

CoDA Service Items

Number: 25025

Item Type: MOTION

Date: 10/7/2025

Vote: Complete

Committee: VE

Member Names: Michael W

Subject: Australasia Motion #1: Proposed two new documents as a service items for temporary sponsors and newcomers, called The First 14 Days.

Description:

Motion Name: Proposed two new documents as a service items for temporary sponsors and newcomers, called The First 14 Days.

The Australia VE, jointly with the CoDA Literature Committee requests that The First 14 Days be endorsed in 2025 as a service item to be posted on the coda.org website under Member Resources. We also request that there be a slider on the website announcing that it is available.

See PDF file of the documents: The First 14 Days, Sponsor Workbook and The First 14 Days, Sponsee Workbook.

Intent:

The First 14 Days is a simple, structured introduction to Co-Dependents Anonymous (CoDA) recovery. It offers newcomers a gentle entry into the Co-Dependents Anonymous program, while also providing an accessible and low-pressure way for members to serve as temporary sponsors. The intention is to support both sponsees and temporary sponsors in a safe and non-directive space, fostering clarity, honesty, and early recovery engagement.

This initiative arose from a need observed within some CoDA communities, where a small group of long-time members often found themselves sponsoring multiple newcomers, while many others felt hesitant to step into the role.

This process has been working throughout CoDA Australasia for the last twenty years. The First 14 Days was developed to demonstrate that anyone with a willingness to serve can support others by simply walking beside them without needing to offer advice, direction, or therapeutic insight.

For the sponsee, the workbook helps identify personal patterns of co-dependency, particularly behaviors that have caused pain or unmanageability. It encourages honest self-reflection and introduces key principles of the program, ultimately serving as a foundation for a deeper Step One and ongoing recovery.

The temporary sponsor's role is intentionally straightforward. They email the exercises one at a time to the sponsee, acknowledge each response with a brief thank-you, and then send the next exercise. This exchange mirrors a CoDA meeting, offering presence and support without interference.

At the conclusion of The First 14 Days, sponsees are encouraged to take someone else through the process and to seek out a permanent sponsor to begin working the full CoDA Twelve Steps. In this way, The First 14 Days supports both individual growth and the expansion of service within the Fellowship.

Remarks:

The First 14 Days is a practical tool for building connection, deepening self-awareness, and strengthening CoDA's tradition of recovery through service. It also empowers more members to serve as temporary sponsors by providing a structured, low-pressure format.

It is not a substitute for working the Twelve Steps.

This motion requires changes to the following: (check all that apply)

____ CoDA Bylaws: Page/Section # _____
____ FSM Part 1 – Structure and General Information: Section # _____
____ FSM Part 2 – Meeting Handbook: Section # _____
____ FSM Part 3 – Guidelines for Other Service Levels: Section # _____
____ FSM Part 4 – Service Conference Procedures: Section # _____
____ FSM Part 5 – World Level Service Details: Section # _____
____ Change of Responsibility: _____
☒ Other: A set of two new pieces of CoDA literature.

QUESTIONS – (Yes)

Crafting (No)

PROS & CONS:

Pros:

* This is a beautiful piece of work that goes along with the newcomers packet, it brings us in more royalties, I encourage more literature

* This is wonderful, it's been my experience in homegroup and outreach, I have created something basic for

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newcomers, this is a resource for people who want to get involved that is structured and will guide them. Thank you for this.

* I am highly in favor of passing this motion, I was excited about the draft from last year and excited to use it with sponsees.

* I read the draft and it is really wonderful, my understanding is that you will not be a sponsor but just email the next day's exercise and follow-up with a thank you and gives them a jumpstart and give them a discovery start, its a good way to get more involved. It doesn't replace sponsorship.

* When I read this, I was so relieved that someone has provided such a resource. We have a lot of people filling the room and the harvesters are few. I love the title. I love the structure, bringing you to the first step and into the Twelve Steps.

Cons:

* As a con I think that implying someone with 14 days qualifies people is concerning

Minority opinion: none

VOTE: Yes - #41, No - #1,

Abstain - #0, (not included in the total vote results)

Noted Results:

Passed: 2/3 majority – binding