

Group Name: _____
CODA Aqua Book Meeting

“Good evening. Welcome to the meeting of Co-Dependents Anonymous. My name is _____, and I am a (recovering) codependent, and I am your meeting leader tonight.”

“CoDA asks those with cell phones please turn them off or to silent ringing for the duration of the meeting, so that we can keep our focus on the meeting without interruptions. Please help me open this meeting with a moment of silence followed by the CoDA Opening Prayer found on the table in front of you.”

The Coda Opening Prayer

“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.”

“We welcome any newcomers to the meeting. If you don’t have a book, let us know and we can lend you one for tonight. If you’d like to purchase one, we can sell you one after the meeting.”

“Would someone like to read the Preamble found on page Roman numeral 2?”

“Would someone like to read the Welcome found on page Roman numeral 3?”

“So that we can get to know each other better, let’s take this time to introduce ourselves by first name only going clockwise around the room.” *(Meeting leader introduces self and then introductions continue around the room.)*

Announcements Section:

Note to leader: *Any group business will be discussed at the end of the meeting to keep our focus on the meeting and ensure sharing time for all who choose to share.*

“There are group phone lists on the table, and meeting schedules can be found online.”

- a) **“Our literature person is ____ . Do you have any announcements?”**
- b) **“Our treasurer is ____ . Do you have any announcements?”**
- c) **“Our group representative is ____ . Do you have any announcements?”**
- d) **“Are there any other CoDA group announcements?”**

“If you are interested in taking on a service commitment for our group, please let us know after the meeting. Service work in CoDA allows us to deepen the recovery experience.”

“The meeting leader position rotates weekly. Please sign up to be the meeting leader on our calendar.” *(pass calendar around)*

“Let’s read the 12 steps and 12 traditions of CoDA, which can be found on Roman numerals pages 4 and 5 in the book.”

“We will now read from the Aqua book.” *(check calendar for pages).*

Note to leader: *If we read a longer story (>7pgs) and have a larger group, you may want to reduce sharing time to 3 minutes/person.*

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 always an option to pass during any part of the meeting. 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. We do not allow cross-talk, which may include physical touch, handing someone a tissue or verbal sounds or noises. 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. If we want to refer to something another person has said, we use the phrase "as previously shared." Feedback is acceptable only when asked for before or after the meeting. In order for everyone to feel comfortable and safe, please try to refrain from using excessive profanity during the meeting.

So that everyone is able to share, we use a timer at this meeting. It will be set to ____ minutes. We ask that you respect others in the group and wrap up your sharing when the timer goes off. After the first volunteer, we will go around clockwise, and the next person will share. Remember, it is always an option to pass. We will conclude sharing time at _____. Thank you. We are now open for sharing."

Closing Section

"We want to again welcome any newcomers and thank them for attending our meeting. We recommend you come back 6 times to help determine if the program is right for you."

"Let's go around and those who would like may share an affirmation. You can choose one from your handout or make up one of your own. Would someone like to start?"

"Our 7th tradition reminds us that we are self-supporting through our own contributions. Please donate as you are able. Donations are used to support meeting expenses and literature and support CoDA at the community and national levels."

"Would someone like to begin reading the Promises on page Roman numeral 7?"

"As we close, we thank all who have attended and performed service at this meeting and remind everyone that CoDA is an anonymous program. Please respect the anonymity and confidentiality of each person in this meeting as we move forward on our path to serenity and in our journey of learning to love the self."

"Will all who care to, please join me in closing with the Serenity Prayer."

The Serenity Prayer:

**God, grant me the Serenity to Accept the things I cannot change,
Courage to change the things I can and
Wisdom to know the difference.**