

CoDA SUNDAY MEETING FORMAT

♥ Welcome to “Step Into The Light”, an open 12 step meeting for people who are seeking solutions to their problems in relationships with self and with others.

♥ My name is _____ and I am Co-dependent.

(Read 'Preamble' from page 'ii' in the CoDA big book)...

♥ Are there any newcomers to CoDA? *(If yes: Please introduce yourself by using your first name only. After this meeting you could approach the Newcomer Greeter who can provide you with further information on CoDA Steps and Traditions. Who wants to be Newcomer Greeter?)*

(If newcomers are present, read the 'Welcome' from page 'iii' in the CoDA Blue Book)

♥ We will now go around the room and introduce ourselves and briefly state how we feel today. I am _____, I am co-dependent and I feel _____.

♥ The Twelve Steps contain the solutions to our co-dependence. Who would like to read the 12 Steps? *(page 'iv' in the CoDA blue book)*

♥ The Twelve Traditions give needed structure to our personal and group recovery. Who would like to read the 12 Traditions? *(page 'v' in the CoDA blue book)*

♥ We now read the 'Recovery Patterns of Codependence' (section 1/week 1 etc.)

♥ This meeting holds its business meeting on the 1st Sunday of each month after the meeting has ended. All who would like to participate are welcome.

♥ The format of this meeting is as follows *(read only the week in question):*

♥ 1st week – Speaker Story (15 to 20 minutes) or CoDA Blue Book (Read as much as you like and then pass. Until 15H30) / Open Discussion

♥ 2nd week – Topic Meeting / Open Discussion

♥ 3rd week - Step / Open Discussion

♥ 4th week - Tradition / Open Discussion

♥ 5th week – same as 4th week

♥ For those who have not introduced themselves if you would like to do so and state how you feel today.

♥ The meeting is now open for sharing. To keep a spirit of openness, we refrain from crosstalk. Shares are limited to *(choose)* 3, 4, or 5 minutes *(keeping in mind the 3-4 minutes closing time)* so that everyone may have a chance to share. At the end of the shares there will be a time for newcomers to share if you wish to do it.

♥ The timekeeper will signal when your time is up. Who would like to be timekeeper? Raise your voice if you wish to speak. Si besoin, les partages en français sont bienvenus.

(final 3 minutes of meeting)

♥ It is time to close the meeting. We will now practice the 7th tradition, which states that we are self-supporting through our own contributions. The expenses of this meeting are 16 Euros each meeting. Please give what you can but we need you more than your money. If we do not make the rent the basket will be passed a second time.

♥ Are there any announcements?

♥ *(Chairperson reads this announcement)* After the meeting, many of us meet at a nearby café for fellowship. Please feel free to join us.

In order to foster a spirit of recovery in our meeting, would all those who are available to Sponsor, Co-sponsor or be a temporary Sponsor, please raise your hand.

♥ The next CODA meeting takes place on Monday at 20h15 at 10 rue Saint Elisabeth, Metro Temple or République. For further information on all CoDA meetings, please check the website: coda-france.com

♥ There is a voluntary email Gratitude List, if you wish to participate please ask the Chairperson.

♥ We will now close with the Promises from Page 82 (or 83) in the CoDA blue book *(Starting with....Through God's abundant love...)*

♥ We will now choose a positive affirmation for the day from the list or if you wish, you can invent your own.

♥ We will now close with the WE version of the Serenity Prayer.

I am not alone, I am one with God and the universe I am a good person to me for me.
I am loved and I deserve love.
I have many talents
I am not a victim
I will be who I am and I am enough.
I am worthy and good to me for me.
I am a loving person
I am a strong, capable person
I respect myself and I deserve respect from others
I set my boundaries for me
I respect mine and others boundaries for me
The pain that I feel by remembering, can not be any worse than the pain that I feel by knowing
and not remembering
I take full charge of my life today
I let serenity flow into my life
I feel appreciated today
I can give to others with no strings attached
I can meet new opportunities without fear
I will not be intimidated for me
Today I view my childhood without shame
Today I have confidence Today I will rejoice in my abilities
I allow God to enter my life today
I trust in the serenity my God provides
I am calm and tranquil.
I can be playful
I open my heart to my inner child
I have a new awareness in my life
I can face my fears & work to overcome them
I can trust my thoughts & emotions
I feel my feelings for me
I can be vulnerable with someone I trust.
I forgive myself for accepting sex when I wanted love.
I make decisions confidently for me
I am kind, loving and gentle to me for me
I open my heart to my inner child
I acknowledge my needs
I am peaceful and loving
I am joyful
I will seek out friends today
I am a friendly person
I am a good listener
I feel good about myself for me
I express my feelings for me
I make wise choices for me
I treat myself with kindness & patience
I am in charge of my life
I forgive myself & others who have hurt me
I am a friend to myself
I can express my anger openly, honestly & appropriately
I can handle criticism with ease
Today I will put all negativity behind me
I acknowledge my needs
I allow God to enter my life today
I trust in the serenity my God provides
Serenity Prayer :
God grant me the serenity to accept the things I cannot change,
Courage to change the things I can,
and the Wisdom to know the difference.

CODA BUSINESS MEETING FORMAT

(The secretary is responsible to run the business meeting and to announce any upcoming service positions 3-4 weeks ahead of time. The secretary's job as a trusted servant is to ensure fairness. Always allowing a democratic space for the timid and the minority voice to be heard.)

Hello my name is _____ I am co-dependant and your secretary for the business meeting.
In the business meeting we refrain from cross-talk. And we introduce ourselves before speaking.

From CoDA experience: For any *major* issues the Group Conscience, when possible, should be slow in its response, usually taking two votes (1 month apart). On the other hand, for needed additions or adjustments the meeting ought to stay dynamic in spirit and action. Once voted in, we believe in our trusted servants and let them assume the proper leadership for their responsibilities, on the condition that the responsibilities (laid out below) are fully met. The business meeting lasts 30 minutes, but may be extended with a simple majority vote by the group. This option keeps us from hastiness and allows for dialogue.

- Who would like to volunteer to take down the **minutes** of the meeting? Thank you for your service.

- REPORTS

Treasury Report, GSR report.

- OLD BUSINESS

minutes from last meeting to be read pending decisions from last business meeting.

- NEW BUSINESS

Service positions (treasury, GSR, Secretary, Newcomer helper, etc.) New Ideas or suggestions.

SERVICE POSITIONS – *(MUST be read when proposing the service position and to be re-read to the incoming trusted servant)* For all service positions, if the person must be absent they ought to delegate the position out of respect for the group. Although a substantial unanimity is desired, all service positions are obtained through by majority vote, preferably 2/3 vote. In the case of not finding someone who meets the requirements, the secretary of the meeting will hold the position if possible until someone does meet them. For any tasks which touch on CoDA as a whole such as the access to the CoDA bank account, the administration of the web site or any administrative and legal tasks, we reserve these tasks for CoDA trusted servants who have established the trust of the group and have 6 – 12 months minimum of CoDA recovery.

(The following section is read only when the service positions are open)

CHAIRPERSON 1- 3 months in duration

Applicant must have attended at least 12 of our CODA meetings,
and have a reliable attendance at the meeting.

Responsibilities: Setup of meeting, arriving 10 minutes before the start of the meeting.

TREASURY - 6 months to 1 year in duration

Reading *verbatim* the Group Conscience approved meeting Format including the meeting's announcements.

Responsible to represent a spirit of recovery for the meeting, and being available to any newcomer's questions.

Stays on after the meeting to run the business meeting once a month.

Delegates position only if absolutely necessary, unless a suppliant was chosen by the GC. Must type any format changes into official copy so that the next chairperson can easily read the format.

Applicant must have attended at least 12 of our CODA and have a reliable attendance at the meeting.

Committed to collecting the treasury at the meetings as well as paying the rent and any supplies
Providing the group with a treasury report each month.

GSR 1 year in duration

Applicant must have 6 - 12 months minimum of CoDA recovery have a reliable attendance at the meeting.

Organizes GSR meeting (with other GSR's)

Reports periodically to Regional GSR meeting, speaking on behalf of the meeting and then gives us a report at the business meeting.

NEWCOMER HELPER 1 - 3 months in duration

Applicant must have attended at least 6-12 of our CODA meetings, and have a reliable attendance at the meeting.

Responsible to talk to newcomers after the meeting taking their contact info and sending them a pdf email packet as well as our members phone number list or gratitude list.

WEBMASTER

Applicant must have 6-12 months minimum of CoDA recovery

Updates website, keeps all passwords safe and keeps back up of CoDA documents online. Moderate and manage our gratitude list.

Thank you for your time and your service we will now close with the WE version of the serenity prayer.