

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

12:30 PM (PACIFIC & ARIZONA TIME DURING DAYLIGHT SAVING TIME) 1:30 PM (MT) 2:30 PM (CT) 3:30 PM (ET)
PHONE LINE: 717-908-1834 PIN: 475271#

*[You may use this script to host ^(see footnote #1) the meeting. Notes, comments, and guides are in [bracketed italics] and not meant to be read aloud. **PLEASE NOTE:** This is a **DRAFT Document**, subject to the Group's Conscience for revision, and approval.*]*

"Welcome to the Co-dependents Anonymous Step/Tradition/Promise of The Month, Study Group. My name is [first name], and I am codependent. I will serve as the meeting host¹ today."

[Open the meeting with the CoDA prayer that corresponds to the current step of the month being studied. Prayers available to view, and 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, which I will read line-by-line. Everyone is welcome to follow along in a call and response style. Press **STAR-SIX** (*6) to **unmute** your line if you would like to recite the prayer after me."

[Read the [Step-of-the-Month] Prayer. (Step Prayers are available in a separate document, See the above link.)]

"Is there someone who would like to read '[The Preamble of Co-Dependents Anonymous](#)' for us today?"

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 [your first name], (optional and I am in [your location (state)])"

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

"Are there any more introductions?"

[...Pause, then continue reading when there are no more introductions.]

¹ [You may substitute a title of your own choosing (e.g.: "moderator, leader, secretary") for "host."]

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

“**STAR-SIX** (*6) mutes & unmutes your line. Use **STAR-TWO** (*2) to get a count of participants on the line. Please remain on **STAR-SIX** (*6) mute when not sharing to support a quiet line, thank you.

“From ‘**Commonly Asked Questions**,’ in Chapter Five, of our [CoDA Book](#), it suggests, in answer to the question: ‘**How Do I Find A Sponsor?**’, (pages 100-102, in the 3rd edition), the following:

‘...Some CoDA members have started sponsorship groups which meet weekly or bi-weekly. This group consists of people who make a commitment to work on the Twelve Steps together...’

Therefore, our 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 who wants to work these Steps, Traditions, and Promises with us, is welcome to join us.”

“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 the Co-Dependents Anonymous CD portion of member sharing that pertains to our step of the month focus, followed by our sharing. The second and third Sundays we focus on the Step and/or Promise of the month, with the fourth Sunday of the month focused on the Tradition and/or Promise of the month.”

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](#), which is available to view, as well as download, at: <http://stepstudy.info>]

“SHARING GUIDELINES”

“It is now time to open the meeting for sharing. Before we begin, 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 first, and respect the person’s answer.”

“Members are welcome to share **on today’s assignment focus only, please**. 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, *[insert volunteer’s first name]*.”

“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. You may also 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 sharing 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 Host to quiet the line.”

“Who would like to begin sharing; keeping the focus on today’s assignment, please?”

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

*[END the sharing portion of the meeting approximately 7-8 minutes before the close of the meeting.
READ The Assignment/Sharing focus for next Sunday's meeting.
Don't forget to read this meeting's long version of the Serenity Prayer!]*

[Please let members know the following:]

"You can read and/or download the Assignment Schedule for our meetings at: stepstudy.info.
There is additional information on that webpage. And 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*)."

[To close the meeting the secretary chooses either the [CoDA Closing Prayer](#), or [CoDA Step Prayer](#) that corresponds to the current step being studied.]

"Press **STAR-SIX** (*6) to unmute your line so we can close with the CoDA ([Host's choice]) Prayer."

[Read the Prayer you chose one line at a time allowing members to repeat it after you.]

("Amen")

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

*[You can send an email to: contact@stepstudy.info if you'd like to receive an editable copy of this Meeting Script. Revised January 3, 2025]