

CODA WEDNESDAY GROUP—SECOND HOUR—7:00 p.m.-8:00p.m.

OPEN (Leader for the week) Let's open this part of the meeting with a moment of silence, followed by the CODA Opening Prayer.

CODA OPENING PRAYER (said together)

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.

ANNOUNCEMENTS

(Leader) Are there any announcements to share this evening?

SHARING GUIDELINES

(Leader) When sharing during this part of the meeting you have the option of asking the group for feedback. When this occurs, group members may share their experience, strength, and hope about the subject or question without offering direct advice or trying to fix it.

(Leader) This meeting is primarily focused on applying the 12 Steps and other CODA Recovery Tools to our lives. We use the Activity questions in Melodie Beattie's Codependent's Guide to the Twelve Steps as our guide and we are currently on Step # ____. You are encouraged to share your responses to these questions or to share about applying other Steps or Tools of the Program in your daily life. You may also ask questions of the group.

(Optional) The CODA Step prayer for this step is (read the Step prayer.)

(Leader) Here is/are the Activity question(s) related to Step# _____. (Read question(s))

Who would like to begin sharing?

CLOSING

(Leader) Let's close this meeting with a moment of silence, followed by (either the CODA Recovery Prayer or the CODA Closing Prayer—the meeting leader decides.)

CODA RECOVERY PRAYER (said together)

God help me to
Accept other people as they are,
Recognize my own feelings,
Meet my own needs, and
Love myself just as I am.

CODA CLOSING PRAYER (said together)

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.



Codependents Anonymous

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The Twelve Traditions of Co-Dependents Anonymous

1. Our common welfare should come first; personal recovery depends upon CoDA unity.
2. For our group purpose there is but one ultimate authority -- a loving Higher Power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in CoDA is a desire for healthy and loving relationships.
4. Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.
5. Each group has but one primary purpose -- to carry its message to other codependents who still suffer.
6. A CoDA group ought never endorse, finance, or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim.
7. Every CoDA group ought to be fully self-supporting, declining outside contributions.
8. Co-Dependents Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and all other public forms of communication.
12. Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

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