

## Sunday CoDA Step/Tradition/Promise of The Month Study Group

### 2024 Weekly Assignment Schedule (Updated 12/8/2023)

Sunday: 12:30 PM (Pacific & Arizona Time, Mar 12<sup>th</sup> - Nov 5<sup>th</sup>) • 1:30 PM (Mountain & Arizona Standard Time) • 2:30 PM (CT) • 3:30 PM (ET)

Phone: 717-908-1834 • PIN: 475271#

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"...At first glance, some of us see these Steps as overwhelming tasks that can never be accomplished. Some of us see them as quick, easy instructions that can be achieved in an afternoon or a few days. Some of us avoid them entirely until we become overburdened with crises and our codependent behaviors. Ultimately, we must be willing to move forward and embrace these Steps as part of our personal recovery if we want our lives to get better."  
— Excerpt (3<sup>rd</sup> ed., p. 28) from the [CoDA Book](#)

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#### 1<sup>st</sup> SUNDAY OF THE MONTH

Sharing on the **Step** of the month after listening to the **Step** of the current month from the CoDA CDs "[Personal Sharing on the Twelve Steps](#)"<sup>i</sup>

#### 3<sup>rd</sup> SUNDAY OF THE MONTH

Sharing, with the focus on the **Step** and/or **Promise** of the month from the "[CoDA Twelve Steps & Twelve Traditions Workbook](#)"

#### 2<sup>nd</sup> SUNDAY OF THE MONTH

Sharing, with the focus on the **Step** and/or **Promise** of the month from the "[CoDA Book](#)"

#### 4<sup>th</sup> SUNDAY OF THE MONTH

Sharing, with the focus on the **Tradition** and/or **Promise** of the month from the "[CoDA Twelve Steps & Twelve Traditions Workbook](#)"

#### WHEN THERE IS A 5<sup>th</sup> SUNDAY OF THE MONTH

(Mar 31<sup>st</sup> • June 30<sup>th</sup> • Sept 29<sup>th</sup> • Dec 29<sup>th</sup>)

Reading the **Promise** of the month from

"[Joy In The Journey: Recover With Color](#)," followed by our sharing.

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## January

**PROMISE ONE: I KNOW A NEW SENSE OF BELONGING. THE FEELING OF EMPTINESS AND LONLINESS WILL DISAPPEAR.**

More information on [The Twelve Promises of Co-Dependents Anonymous](#) is available at:

[Joy In The Journey: Recover With Color](#)<sup>ii</sup>, CoDA Books at <https://www.corepublications.org>.

[The Twelve Promises of Co-Dependents Anonymous](#), from CoDA Australia/Asia.

["The CoDA Promises" CoDA Events Workshop w/Ritchard I](#), courtesy of CoDA Arizona Events.

**STEP ONE: WE ADMITTED WE WERE POWERLESS OVER OTHERS – THAT OUR LIVES HAD BECOME UNMANAGEABLE.**

**January 7, 2024:** We listen to the **Step One** portion of the CoDA CDs, "[Personal Sharing on the Twelve Steps](#)," (length 18:55), followed by our sharing on Step One. After our sharing, we will listen to a reading of the assignment for next Sunday's meeting.

**NOTE:** you can (re)listen to the recording of the Step-of-the-Month, from the "[Personal Sharing on the Twelve Steps](#)," CoDA CDs, anytime, at: 717-908-1837, PIN: 475271#.

**January 14, 2024:** From the 3<sup>rd</sup> edition, [CoDA Book](#) (Co-Dependents Anonymous), **page 29, paragraphs 2 & 3.**  
**Step One** – *We admitted we were powerless over others-that our lives had become unmanageable.*

"All journeys begin with a first step. Our journey of personal recovery in CoDA begins with the CoDA First Step.

To understand the growing devastation of our powerlessness and unmanageability, we must explore our past and how we arrived at this point. Maybe we're devastated by a divorce, separation, or a loved one's death. Maybe we tried killing ourselves or slowly "bottomed out" from drugs or alcohol. Many of us are overwhelmed and weary. Once we make the decision to change, we start our recovery journey with Step One, the Step of admission and acceptance."

**January 21, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), **page 9, paragraph 2, and questions 4, 5 & 6 on page 10.**

**Step One** – *We admitted we were powerless over others – that our lives had become unmanageable.*

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“Saying we are powerless over our disease, out loud to the group, starts us on our road of truth. We begin to identify what we are powerless over and see the manifestations of our disease. We learn to identify some of the “untruths” we may have been taught. We come to realize that powerlessness does not mean weak; controlling others does not make us safe; looking to others for our direction does not support us in living our own lives; judging others is not our business; and believing we are all-powerful is painful. We experience how old tapes playing in our heads can control us. We discover that thinking in terms of black and white or right and wrong is rigid and limiting.”

These questions are intended to help you work Step One:

- How do I let go of the fear of what others think? How do I take care of myself? How does my acceptance of being “powerless over others” assist me in this task?
- Which codependent characteristics (character defects) keep me from taking Step One?
- Why does this Step say “admitted we were powerless” instead of admitted I was powerless?

#### **TRADITION ONE: OUR COMMON WELFARE SHOULD COME FIRST; PERSONAL RECOVERY DEPENDS UPON CODA UNITY.**

**January 28, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), page 15, paragraph 2, and questions 4, 5 & 6 on page 16.

**Tradition One** – *Our Common welfare should come first; personal recovery depends upon CoDA unity.*

“Tradition One supports us in all aspects of our service work whether this be at an individual, group, regional, or international level. It helps us create a functional environment wherein we can attend to the business of Co-Dependents Anonymous. We also find that keeping the spirit of Tradition One in our minds and hearts is essential to working with others. Having acknowledged our difficulties in forming and maintaining functional relationships, we look to Tradition One: our common welfare should come first and our personal recovery depends upon our unity.”

These questions are intended to help you work Tradition One:

- What does CoDA unity mean?
- What is our common welfare?
- How can Tradition One support me in all of my relationships?

## February

#### **PROMISE TWO: I AM NO LONGER CONTROLLED BY MY FEARS. I OVERCOME MY FEARS AND ACT WITH COURAGE, INTEGRITY AND DIGNITY.**

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#### **STEP TWO: CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.**

**February 4, 2024:** We listen to the **Step Two** portion of the CoDA CDs “**Personal Sharing on the Twelve Steps**,” (length 14:54), followed by our sharing on Step Two. After our sharing, we will listen to a reading of the assignment for next Sunday’s meeting.

**NOTE:** you can (re)listen to the recording of the Step-of-the-Month, from the “**Personal Sharing on the Twelve Steps**,” CoDA CDs, anytime, at: 717-908-1837, PIN: 475271#.

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**February 11, 2024:** From the 3<sup>rd</sup> edition, [CoDA Book](#) (*Co-Dependents Anonymous*), **page 34, paragraphs 1-2.**

**Step Two** – *Came to believe that a power greater than ourselves could restore us to sanity.*

“In Step One, we recognize our failure in our own attempts to play God. We also allow others to be our God. We recognize that we must seek help beyond ourselves and those to whom we’ve given authority. In doing so, we become ready to develop a belief in a power greater than ourselves—a power that can restore us to sanity and health.

In Step Two, we begin establishing or strengthening this belief. For those of us who do not know a Higher Power, we embark on a new and wondrous relationship. For those of us who have a relationship with a Higher Power, this Step can help us strengthen its weaker areas.”

**February 18, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (*the Green Book*), **page 21, paragraph 2, and questions 4, 5, & 6, on page 22.**

**Step Two** – *Came to believe that a power greater than ourselves could restore us to sanity.*

“As children, our parents and/or others were that power greater than ourselves. If these experience left us unable to trust, we may now find it difficult to rely on anything or anyone, even ourselves. We may have learned that this power greater than ourselves was punishing, mean, unforgiving, or unavailable. We may also believe that we are unworthy of love and guidance. As we seek help, letting go of control can often be a terrifying prospect.”

These questions are intended to help you work Step Two:

- What attributes does my Higher Power have? How do they support me?
- What does “came to believe” mean to me?
- What does “power greater than ourselves” mean to me?

**TRADITION TWO: 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.**

**February 25, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (*the Green Book*), **page 27, paragraph 2 & 3, and questions 4, 5 & 6, on page 28.**

**Tradition Two** – *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.*

“We accept the group conscience as our ultimate authority. Tradition Two allows for all concepts of Higher Power to share the room. We begin to experience humility in our lives. We let go of the urge to take on more than we can handle. As trusted servants, we do not create direction—we receive direction from the Fellowship. We let go of our own agenda, trust the group conscience and remember that we don’t have to like something we accept.

Apart from understanding what it means to be a trusted servant, Tradition Two begins to define the structure of our program:

- a loving Higher Power
- the group conscience
- trusted servants

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The structure of Tradition Two provides unity and, with the unity, we can recover.”

These questions are intended to help you work Tradition Two:

- How do I learn to trust my Higher Power?
- How does my Higher Power help me to trust myself?
- How does Tradition Two relate to Step Two?

## March

**PROMISE THREE: I KNOW A NEW FREEDOM.**

More information on [The Twelve Promises of Co-Dependents Anonymous](#) is available at:

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**STEP THREE: MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTOOD GOD.**

**March 3, 2024:** We listen to the **Step Three** portion of the CoDA CDs **“Personal Sharing on the Twelve Steps,”** (length 22:19), followed by our sharing on Step Three. After our sharing, we will listen to a reading of the assignment for next Sunday’s meeting.

*NOTE: you can (re)listen to the recording of the Step-of-the-Month, from the “Personal Sharing on the Twelve Steps,” CoDA CDs, anytime, at: 717-908-1837, PIN: 475271#.*

**March 10, 2024:** From the 3<sup>rd</sup> edition, [CoDA Book](#) (Co-Dependents Anonymous), **page 38, paragraphs 1-3.**

**Step Three – Made a decision to turn our will and our lives over to the care of God as we understood God.**

“In this Step we continue to develop and strengthen our relationship with God.”

“We pause to read this Step and what it suggests we do. We reflect upon its wisdom and our feelings about surrender.”

“We are asked to make a decision to let go of ourselves and others. We decide whether we can trust in God to care for all we consider precious and important. Trust does not come easily for many of us. For years, we put our faith and hope in ourselves and others. We relied on everything but our Higher Power to provide us peace, happiness, and well-being.”

**March 17, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), **page 33, paragraphs 1 & 2, and questions 4 & 5, on page 37.**

**Step Three – Made a decision to turn our will and our lives over to the care of God as we understood God.**

“The primary purpose of this Step is to begin living our lives in a new way. Finally, we have a tool that works and provides us the freedom and acceptance we were incapable of finding through self-will alone. This Step suggests a willingness to live in this decision. We surrender ourselves to a Higher Power of our own understanding. When we do this, we can begin new, more satisfying relationships with ourselves and others. As we develop the courage and willingness required in Step Three, many of us come to acknowledge and believe that we are part of God’s plan, and we become increasingly capable of knowing ourselves as how God—and not others—intended us to be.”

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These questions are intended to help you work Step Three:

- Am I ready to let go and let God have a hand in managing my life?
- What does “to the care of God” mean to me?
- What does “turning it over” mean to me?

**TRADITION THREE: THE ONLY REQUIREMENT FOR MEMBERSHIP IN CODA IS A DESIRE FOR HEALTHY AND LOVING RELATIONSHIPS.**

**March 24, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) *(the Green Book)*, page 41, paragraph 2, and questions 4, 5 & 6, on page 42.

**Tradition Three** – *The only requirement for membership in CoDA is a desire for healthy and loving relationships.*

“Many of us found this Tradition comforting when we heard these words at our first meeting. We are given the freedom to attend meetings even if we minimized our experience. We did not have to justify our membership in CoDA. Tradition Three frees us from having to work through our issues, or determine if we are codependent, before beginning our program of recovery. Even if we believe our codependency is our fault, even if we are in complete denial, we can still come to meetings.”

These questions are intended to help you work Tradition Three:

- Which tools can help me to remember this Tradition?
- How do I incorporate this Tradition into my daily life?
- How does Tradition Three help me in doing my service work?

**March 31, 2024:** From the 1<sup>st</sup> Edition of [Joy In The Journey: Recover With Color](#).

**Promise Three:** *I know a new freedom.*

The Principle *(keyword)* for Promise Three is: **SERENITY**

“My Higher Power wants me to let go of things that aren’t mine. When I remember this, I feel lighter.

I am no longer controlled by my fears.  
As I grow and heal, my feelings become clearer, and I reap the promises of recovery.”<sup>iii</sup>



(a lightbulb moment) Freedom from bondage means freedom to live.

**Affirmation:** I am grateful for what I have and who I am.

We may also read from other CoDA **Twelve Promises'** literature on Promise Three; then open the meeting for sharing on Promise Three, followed by a reading of next week’s meeting assignment.

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## April

**PROMISE FOUR: I RELEASE MYSELF FROM WORRY, GUILT, AND REGRET ABOUT MY PAST AND PRESENT. I AM AWARE ENOUGH NOT TO REPEAT IT.**

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**STEP FOUR: MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.**

**April 7, 2024:** We listen to the **Step Four** portion of the CoDA CDs "**Personal Sharing on the Twelve Steps**," (length 11:27), followed by our sharing on Step Four. After our sharing, we will listen to a reading of the assignment for next Sunday's meeting.

**NOTE:** you can (re)listen to the recording of the Step-of-the-Month, from the "**Personal Sharing on the Twelve Steps**," CoDA CDs, anytime, at: 717-908-1837, PIN: 475271#.

**April 14, 2024:** From the 3<sup>rd</sup> edition, [CoDA Book](#) (*Co-Dependents Anonymous*), **pages 42, paragraphs 2-3. Step Four – Made a searching and fearless moral inventory of ourselves.**

"Until now, we've focused on establishing or renewing our relationship with God as we understand God. In Step Four, we begin a spiritual journey of healing our relationship with ourselves."

"Many beliefs, religions, and philosophies speak of cleansing the soul to spiritually evolve. Just as we boil river water to remove impurities for drink, so we must go through this process to drink more fully from life. As we do we're better able to separate and appreciate our goodness from our unhealthy thoughts and behaviors."

**April 21, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (*the Green Book*), **page 47, paragraph 2, and questions 1, 2, 3 & 4, on page 47.**

**Step Four – Made a searching and fearless moral inventory of ourselves.**

"Step Four requires us to do "a searching and fearless moral inventory." This is the Step where we begin to see our part in our own lives and relationships. In our inventory, we include our behaviors and character defects that have been harmful. This Step is not an invitation to be overly critical or hurt ourselves, but rather an invitation to speak our truth. The inventory process is one of the most loving things we can do for ourselves. Although it may be painful to acknowledge and to put into writing the harm we have caused, it can be more painful to keep it festering inside."

As we start this process, we may want to consider the following questions:

- How can I use Steps One, Two, and Three to do Step Four?
- What does "fearless" mean to me?
- What does "moral inventory" mean to me?
- What tools might I use to help me take this inventory?

**TRADITION FOUR: EACH GROUP SHALL REMAIN AUTONOMOUS, EXCEPT IN MATTERS AFFECTING OTHER GROUPS OR CODA AS A WHOLE**

**April 28, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (*the Green Book*), **page 65, paragraph 2, and questions 4, 5 & 6, on page 67.**

**Tradition Four – Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.**

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“The creativity of our meetings can flourish because of our commitment to autonomy in this Tradition. As a result, various meeting formats exist to support us in recovery: On-line, phone, Step and Tradition, CoDA Book study, speaker, writing, coed, women’s, men’s, gay and lesbian, and more. Codependents may hear the message of recovery better in one type of meeting than in another. We respect each meeting’s right to autonomy and to carry the message according to its group conscience. This diversity, created by autonomy, helps meet our individual needs and those of the CoDA community.”

These questions are intended to help you work Tradition Four:

- Is it difficult for me or my group to embrace the concept of CoDA as a whole? If yes, why?
- How can using non-Conference endorsed literature at a meeting be harmful to CoDA as a whole?
- What role does Tradition Four play in service work? How can my actions in sponsorship and my service work affect CoDA as a whole?

## May

**PROMISE FIVE: I KNOW A NEW LOVE AND ACCEPTANCE OF MYSELF AND OTHERS. I FEEL GENUINELY LOVABLE, LOVING AND LOVED.**

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**STEP FIVE: ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.**

**May 5, 2024:** We listen to the **Step Five** portion of the CoDA CDs “**Personal Sharing on the Twelve Steps**,” (length 7:18), followed by our sharing on Step Five. After our sharing, we will listen to a reading of the assignment for next Sunday’s meeting.

**NOTE:** you can (re)listen to the recording of the Step-of-the-Month, from the “**Personal Sharing on the Twelve Steps**,” CoDA CDs, anytime, at: 717-908-1837, PIN: 475271#.

**May 12, 2024:** From the 3<sup>rd</sup> edition, [CoDA Book](#) (Co-Dependents Anonymous), **page 50, paragraphs 2 & 3.**

**Step Five – Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

“In Step Four, we begin our cleansing process by becoming aware of ourselves and our codependent behavior and addictions. We struck and held a match to shed light on those aspects about ourselves we’ve been unable or unwilling to see.

In Step Five we continue our cleansing process. Becoming accountable to our Higher Powers, to ourselves, and to another person for our feelings, behaviors, and addictions is imperative to our recovery. Without accountability, our spiritual program is incomplete, and we continue to play God or give others that role.”

**May 19, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), **page 71, paragraph 2, and questions 4, 5 & 6, on page 73.**

**Step Five – Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

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“Step Five instructs us to make our second connection with ourselves and admit the exact nature of our wrongs to ourselves. Though at first it may seem we have already accomplished this in the course of completing an inventory, the Fifth Step guides us to solidify the truths we have uncovered. We may choose to read our inventory out loud to ourselves to reflect upon the nature of what we have discovered. Admitting the exact nature of our wrongs is more than repeating to ourselves what we have written; instead, we take the truth of our history and our codependency into our hearts. Giving the Fifth Step to ourselves, and looking at our self-defeating behavior and the harm we have caused ourselves and others, may put us in touch with the exact nature of our wrongs as never before. As we do this, we can see the pain caused by our denial. An honest Fifth Step supports us in recovery and helps us understand why our lives were unmanageable. Admitting our wrongs to ourselves helps break through to greater honesty, self-awareness, and acceptance.”

These questions are intended to help you work Step Five:

- What does “exact nature of our wrongs” mean to me?
- What does it mean to me to give my Fifth Step to God, myself, and another human being?
- Why is it important to admit my faults privately in my meditation and prayers?

**TRADITION FIVE: EACH GROUP HAS BUT ONE PRIMARY PURPOSE – TO CARRY ITS MESSAGE TO OTHER CODEPENDENTS WHO STILL SUFFER.**

**May 26, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), page 77, paragraph 2, and questions 4, 5 & 5, on page 79.

**Tradition Five** – *Each group has but one primary purpose -- to carry its message to other codependents who still suffer.*

“Primary’ refers to what we consider the most important principle—the one that comes before all others. The survival and growth of our program depends upon our willingness to carry the message of hope and recovery by using the Steps and following the Traditions. Codependents who still suffer include people who have never attended a meeting, CoDA newcomers, and old-timers alike. We all need to share the message of recovery to gain and maintain our recovery. Tradition Five creates a responsibility for each group to uphold our Fellowship’s primary purpose. Although our methods of carrying the message may vary among meetings, the primary purpose of all our groups remains the same.”

These questions are intended to help you work Tradition Five:

- What does it mean to “carry the message?” How do I do it?
- How does my CoDA group carry the message?
- If our group has strayed from our primary purpose, how can we focus back on it?

## June

**PROMISE SIX: I LEARN TO SEE MYSELF AS EQUAL TO OTHERS. MY NEW AND RENEWED RELATIONSHIPS ARE ALL WITH EQUAL PARTNERS.**

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**STEP SIX: WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.**

**June 2, 2024:** We listen to the **Step Six** portion of the CoDA CDs “**Personal Sharing on the Twelve Steps**,” (length 7:11), followed by our sharing on Step Six. After our sharing, we will listen to a reading of the assignment for next Sunday’s meeting.

**NOTE:** you can (re)listen to the recording of the Step-of-the-Month, from the “**Personal Sharing on the Twelve Steps**,” CoDA CDs, anytime, at: 717-908-1837, PIN: 475271#.

**June 9, 2024:** From the 3<sup>rd</sup> edition, [CoDA Book](#) (Co-Dependents Anonymous), **page 53, paragraphs 1.**

**Step Six** – *Were entirely ready to have God remove all these defects of character.*

“Step Six asks us to begin taking positive action toward changing those defects of character we outlined in our Fourth Step. It is a part of our cleansing process. Now we must apply the faith and trust we developed while working our Second and Third Steps and put them into greater action. In doing so, we take the decision of turning our will and our lives over to the care of God and advance one Step further by becoming willing and ready for God to remove all our defects of character.”

**June 16, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), **page 83, paragraph 3, and questions 4, 5 & 6, on page 84.**

**Step Six** – *Were entirely ready to have God remove all these defects of character.*

“Defects can be seen as behaviors and beliefs that stand in our way. Defects of character are not who we are spiritually; they are codependent behaviors that we have used to survive life. In becoming entirely ready, we learn to own our defects. When we ask our Higher Power to guide us and we trust in this process, we have a spiritual experience. The keys for Step Six are strong faith, trust, and a connection to our Higher Power.”

These questions are intended to help you work Step Six:

- What does a defect of character feel like?
- What are “defects of character?” What are my defects of character?
- Does the phrase “defects of character” make me feel defensive? Why?

**TRADITION SIX: 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.**

**June 23, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), **page 89, paragraphs 3 & 4, and questions 4, 5 & 6, on page 90.**

**Tradition Six** – *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.*

“Within the Fellowship, we recognize the need to separate material issues from our spiritual aim. We avert problems of money, property, and prestige by assigning legal and financial responsibilities to a Board of Trustees. In our history, we have experienced the distraction created when the wisdom of this Tradition was ignored and we mixed the spiritual and the material. We also respect the wisdom gained from the history of Alcoholics Anonymous, the program we were patterned after.

Sunday CoDA Step/Tradition/Promise of The Month Study Group

**2024 Weekly Assignment Schedule** (Updated 12/8/2023)

Sunday: 12:30 PM (Pacific & Arizona Time, Mar 12<sup>th</sup> - Nov 5<sup>th</sup>) • 1:30 PM (Mountain & Arizona Standard Time) • 2:30 PM (CT) • 3:30 PM (ET)

Phone: 717-908-1834 • PIN: 475271#

We are a Twelve Step Fellowship, and therefore we do not endorse books, programs, or individuals outside of the Fellowship. To work CoDA's program of recovery, we recommend using our Twelve Steps, Twelve Traditions, and CoDA Conference endorsed literature. Educational workshops within our program also honor and endorse the CoDA Steps, Traditions, and literature. This framework applies to all CoDA meetings. As sponsors or other trusted servants, we are responsible for keeping our program within the Steps and Traditions. Out of respect for Tradition Six, we never endorse or lend the CoDA name to outside enterprises."

These questions are intended to help you work Tradition Six:

- How can using non-CoDA Conference endorsed literature in a meeting or workshop divert us from our primary spiritual aim?
- How can we be creative in a workshop and stay within the Tradition?
- What harm is there in allowing a treatment facility to use our name?

**June 30, 2024:** From the 1<sup>st</sup> Edition of [Joy In The Journey: Recover With Color](#).

**Promise Six:** I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.

The Principle (*keyword*) for Promise Ten is: **RENEW**

"Higher Power puts people into my life so I can learn valuable lessons in my recovery. I can appreciate and learn from others. In addition, knowing what is important to me helps me achieve my goals and enjoy life.



(a lightbulb moment) Expectations are premeditated resentments.

**Affirmation:** I am grateful for what I have and who I am.

We may also read from other CoDA **Twelve Promises'** literature on Promise Six; then open the meeting for sharing on Promise Six, followed by a reading of next week's meeting assignment.

## July

**PROMISE SEVEN: I AM CAPABLE OF DEVELOPING AND MAINTAINING HEALTHY AND LOVING RELATIONSHIPS. THE NEED TO CONTROL AND MANIPULATE OTHERS WILL DISAPPEAR AS I LEARN TO TRUST THOSE WHO ARE TRUSTWORTHY.**

More information on [The Twelve Promises of Co-Dependents Anonymous](#) is available at:

[Joy In The Journey: Recover With Color](#), CoDA Books at <https://www.corepublications.org>.

[The Twelve Promises of Co-Dependents Anonymous](#), from CoDA Australia/Asia.

["The CoDA Promises" CoDA Events Workshop w/Ritchard I](#), courtesy of CoDA Arizona Events.

**STEP SEVEN: HUMBLY ASKED GOD TO REMOVE OUR SHORTCOMINGS.**

**July 7, 2024:** We listen to the **Step Seven** portion of the CoDA CDs "**Personal Sharing on the Twelve Steps**," (length 7:27), followed by our sharing on Step Seven. After our sharing, we will listen to a reading of the assignment for next Sunday's meeting.

**NOTE:** you can (re)listen to the recording of the Step-of-the-Month, from the "**Personal Sharing on the Twelve Steps**," CoDA CDs, anytime, at: 717-908-1837, PIN: 475271#.

**July 14, 2024:** From the 3<sup>rd</sup> edition, [CoDA Book](#) (Co-Dependents Anonymous), **pages 55 & 56, paragraphs 2 & 3. Step Seven – Humbly asked God to remove our shortcomings.**

Sunday CoDA Step/Tradition/Promise of The Month Study Group

**2024 Weekly Assignment Schedule** (Updated 12/8/2023)

Sunday: 12:30 PM (Pacific & Arizona Time, Mar 12<sup>th</sup> - Nov 5<sup>th</sup>) • 1:30 PM (Mountain & Arizona Standard Time) • 2:30 PM (CT) • 3:30 PM (ET)

Phone: 717-908-1834 • PIN: 475271#

“Step Seven helps us to complete our spiritual cleansing process in our relationship with ourselves. It opens our hearts even more deeply to a relationship with God.

Heartfelt humility is a vital part of this Step. Without it, there is little room for a Higher Power to work within us and through us. Step Seven helps us to acknowledge our imperfections. Each of us is different, but humility allows us to experience true spiritual equality with others.”

**July 21, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) *(the Green Book)*, page 95, paragraph 3, and questions 4, 5 & 6, on page 97.

**Step Seven** – *Humbly asked God to remove our shortcomings.*

“Asking that our shortcomings be removed may be scary. In our childhoods, when we were vulnerable and admitted our imperfections, terrible things happened. Because of this history, it may never occur to us to be vulnerable and ask something of our Higher Power. We may still be making choices today based on our old survival behavior. In the past, we may have been taught, “If it is to be, it is up to me,” and/or “Never let anyone see you are struggling.” We may have been taught we couldn’t rely on anyone or anything, except our own abilities and ourselves. As recovering codependent adults, we ask God to remove our shortcomings, including our fears, self-criticism, and perfectionism—then we let go. In working Step Seven, we choose living, loving ourselves, and working our recovery program.”

These questions are intended to help you work Step Seven:

- How is “humbly asking” different from being “entirely ready?”
- How does the belief that I am a shameful person keep me in my codependency?
- What does humility mean to me?

**TRADITION SEVEN: A CODA GROUP OUGHT TO BE FULLY SELF-SUPPORTING, DECLINING OUTSIDE CONTRIBUTIONS.**

**July 28, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) *(the Green Book)*, page 101, paragraph 3, and questions 4, 5 & 6, on page 103.

**Tradition Seven** – *Every CoDA group ought to be fully self-supporting, declining outside contributions.*

“Being of service is important to CoDA and to our individual recovery, not what we are doing in service. All service positions at all levels are equal. For example, serving as the literature person at your home meeting is just as important as being a CoDA committee chair. As we acknowledge our individual responsibility to the CoDA meeting or group, we also acknowledge that we are a group, with responsibilities of being self-supporting. For instance, if there are not enough volunteers to produce a CoDA community newsletter, we stop publishing it. If no one volunteers to make coffee, there is no coffee.”

These questions are intended to help you work Tradition Seven:

- In what ways can this Tradition apply to our service structure? (local, regional, or international)
- What is too much service for me? In what ways may this be harmful?
- In what ways may it be harmful to the meeting if I take on too many service commitments?

## August

**PROMISE EIGHT: I LEARN THAT IT IS POSSIBLE TO MEND – TO BECOME MORE LOVING, INTIMATE AND SUPPORTIVE. I HAVE THE CHOICE OF COMMUNICATING WITH MY FAMILY IN A WAY WHICH IS SAFE FOR ME AND RESPECTFUL OF THEM.**

More information on [The Twelve Promises of Co-Dependents Anonymous](#) is available at:

[Joy In The Journey: Recover With Color](#), CoDA Books at <https://www.corepublications.org>.

[The Twelve Promises of Co-Dependents Anonymous](#), from CoDA Australia/Asia.

[“The CoDA Promises” CoDA Events Workshop w/Ritchard I](#), courtesy of CoDA Arizona Events.

**STEP EIGHT: MADE A LIST OF ALL PERSONS WE HAD HARMED AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.**

**August 4, 2024:** We listen to the **Step Eight** portion of the CoDA CDs **“Personal Sharing on the Twelve Steps,”** (length 9:12), followed by our sharing on Step Eight. After our sharing, we will listen to a reading of the assignment for next Sunday’s meeting.

*NOTE: you can (re)listen to the recording of the Step-of-the-Month, from the “Personal Sharing on the Twelve Steps,” CoDA CDs, anytime, at: 717-908-1837, PIN: 475271#.*

**August 11, 2024:** From the 3<sup>rd</sup> edition, [CoDA Book](#) (Co-Dependents Anonymous), **page 59, paragraph 1 & 2.**  
**Step Eight – Made a list of all persons we had harmed, and became willing to make amends to them all.**

“To this point, we have made great strides in establishing or renewing and healing our relationships with God and ourselves. It’s time to turn our attention and energy to healing our relationships with ourselves and others both past and present. Step Eight helps us to prepare to be accountable to others in a direct and positive manner for our codependent behaviors.

Step Eight consists of two parts. First, we concentrate on making our list. Then, we focus on becoming willing to make amends.

**August 18, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), **page 107, paragraph 3, and questions 4, 5 & 6, on page 109.**

**Step Eight – Made a list of all persons we had harmed, and became willing to make amends to them all.**

“If we feel frightened by being honest and feeling vulnerable, we can rely on Steps One, Two, and Three to support us as we become willing. We can ask our Higher Power to help us let go of obsessing over making our amends, and with the support of our Higher Power, we can let go of the belief that harm will come if we tell the truth. The fear of being wrong or of being judged can be offset with a positive affirmation such as, “I admit my mistakes and learn from them.” If resentment, anger, and feelings about others seem to be holding us back from working this Step, we remember that we are powerless over others. Believing in a power greater than ourselves will restore us to sanity.

These questions are intended to help you work Step Eight:

- How do I become willing?
- How can I forgive myself?
- What harm have I caused by believing I was better than, or less than, others?

**TRADITION EIGHT: CO-DEPENDENTS ANONYMOUS SHOULD REMAIN FOREVER NONPROFESSIONAL, BUT OUR SERVICE CENTERS MAY EMPLOY SPECIAL WORKERS.**

Sunday CoDA Step/Tradition/Promise of The Month Study Group

**2024 Weekly Assignment Schedule** (Updated 12/8/2023)

Sunday: 12:30 PM (Pacific & Arizona Time, Mar 12<sup>th</sup> - Nov 5<sup>th</sup>) • 1:30 PM (Mountain & Arizona Standard Time) • 2:30 PM (CT) • 3:30 PM (ET)

Phone: 717-908-1834 • PIN: 475271#

**August 25, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), page 113, paragraph 3, and questions 4, 5 & 6, on page 115.

**Tradition Eight** – *Co-Dependents Anonymous should remain forever nonprofessional, but our service centers may employ special workers.*

“The members of our Fellowship who come forward to be of service do so in a nonprofessional way. Trusted servants are responsible to those they serve (an individual or community meeting or other CoDA group), doing only those jobs asked of them by that group. Trusted servants do not create their responsibilities. We remember that trusted servants are codependents in recovery and we do not look on them as professionals or as leaders. We also remember that for CoDA’s purpose there is but one authority as defined in our Second Tradition, *a loving Higher Power as expressed to our group conscience.*”

These questions are intended to help you work Tradition Eight:

- Why don’t we employ professional speakers or workshop leaders?
- How does this Tradition apply to a meeting using literature that is not CoDA Conference endorsed?
- How does the second part of this Tradition relate to the first part?

## September

**PROMISE NINE: I ACKNOWLEDGE THAT I AM A UNIQUE AND PRECIOUS CREATION**

More information on [The Twelve Promises of Co-Dependents Anonymous](#) is available at:

[Joy In The Journey: Recover With Color](#), CoDA Books at <https://www.corepublications.org>.

[The Twelve Promises of Co-Dependents Anonymous](#), from CoDA Australia/Asia.

[“The CoDA Promises” CoDA Events Workshop w/Ritchard I](#), courtesy of CoDA Arizona Events.

**STEP NINE: MADE DIRECT AMENDS TO ALL THOSE WE HAD HARMED AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.**

**September 1, 2024:** We listen to the **Step Nine** portion of the CoDA CDs “**Personal Sharing on the Twelve Steps**,” (length 9:53), followed by our sharing on Step Nine. After our sharing, we will listen to a reading of the assignment for next Sunday’s meeting.

**NOTE:** you can (re)listen to the recording of the Step-of-the-Month, from the “**Personal Sharing on the Twelve Steps**,” CoDA CDs, anytime, at: 717-908-1837, PIN: 475271#.

**September 8, 2024:** From the 3<sup>rd</sup> edition, [CoDA Book](#) (Co-Dependents Anonymous), pages 62 & 63, paragraphs 2 & 3. **Step Nine** – *Made direct amends to such people wherever possible, except when to do so would injure them or others.*

“To complete our part in the healing of all our relationships, we must complete Step Nine. It is the work we had prepared ourselves for in Step Eight. We will have fallen short in our preparations if we approach Step Nine with any motivation other than to ask for God’s highest good. We make amends only for the healing of our codependence, not to manipulate others in any way.

In addition, we risk failure if we approach this Step with expectations of how our amends will turn out. Some of us expect personal accountability first from those who have harmed us. We believe our pain will be relieved if other people make amends too. If our motives for our amends and changes are based on expectations that others will now like, forgive, accept or become available to us, we’re likely to be deeply disappointed. Nor can we expect everything to go our way.”

Sunday CoDA Step/Tradition/Promise of The Month Study Group

**2024 Weekly Assignment Schedule** (Updated 12/8/2023)

Sunday: 12:30 PM (Pacific & Arizona Time, Mar 12<sup>th</sup> - Nov 5<sup>th</sup>) • 1:30 PM (Mountain & Arizona Standard Time) • 2:30 PM (CT) • 3:30 PM (ET)

Phone: 717-908-1834 • PIN: 475271#

**September 15, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), page 119, paragraphs 3 & 4, and questions 4, 5 & 6, on page 121.

**Step Nine** – *Made direct amends to such people wherever possible, except when to do so would injure them or others.*

“We support our commitment to recovery by making “parallel” amends to ourselves each time we make amends to someone else. For example, has our gossip about someone else harmed their reputation? Along with making an amends to them, we need to change our behavior by avoiding gossip. When we make an honest effort to change our own behavior, we become accountable and avoid engaging in harmful behaviors to ourselves and others. Then, we let go of the shame and forgive ourselves for our imperfections.

If we are thorough about this stage of our recovery, we consider ourselves important enough to include in our amends. For many of us, this is contrary to our disease which has often had us believing we mattered less than others. How do we make amends to ourselves? The answers to this can be as varied and creative as our members. When we truly contemplate the idea of making amends to ourselves, we understand that making these amends has the power to bring us healing and joy. We treat ourselves differently, and we do our best not to abandon ourselves. We value our own needs, and we consider what we want and how we feel to be equally important to the needs of others. However, in some situations, our needs are even more important to ourselves than what others may want.”

These questions are intended to help you work Step Nine:

- How do I decide where my amends would injure others or myself?
- What is my motive for my amends?
- How can I forgive others prior to making amends? Is complete forgiveness necessary?

**TRADITION NINE: CODA, AS SUCH, OUGHT NEVER BE ORGANIZED; BUT WE MAY CREATE SERVICE BORDS OR COMMITTEES DIRECTLY RESPONSIBLE TO THOSE THEY SERVE.**

**September 22, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), page 127, paragraph 3, and questions 4, 5 & 6, on page 129.

**Tradition Nine** – *CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.*

“The Steps are our personal guides to spirituality while the Traditions guide our groups in the spiritual role of service work. Our Step work helps us with the application of this Tradition. One of the links between Step Nine and Tradition Nine is that both ask us to be responsible. In Step Nine, we become responsible to ourselves for our actions and acknowledge our right to be, think and feel; we acknowledge others’ right to do the same. In Tradition Nine, we accept our responsibility to trust the authority of the group conscience of those we are serving. We let go of our personal agendas and are reminded that the power in CoDA lies in our collective Higher Power and the group conscience of the Fellowship.

These questions are intended to help you work Tradition Nine:

- How can my Step work assist me in the application of Tradition Nine?
- Why does CoDA have committees and service boards?
- How does our informal structure help us in service work?

Sunday CoDA Step/Tradition/Promise of The Month Study Group

**2024 Weekly Assignment Schedule** (Updated 12/8/2023)

Sunday: 12:30 PM (Pacific & Arizona Time, Mar 12<sup>th</sup> - Nov 5<sup>th</sup>) • 1:30 PM (Mountain & Arizona Standard Time) • 2:30 PM (CT) • 3:30 PM (ET)


Phone: 717-908-1834 • PIN: 475271#

**September 29, 2024:** From the 1<sup>st</sup> Edition of [Joy In The Journey: Recover With Color](#).

**Promise Nine:** I acknowledge that I am a unique and precious creation.

The Principle (*keyword*) for Promise Seven is: **PRECIOUS**

- Everybody is unique and precious
- It is important to be authentic, to accept ourselves, and to accept our imperfections and our abilities
- Our real value is found in who we are, now what we have
- I learn from mistakes; perfect is artificial but imperfect is real

 (a lightbulb moment) I am my own best friend.

**Affirmation:** I am dear, precious, and valuable.

We may also read from other CoDA **Twelve Promises'** literature on Promise Nine; then open the meeting for sharing on Promise Nine, followed by a reading of next week's meeting assignment.

## October

**PROMISE TEN: I NO LONGER NEED TO RELY SOLELY ON OTHERS TO PROVIDE MY SENSE OF WORTH.**

More information on [The Twelve Promises of Co-Dependents Anonymous](#) is available at:

[Joy In The Journey: Recover With Color](#), CoDA Books at <https://www.corepublications.org>.

[The Twelve Promises of Co-Dependents Anonymous](#), from CoDA Australia/Asia.

["The CoDA Promises" CoDA Events Workshop w/Ritchard I](#), courtesy of CoDA Arizona Events.

**STEP TEN: CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG, PROMPTLY ADMITTED IT.**

**October 6, 2024:** We listen to the **Step Ten** portion of the CoDA CDs "**Personal Sharing on the Twelve Steps**," (*length 6:1*), followed by our sharing on Step Ten. After our sharing, we will listen to a reading of the assignment for next Sunday's meeting.

**NOTE:** you can (re)listen to the recording of the Step-of-the-Month, from the "**Personal Sharing on the Twelve Steps**," CoDA CDs, anytime, at: 717-908-1837, PIN: 475271#.

**October 13, 2024:** From the 3<sup>rd</sup> edition, [CoDA Book](#) (*Co-Dependents Anonymous*), **page 67, paragraphs 3 & 4.**

**Step Ten** – *Continued to take personal inventory and when we were wrong promptly admitted it.*

"As part of our daily maintenance program, practicing Step Ten helps us to maintain daily accountability, health, and continued growth in all areas.

Steps One through Nine helped us to heal our relationships with God, ourselves, and others. We shifted the focus from ourselves and others to God. Spiritual empowerment is now our mainstay. We no longer live one-up, one-down lives. We strive to change our unhealthy, inappropriate behaviors, and Step Ten helps us to remain focused on that goal."

**Sunday CoDA Step/Tradition/Promise of The Month Study Group**

**2024 Weekly Assignment Schedule** *(Updated 12/8/2023)*

Sunday: 12:30 PM (Pacific & Arizona Time, Mar 12<sup>th</sup> - Nov 5<sup>th</sup>) • 1:30 PM (Mountain & Arizona Standard Time) • 2:30 PM (CT) • 3:30 PM (ET)

Phone: 717-908-1834 • PIN: 475271#

**October 20, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) *(the Green Book)*, page 133, paragraph 2, and questions 4, 5 & 6, on page 135.

**Step Ten** – *Continued to take personal inventory and when we were wrong promptly admitted it.*

“Developing a personal checklist is one way to work Step Ten. Although we may think of this Step as something we perform at the end of the day, many of us have found it useful to do a mid-day inventory. This can help us reconnect with ourselves and become centered as we move into our afternoon activities.”

**Some suggestions for a personal checklist might include:**

- Am I living my Higher Power’s will?
- Am I practicing gratitude?
- Did I do some form of prayer and/or meditation?
- Did I communicate in a healthy way today?
- If I let my codependent behavior take over today, what was the codependent behavior?
- Am I getting enough sleep and rest? Recreation?
- Did I exercise today—take a walk, swim, or do any other self-care activities?
- Am I eating a healthy diet?
- Did I honor my feelings today?
- Am I taking care of myself?

These questions are intended to help you work Step Ten:

- Which codependent behaviors of mine would be good to include on a Tenth Step checklist?
- What is my list of positives for my Tenth Step today?
- Why is it important to list my positives and recovery experiences with my codependent behaviors?

**TRADITION TEN: CODA HAS NO OPINION ON OUTSIDE ISSUES; HENCE THE CODA NAME OUGHT NEVER BE DRAWN INTO PUBLIC CONTROVERSY.**

**October 27, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) *(the Green Book)*, page 139, paragraph 3, and questions 4, 5 & 6, on page 140.

**Tradition Ten** – *CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.*

“When we gather together in CoDA, we place our common welfare first. Our personal recovery depends upon this commitment to CoDA’s unity. We experience strength in our Fellowship when we keep the commitment to our common welfare. With our primary purpose foremost in our minds, we put aside our differences and welcome all those who desire healthy and loving relationships. We learn that an outside issue is anything that has the potential to distract us from our primary purpose as stated in Tradition Five, ‘Each group has but one primary purpose—to carry its message to other codependents who still suffer.’”

These questions are intended to help you work Tradition Ten:

- How does this Tradition support the newcomer?
- How does Tradition Ten relate to Step Ten?
- How do I practice this Tradition?



Sunday CoDA Step/Tradition/Promise of The Month Study Group

**2024 Weekly Assignment Schedule** (Updated 12/8/2023)

Sunday: 12:30 PM (Pacific & Arizona Time, Mar 12<sup>th</sup> - Nov 5<sup>th</sup>) • 1:30 PM (Mountain & Arizona Standard Time) • 2:30 PM (CT) • 3:30 PM (ET)

Phone: 717-908-1834 • PIN: 475271#

## November

**PROMISE ELEVEN: I TRUST THE GUIDANCE I RECEIVE FROM MY HIGHER POWER AND COME TO BELIEVE IN MY OWN CAPABILITIES.**

More information on [The Twelve Promises of Co-Dependents Anonymous](#) is available at:

[Joy In The Journey: Recover With Color](#), CoDA Books at <https://www.corepublications.org>.

[The Twelve Promises of Co-Dependents Anonymous](#), from CoDA Australia/Asia.

["The CoDA Promises" CoDA Events Workshop w/Ritchard J](#), courtesy of CoDA Arizona Events.

**STEP ELEVEN: SOUGHT THROUGH PRAYER AND MEDITATION TO IMPROVE OUR CONSCIOUS CONTACT WITH GOD AS WE UNDERSTOOD GOD, PRAYING ONLY FOR KNOWLEDGE OF GOD'S WILL FOR US AND THE POWER TO CARRY THAT OUT.**

**November 3, 2024:** We listen to the **Step Eleven** portion of the CoDA CDs "**Personal Sharing on the Twelve Steps**," (length 13:3), followed by our sharing on Step Eleven. After our sharing, we will listen to a reading of the assignment for next Sunday's meeting.

***NOTE:** you can (re)listen to the recording of the Step-of-the-Month, from the "Personal Sharing on the Twelve Steps," CoDA CDs, anytime, at: 717-908-1837, PIN: 475271#.*

**November 10, 2024:** From the 3<sup>rd</sup> edition, [CoDA Book](#) (Co-Dependents Anonymous), **page 72, paragraphs 1 & 2.**

**Step Eleven** – *Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.*

"Step Eleven guides us as we grow and evolve in our spiritual program. Remembering that codependence is a spiritual dilemma is crucial to our recovery. Through our codependent behaviors, we made people, places, and things our gods, giving them importance and power. To avoid the possibility of returning to our former codependent ways, we must pursue a greater relationship with our Higher Power on a daily basis.

By the time we reach Step Eleven, many of us have learned or reaffirmed that we are not alone. We may never have experienced a relationship with God or we may have avoided our Higher Power through our codependence, but God has always been there for us."

**November 17, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), **page 145, paragraph 3, and questions 4, 5, 6 & 7, on page 146.**

**Step Eleven** – *Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.*

"We approach prayer and meditation in many different ways. For many of us, this is not a formal event. Some commune with nature and the outdoors; some say words like "serenity" and "love" to feel quiet within; some use affirmations to bring their Higher Power into their thoughts; some kneel in quiet repose; some sit and breathe deeply; and some use self-talk to connect with themselves and their Higher Power. Prayer and meditation are our ways of improving our conscious contact with the God of our understanding. It does not matter how we pray and meditate; what matters is that we do it."

These questions are intended to help you work Step Eleven:

- How do I use Step Eleven to support my recovery?
- How does praying for knowledge of God's will help simplify my life?
- What is prayer? How do I go about learning to pray?
- What is meditation? How do I go about learning to meditate?

Sunday CoDA Step/Tradition/Promise of The Month Study Group

**2024 Weekly Assignment Schedule** (Updated 12/8/2023)

Sunday: 12:30 PM (Pacific & Arizona Time, Mar 12<sup>th</sup> - Nov 5<sup>th</sup>) • 1:30 PM (Mountain & Arizona Standard Time) • 2:30 PM (CT) • 3:30 PM (ET)

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**TRADITION ELEVEN: 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.**

**November 24, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) (the Green Book), page 151, paragraphs 3 & 4, and questions 4, 5 & 6, on page 152.

**Tradition Eleven** – *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.*

“Simply by living our program, attraction is possible. When others recognize our changes, our serenity, our honesty, we begin to hear questions such as, “How did you change?” or “What did you do?” If appropriate, we then share our personal experience, strength, and hope about how we live in recovery today and how that differs from the way we used to live. Honestly sharing our recovery with people attracts newcomers into the Fellowship.

Tradition Eleven asks us to avoid promotion. What is promotion? Promotion can be identifying ourselves professionally; offering opinions; and offering particular outcomes, such as suggesting that attending CoDA meetings will straighten out a marriage or that you’ll feel better within a month. Another form of inappropriate promotion would be advertising that a prominent author recommends Co-Dependents Anonymous or advertising that goes beyond simply informing the public about meetings.”

These questions are intended to help you work Tradition Eleven:

- Why do I think it’s important to maintain personal anonymity in our public relations? How do I do that?
- How does this Tradition support the spiritual and humble nature of our program?
- How do I apply this Tradition when I’m talking about my experience with someone outside the program?

## December

**PROMISE TWELVE: I GRADUALLY EXPERIENCE SERENITY, STRENGTH AND SPIRITUAL GROWTH IN MY DAILY LIFE.**

More information on [The Twelve Promises of Co-Dependents Anonymous](#) is available at:

[Joy In The Journey: Recover With Color](#), CoDA Books at <https://www.corepublications.org>.

[The Twelve Promises of Co-Dependents Anonymous](#), from CoDA Australia/Asia.

[“The CoDA Promises” CoDA Events Workshop w/Ritchard I](#), courtesy of CoDA Arizona Events.

**STEP TWELVE: HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO OTHER CODEPENDENTS, AND TO PRACTICE THESE PRINCIPLES IN ALL OUR AFFAIRS.**

**December 1, 2024:** We listen to the **Step Twelve** portion of the CoDA CDs “**Personal Sharing on the Twelve Steps**,” (length 15:19), followed by our sharing on Step Twelve. After our sharing, we will listen to a reading of the assignment for next Sunday’s meeting.

**NOTE:** you can (re)listen to the recording of the Step-of-the-Month, from the “**Personal Sharing on the Twelve Steps**,” CoDA CDs, anytime, at: 717-908-1837, PIN: 475271#.

**December 8, 2024:** From the 3<sup>rd</sup> edition, [CoDA Book](#) (Co-Dependents Anonymous), page 77, paragraphs 1 & 2.

**Step Twelve** – *Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.*

Sunday CoDA Step/Tradition/Promise of The Month Study Group

**2024 Weekly Assignment Schedule** (Updated 12/8/2023)

Sunday: 12:30 PM (Pacific & Arizona Time, Mar 12<sup>th</sup> - Nov 5<sup>th</sup>) • 1:30 PM (Mountain & Arizona Standard Time) • 2:30 PM (CT) • 3:30 PM (ET)

Phone: 717-908-1834 • PIN: 475271#

“Many of us come to our first meeting of Co-Dependents Anonymous with the hope that we can find help. We hear other CoDA members talk about their experience, strength, and hope in working the Steps. We see the transformation that has happened in their lives and hear how they handle situations now that previously paralyzed them. We hear of their trust in their Higher Power, how they walk through their fears, hurts and anger, believing that God will see them through.

We hear of the spiritual principles found in CoDA and how CoDA is a spiritual program. Some of us wonder what they mean by spiritual principles and spiritual program. Not realizing it, we are about to embark on a journey of spiritual transformation. Now eleven Steps and a million miles later, we’re embracing Step Twelve of the program of Co-Dependents Anonymous. In completing these Twelve Steps, we come to understand the meaning of spirituality in our lives.”

**December 15, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) *(the Green Book)*, page 157, paragraph 2, and questions 4, 5 & 6, on page 158.

**Step Twelve** – *Having had a spiritual awakening as the result of these steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.*

“Sometimes spiritual awakenings are gradual and experienced through hindsight, like coming to the realization that we are the ones who need to change and we cannot change others. We are reminded that our spiritual awakening is a result and comes after the time has been spent working the Steps. We are capable of changing by using the tools we have found from working the Steps. Some of those tools are taking inventory, making amends, using a daily Tenth Step, meditating, and praying. As a member shared, “I have spiritual awakenings all the time, each time I go from a place of codependency to a place of God’s will.” Continuing to work the Steps helps sustain our spiritual awakenings. We come to believe that God is within us and not separate from us.”

These questions are intended to help you work Step Twelve:

- What is my experience in trying to carry the message?
- What tools do I have today as a result of the Steps?
- How does my spiritual awakening affect my life?

**TRADITION TWELVE: ANONYMITY IS THE SPIRITUAL FOUNDATION OF ALL OUR TRADITIONS; EVER REMINDING US TO PLACE PRINCIPLES BEFORE PERSONALITIES.**

**December 22, 2024:** From the 3<sup>rd</sup> Edition of [The Twelve Steps & Twelve Traditions Workbook](#) *(the Green Book)*, page 163, paragraph 3, and questions 4, 5 & 6, on page 164.

**Tradition Twelve** – *Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.*

“Anonymity creates safety because it establishes an environment where we can speak with less fear of being judged or quoted. As one member shared, “I’ve had the painful experience of being judged by others. Now, in my program, I can make a choice not to behave in that same judgemental way. I remember that everyone is entitled to his or her own opinion. When I listen, consider, and accept, then I know I have heard the principle of what was said.” When we honor the concept of anonymity, we place “principles before personalities.” Thus, we listen to what is said, not who is saying it. We don’t bring our personal agendas to CoDA; we bring our concern of recovery from codependency. “Spiritual” is not defined within our program. Therefore, each member’s path or belief is welcome; CoDA is completely inclusive.

Sunday CoDA Step/Tradition/Promise of The Month Study Group

**2024 Weekly Assignment Schedule** *(Updated 12/8/2023)*

Sunday: 12:30 PM (Pacific & Arizona Time, Mar 12<sup>th</sup> - Nov 5<sup>th</sup>) • 1:30 PM (Mountain & Arizona Standard Time) • 2:30 PM (CT) • 3:30 PM (ET)

Phone: 717-908-1834 • PIN: 475271#

These questions are intended to help you work Tradition Twelve:


- Why is it important for the group to uphold anonymity?
- What does “place principles before personalities” mean to me?
- How does anonymity help me to place principles before personalities?

**December 29, 2024:** From the 1<sup>st</sup> Edition of [Joy In The Journey: Recover With Color](#).

**Promise Twelve:** I gradually experience serenity, strength, and spiritual growth in my daily life.

The Principle (*keyword*) for Promise Twelve is: **ACCEPTANCE**

- I have new patience with myself
- I have new strength within
- I have new awareness of myself
- I have new tolerance of myself

 (a lightbulb moment) Acceptance does not necessarily mean approval.

**Affirmation:** I accept where I am today.

We may also read from other CoDA **Twelve Promises'** literature on Promise Twelve; then open the meeting for sharing on Promise Twelve, followed by a reading of next week's meeting assignment.

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<sup>i</sup> CoDA's [2-CDs – Personal Sharing on the Twelve Steps](#) are used by permission in this workshop (OUT OF STOCK).

<sup>ii</sup> All information referenced in [Joy In The Journey: Recover With Color](#) has been taken from CoDA Service Conference endorsed literature. This literature is available from the [CoDA Store](#) and at: [www.corepublications.org](http://www.corepublications.org) | [info@corepublications.org](mailto:info@corepublications.org).

<sup>iii</sup> [Co-Dependence Anonymous, Inc.](#), [In This Moment Daily Meditation Book](#), [CoDA Resource Publishing, Inc.](#), 2016-2011, p. 234.