

CoDA *for Parents*

Meeting Format

1. “Good morning and welcome to the Monday meeting of CoDA *for Addicts and Alcoholics* My name is _____ and I am your host for this evening. In the spirit of love and truth I would like to recite the serenity prayer.

God grant me the serenity to accept the things I cannot change;
The courage to change what I can;
And the wisdom to know the difference.

2. Will someone read the CoDA “Preamble.”
3. We welcome any newcomers who are attending their first, second or third meeting of CoDA.
4. Will someone read the 12 Steps of Co-DA
5. I will read the Statement of Purpose.
6. The following is the 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. 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, etc.

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. *If this is difficult, do the best you can as we are all “works in process.”*

7. Do we have a volunteer to share their story. You have ten minutes.
8. The meeting is now open for sharing. Would each of you please limit your sharing to 3-5 to allow for everyone to share?
9. 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. Thanks to our speaker. Thanks to those that read.
11. Announcement: There will be a short business meeting after we close.
11. 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.

