE DAY AT A TIME.**