

Finding Your Freedom CoDA Meeting

Meeting Readings - OPEN to screen share readings

<https://drive.google.com/file/d/1HwtRLpSqzNMYzsuHF7hvigengVXvOWLK/view?usp=sharing>

www.shareselfhelp.org (310) 305-8878

1. Good evening and welcome to Finding Your Freedom, a meeting of Codependents Anonymous. My name is _____ and I am a codependent and your meeting leader tonight. This meeting will end at 9:05pm. For those in-person, the SHARE building requires that masks be worn during meetings. We ask that the group follows the current LA County health and safety guidelines. If you're feeling sick, please attend online. If you want to hug someone, please ask for consent first.

2. Will you please help me open this meeting with a moment of silence followed by the CoDA Opening Prayer? Tonight's readings will be shared on the screen.

*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.*

3. Who would like to volunteer to read the **Coda Preamble**?

4. Thank you. We welcome any newcomers who are in their first 30 days of attending CoDA meetings. Not to embarrass you, but to welcome you, would anyone attending this meeting for the first time or in their first 30 days like to introduce yourself by your first name only so that we may become better acquainted with you?

5. Welcome again to the newcomers. Meeting lists and other resources are available to you on the LA CODA website at lacoda.org.

6. Who would like to volunteer to read the **CoDA Welcome**?

7. Thank you. The 12 Steps are our spiritual guidelines for our individual recovery. Who would like to read the **12 Steps**?

8. Thank you. Who would like to volunteer to read one page of the **Patterns and Characteristics and the corresponding Recovery Patterns**? You can choose whichever page you'd like to read.

9. This meeting has a phone list so that we can make outreach calls during the week and so that we can practice healthy boundaries and relationships. To have a copy of the phone list emailed to you, contact findingyourfreedomcoda@gmail.com. Is there a **Phone List** announcement? **(For CHAT:) PHONE LIST** → For a copy of the phone list, please email findingyourfreedomcoda@gmail.com

10. Our meeting format is to read through a pamphlet or booklet of CoDA literature. We read from *Peeling the Onion*, the Newcomers Handbook, the CoDA blue book, or the 12 Steps & Traditions green book. Please bring your own copies if you have one. Tonight, we will continue reading from the _____ pamphlet/booklet. A reader will read the next paragraph (or the next three bullet points) and will have the opportunity to share on what that paragraph meant to them or whatever they choose. That person may pass if they wish. Please recognize the next person to share on the previously read paragraph or pass. Once everyone has had a chance to share on that paragraph, there is open sharing until 8:50pm.

11. About sharing... 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. Cross talk guidelines help keep our meetings a safe place. Further discussion about "cross talk" can be found in the CoDA Newcomer's Handbook and the CoDA booklet Experiences with Crosstalk.

12. Who would like to operate the timer?

13. Thank you. How many people are there tonight? **(Pause for response)**

- **If 10 people or less, read:** Since there are 10 people or less, the timer will be set for 2 minutes and then again for 1 minute to wrap up.

- **If more than 10 people, read:** Since there are more than 10 people, the timer will only beep once at the end of two minutes.
- **If more than 20 people, read:** Since there are more than 20 people, the timer will only beep once at the end of one and a half minutes.

14. Today we will begin reading on page _____, paragraph _____. Is someone willing to begin the reading and to start the shares? When you're done sharing, please call on the next person. If you'd like to share, please wave at the camera, or speak up to be recognized.

15. **(When everyone has had a chance to share on that paragraph)** We now have time for open sharing. Please recognize the next person. Who would like to start?

16. **(At 8:50pm)** That is all the time we have for sharing. If you did not get a chance to share or have questions about the program of Codependents Anonymous, please ask someone to listen after the meeting.

17. Newcomers are encouraged to attend meetings, get a sponsor, and begin working the Steps. Working a program of recovery means working the Steps. Two options are sponsors and Step Studies. Sponsors are people within the CoDA program who help guide us through the Twelve Step recovery process. Please introduce yourself if you are willing to answer questions about sponsorship after the meeting.

18. Thank you. If you are ready to begin working a program of recovery from codependence, please talk to someone who raised their hand or ask questions after the meeting. More information about sponsorship can be found in the CoDA handbook, "Sponsorship: What's In It For Me?" or the lacoda.org website. **(For CHAT:) SPONSORS & STEP STUDIES** → LACoDA.org direct link: <https://sites.google.com/view/lacoda/sponsorship>

19. Our 7th tradition reminds us that we are self-supporting through our own contributions. We ask that you donate only as you can. The SHARE building in Culver City hosts our physical space and Zoom account. The CoDA communities LA CoDA, Southern California CoDA, and World CoDA help write and publish the literature for the meeting, they list the meeting on the LACoDA.org and CoDA.org websites, and support us with events and resources, and by sharing their experience if we have a question as a meeting. Please consider making a donation to SHARE to help pay our rent and CoDA to cover support costs. I'll add donation links in the chat. If you'd like them emailed to you, contact findingyourfreedomcoda@gmail.com. **(For CHAT:) DONATIONS** →

To Donate:

S.H.A.R.E. Building (where we meet in person and who pays for our Zoom account)

www.shareselfhelp.org click Donate upper right

Direct link: <https://shareselfhelp.org/donate-share-the-self-help-and-recovery-exchange/>

Los Angeles CoDA (supports local meetings)

www.LACoDA.org click Donate tab

Direct link: <https://sites.google.com/view/lacoda/donate>

World CoDA (supports local meetings)

www.CoDA.org click Donate upper right

Direct link:

https://www.paypal.com/donate/?cmd=_s-xclick&hosted_button_id=RDNEFGCD6LU7G&source=url

Who would like to volunteer to read the **12 Traditions**?

20. Thank you. CoDA is an anonymous program. We ask that you respect the anonymity and confidentiality of each person in this meeting. We ask that who you see here, what is said here, when you leave here, let it stay here. **(Pause. Response is, "hear hear.")**

21. Would someone like to lead next week's meeting?

22. Literature can be purchased from LACoDA.org's Literature page. May we please hear from the Literature Person? **(For CHAT:) LITERATURE** → LACoDA.org's Literature page where free pamphlets can be downloaded or books can be purchased: <https://sites.google.com/view/lacoda/literature>

23. Thank you. May we please hear from the Treasurer?

24. Thank you. This group has a business meeting on the last Thursday of each month that happens after the CoDA meeting from 9:10pm to 9:40pm. It is open to all to stay and participate. Participating in business meetings give us the chance to interact with others in a new, safe way and learn how to incorporate the 12 Traditions into our lives. The next business meeting will be held on (Oct 28, Nov 25, Dec 30) * **(To Be Read Starting In September:)** At the September & October 2021 business meetings, we will discuss having a meeting on Thanksgiving Day and/or if we'll host a Marathon Meeting instead.

25. Motions that are seconded will be voted on via group conscience at the business meeting. Please submit motions in writing to the secretary. Will the Secretary announce this month's motions and ask for new motions? **(For CHAT:) CONTACT SECRETARY** → For a copy of the group conscience log or to share a motion, please email findingyourfreedomcoda@gmail.com

26. Thank you. We have Fellowship after the meeting. Fellowship is a great place to ask questions and practice healthy boundaries with other codependents. The first five minutes of Fellowship are reserved for newcomer questions. All are welcome.

27. Are there any CoDA announcements?

28. Are there any non-CoDA announcements?

29. Who would like to volunteer to read the **Twelve Promises** or "**The Journey Continues**"? You can choose whichever one you'd like to read.

30. Thank you. After a moment of silence, all those who wish, please end with the Coda closing prayer.

*We thank our Higher Power,
for all that we have received from this meeting.
As we close, may we take with us
the wisdom, love, acceptance, and hope of recovery.*