

DRAFT MEETING SCRIPT FOR THE CODA SUNDAY
STEP/TRADITION/PROMISE OF THE MONTH STUDY GROUP

12:30 PM (PDT & ARIZONA TIME) 1:30 PM (MDT) 2:30 PM (CDT) 3:30 PM (EDT)
PHONE LINE: 717-908-1834 PIN: 475271#

[Our Group Conscience (GC) recommends that our meeting secretary be a Committed Member (i.e., regular attendee) for a minimum of 3 months. You may use this script if you feel you meet this requirement and would like to serve as a meeting moderator. Bracketed italics are notes, comments, and guides not meant to be read aloud.]

“Welcome to our Co-dependents Anonymous Step/Tradition/Promise of The Month, Study Group. My name is _____, I am codependent, and I will serve as the moderator for today’s meeting.”

[Open the meeting with the CoDA prayer that corresponds to the current step being studied; available to view, as well as download, at: <https://coda.org/wp-content/uploads/2018/09/Step-Prayer.pdf>.]

“This is the ## Month of the year. We will open today’s meeting with a moment of silence followed by the CoDA Step-of-the-Month Prayer.”

[Read the Step-of-the-Month Prayer. (The Step Prayers are available as a separately document- see above link.)]

“Is there someone who would like to read [The Preamble of Co-Dependents Anonymous](#)”

The Preamble of Co-Dependents Anonymous[®]

Co-Dependents Anonymous is a fellowship of people whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and loving relationships. We gather together to support and share with each other in a journey of self-discovery—learning to love the self. Living the program allows each of us to become increasingly honest with ourselves about our personal histories and our own codependent behaviors.

We rely upon the Twelve Steps and Twelve Traditions for knowledge and wisdom. These are the principles of our program and guides to developing honest and fulfilling relationships with ourselves and others. In CoDA, we each learn to build a bridge to a Higher Power of our own understanding, and we allow others the same privilege.

This renewal process is a gift of healing for us. By actively working the program of Co-Dependents Anonymous, we can each realize a new joy, acceptance and serenity in our lives.

INTRODUCTIONS:

“We will now go around the ‘virtual room’ introducing ourselves by first name **ONLY**. My name is _____, (optional and I am in _____)”

[At the completion of introductions, read the following:]

“Are there any more introductions?”

[...Pause. Continue reading when there are no more introductions.]

“**STAR-SIX (*6)** mutes & unmutes your line. Please remain on **STAR-SIX (*6)** mute to support a quiet line, thank you.

This support group has been created to offer members the opportunity to work and study CoDA’s Twelve Steps, Twelve Traditions, and Twelve Promises in a group setting, as well as with the support of a Sponsor or Co-Sponsor, which we hope everyone will find available in CoDA. Anyone wanting to commit to working these Steps, Traditions, and Promises with us may join us.

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In this meeting we use the following Co-Dependents Anonymous literature and materials: the [CoDA Book](#), the [Twelve Steps & Twelve Traditions Workbook](#), the [Joy In The Journey, Recovery With Color](#), and the [Personal Sharing on the Twelve Steps CDs](#), available at the [CoDA.org Store](#).

Each week, other than the first Sunday of each month, we are given an assignment, which we will share on the following week. On the first Sunday of each month we listen to a CoDA recording of member's sharing that pertains to our step of the month focus, followed by our sharing. On the second and third Sundays we focus on the Step and/or Promise of the month, and the fourth Sunday of the month is focused on the Tradition and/or Promise of the month as outlined in our Weekly Assignment Schedule. When a fifth Sunday occurs, we share on the Promise of the month.

It is suggested that between these Group Sessions each member meet with their Sponsor, or Co-Sponsor to develop the practice of outreach support between meetings, to discuss assignments, and to continue reading, studying, and working the specific Step, Tradition and Promise of the month. For more information on Sponsorship please refer to *"What are sponsors?"* and *"How do I find a sponsor?"* in chapter Five of the CoDA Book. Additional information on Sponsorship is available, online, at [CoDA.org](#) and [stepstudy.info](#).

SHARING GUIDELINES:

"Before I read this week's assignment and open the meeting for sharing, please note our sharing guidelines include: no crosstalk, no feedback, and no profanity. We use "I" statements and we speak only about our own experiences. We listen without comment to what others share, and we do not give advice. Questions and comments are reserved for fellowship after the close of the meeting. Please, remember to ask permission before commenting on another person's share.

'**Committed Members**' of this group are welcome to share on today's assignment focus only, please. '**Committed Member**' for us means regular attendance in this meeting. If time permits, we will open the line for those listening in to share on either today's assignment focus, and/or the Step/Tradition/Promise of today's focus.

We share to a maximum of 4-minutes. You are welcome to request whatever heads-up you would like from our **Spiritual Timekeeper**. If no heads-up is requested, the **Spiritual Timekeeper** will simply say "**TIME**" if your share reaches the 4-minute maximum. Also, please let our **Spiritual Timekeeper** know if you are self-timing.

Is there someone who would volunteer to be the **Spiritual Timekeeper** for today's meeting?
Thank you, _____.

Please feel free to leave your contact information at the time of your share. You may also say if you are seeking a Sponsor or Co-Sponsor. All others will have an opportunity to do so after the group's closing. **STAR-SIX (*6)** mutes your line and **STAR-SIX (*6)** unmutes your line. Please remain on **STAR-SIX (*6)**, mute, unless you are speaking so we may all enjoy a quiet line. If you are experiencing background noise during your share and would like the line quieted, you are welcome to request a Moderator to quiet the line.

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Our focus for today's meeting is last week's assignment, which I will read now."

[Read Today's Assignment from the [Weekly Assignments Schedule](http://stepstudy.info), available at: <http://stepstudy.info>]

"Which Committed Member would like to begin sharing; on the focus on today's assignment"

*[Moderator **STOPS** the sharing approximately 7-8 minutes before the close of the meeting to read: [The Assignment/Sharing focus for next Sunday's meeting.](#)]*

"Next week's assignment is: _____"

[Read next week's assignment]

"You can read and download the Weekly Assignment Schedule for our meetings at: stepstudy.info. There is additional meeting information on that webpage.

Our email address is: contact@stepstudy.info."

MEETING ANNOUNCEMENTS

"Requests for a Group Conscience/Business Meeting can be made at the end of the meeting.

Are there any other CoDA related announcements?

Please join me in thanking everyone for attending our meeting today. Remember to respect our tradition of anonymity. We ask that what you hear here, what is said here, when you leave here, let it stay here (*HERE, HERE*)."

[Close the meeting with a call and response of the Step of the month prayer.]

"Press **STAR-SIX** (*6) to unmute your line to repeat after me the CoDA Step Prayer of the month."

("Amen")

"Our meeting is now closed. We are in Fellowship. This phonenumber will remain open as long as people remain on the line."