

Work It: You Are Worth It
Online CoDA meeting
Thursdays – 7:00 pm – 8:30 pm EST

Opening Section

1. Good evening and welcome to the Work It: You Are Worth It meeting of Codependents Anonymous. My name is _____ and I am a codependent. I am your meeting leader tonight. CoDA asks those with cell phones to turn them off or to silence the ringing for the duration of the meeting, so we can keep our focus on the meeting without interruptions. Based on the Group Conscious decision, we do not utilize CoDA approved material in this meeting.
2. Please help me open this meeting with a moment of silence followed by the...

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.

and

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.
Grant me Patience with the changes that take time.
Appreciation of all that I have
Tolerance of those with different struggles, and
the Strength to get up and try again One Day at a Time.

3. The group meeting leader reads the CoDA Preamble, as written:

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 on the program of Codependents Anonymous, we can each realize a new joy, acceptance, and serenity in our lives.

4. Have someone read the following:
 - Welcome
 - Twelve Steps and the tradition of the month

Announcements Section

1. Our meeting will begin at 7:05 pm, to minimize distractions as individuals join the meeting, and will end at 8:30ish pm EST.
2. After the meeting, there will be time for fellowship. This is a good time for newcomers to ask questions about the program, individuals to share a burning desire, and ask for advice if needed. During fellowship, there will be individuals available who have completed the steps, who are still actively working the program and have been attending this meeting for a significant amount of time. Who is willing to do service by staying on to support fellowship?
3. Are there any other CoDA related announcements?
4. We welcome any newcomers who are attending their first, second or third meeting of Co-Dependents Anonymous or anyone new to this meeting. We ask, if you are comfortable, you raise your hand and introduce yourself by your first name only...
5. For those who are interested in being added to our email distribution list, please provide your email to Dawn Roush or Ashlea M. The emails will primarily consist of CoDA weekly readings or CoDA related information. You will not be inundated with emails and all emails will be sent as BCC: to respect your anonymity.

Work It: You Are Worth It
Online CoDA meeting
Thursdays – 7:00 pm – 8:30 pm EST

6. Our Seventh Tradition reminds us that we are self-supporting through our own contributions. The contributions are used to cover the cost of zoom, the website, and the continuation of the Work It; You Are Worth It podcast. In addition, if this is your home meeting, we will be using the donations to cover the cost of medallions.

PayPal – paypal.me/dawnroush0103

Venmo – @Dawn-Roush-2

Cash App - \$DawnRoush

Zelle – dawnelizabeth@hotmail.com

7. Medallions will be sent to individuals who consider Work It; You Are Worth It to be your home meeting. Medallions are given to individuals who have reached a milestone of 3-months, 6-months, 9-months, 1-year, or multiple years. Our goal for this meeting is to provide transparency and accountability, a financial update will be provided in each Group Conscious meeting. Is there anyone celebrating a milestone?
8. Sponsors are CoDA members committed to living the Twelve Steps to the best of their ability. Sponsors share their program up to the level of their own experience, and they strengthen their recovery through this service to others. Sponsors do significantly change the process of your recovery, to find a sponsor look for someone who has what you want and ask how they are achieving it.
9. Accountability partners are unique to this program and ARE crucial to our success. They are friends who will support you through this journey and individuals who you can reach out to when you find yourself in a codependent spiral.
10. To make outreach easier, this meeting offers a phone list of individuals who are available to take outreach calls or are available as sponsor. The phone list is voluntary and should not be provided to anyone who does not attend this meeting. The call list will include your first name and last initial, phone number, time zone, if a text should be sent before someone calls, if you are a sponsor and whether you are available to sponsor. If you would like to be added to the call list, please provide your information to Kelly P or Ashlea M. Please Note: The individuals on this list are working a program on how to exercise healthy boundaries. So, if an individual does not answer, it has nothing to do with you; they just might be unavailable, and you should move on to another name on the list. This is another example of how the program is not one and done.
11. As another resource, the website Work It; You Are Worth It (www.workityouareworthit.com) is available. On the site, you will find the zoom link for the meeting, the outline for the meeting, and all the materials used in this meeting. In addition, you will find links to the Facebook page, Instagram page, YouTube channel, and the 3 most recent podcasts.

Program Section

1. Read the CoDA Guide to Sharing and Crosstalk guidelines:

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 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.

What is “Crosstalk”?

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, 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.

In this meeting, we allow for some crosstalk. We can refer to a previous share or ask the group how someone handled/s a situation, but advice will only be offered if requested. If the situation is related to the topic of the week, it can be discussed during the meeting. If the situation is off topic, we will ask for the responses to be held until after the meeting, when we have time for fellowship.

The Crosstalk guidelines are meant to keep our meeting a safe place.

Work It: You Are Worth It
Online CoDA meeting
Thursdays – 7:00 pm – 8:30 pm EST

2. Experience has shown that it is more productive to discuss solutions rather than problems. If we share the positives and solutions, by focusing on the program, we are more likely to leave the meeting feeling optimistic and hopeful.
3. In this meeting, we encourage individuals to keep their shares on topic and focus on working recovery. This means we ask individuals to hold “burning desires”, which is a current situation that is causing you to spiral or feel unmanageable, until after the meeting when there is time for fellowship.
4. In this meeting, we allow individuals to share more than once or double dip. The leader will keep track of the order of the shares, if someone is waiting to share who has not previously shared, we will allow them to share first.
5. To respect each of our shares, we ask that you use the “raise hand” feature in Zoom. It is located at the bottom of your screen under reactions. If you do not have the feature, please comment in the chat, or wave your hand so we can keep track of who is next to share.
6. During the topic portion of the meeting, we do not use a timer, we just ask you to be mindful of others opportunity to share, by keeping shares on topic and keeping share to less than 5 minutes.
7. In this meeting we use two books by Melody Beattie; Codependent’s Guide to the Twelve Steps and The Language of Letting Go.
8. This week is...
 - Week 1: Step Work: Read from Codependent’s Guide to the Twelve Steps or questions on the current steps.
 - Week 2: Patterns and Characteristics: Denial, Low Self-Esteem, Compliance, Control, Avoidance
 - Week 3: Step Work: Read from Codependent’s Guide to the Twelve Steps or questions on the current steps.
 - Week 4: Language of Letting Go by Melody Beattie (The leader should pick a reading to be read and discussed in the meeting; have a second/third reading available, if time allows)
 - Week 5: (when needed): Special topic - Sex and Intimacy (Article will be provided in the meeting)

Closing Section – Start at 8:25 pm

1. 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 who you see here, what is said here, when you leave here, let it stay here.
2. Would someone be willing to read the Twelve Promises of Co-Dependents Anonymous?
3. Thanks to those who read and who do service at this meeting. Is there anyone interested in doing service by leading next week’s meeting?

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.

Keep coming back,
It Works if you work it,
and
Work it; You are worth it.