They maintain current information about the location, time, and contact person for the meeting at coda.org and local intergroup meeting lists.

CoDA Service Structure

CoDA meetings are connected to the wider Fellowship through our service structure. In many geographic areas, meetings band together to create an intergroup or regional group for mutual support. The next level of service is the voting entity (VE). A VE can be a country, or a division within a country such as a state. VEs send delegates to the CoDA World Service Conference.

CoDA Literature

Co-Dependents Anonymous has created many pieces of literature to reach the codependent who still suffers and expand our understanding of recovery.

- Attending Meetings
- Newcomer Handbook
- Co-Dependents Anonymous (CoDA's basic text)
- Experiences With Crosstalk
- The CoDA Twelve Step Handbook
- The Twelve Steps & Twelve Traditions Workbook of Co-Dependents Anonymous
- Sponsorship: What's in It For Me?
- CoDA Prayers
- Building CoDA Community: Healthy Meetings Matter

Welcome to Co-Dependents Anonymous
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MEETING INFO.

ITEM 4001

Welcome to Co-Dependents Anonymous

Co-Dependents Anonymous

Welcome to CoDA

Welcome to Co-Dependents Anonymous, CoDA, a twelve-step fellowship of people who desire healthy and loving relationships.

The five building blocks of recovery in the CoDA program are: (1) attending meetings; (2) sharing and fellowship; (3) working *The Twelve Steps of Co-Dependents Anonymous*; (4) sponsorship; and (5) service, following *The Twelve Traditions of Co-Dependents Anonymous*.

1. Attending Meetings

Because many of us come to CoDA in great pain, impatience, and confusion, it may take time to hear the CoDA message. Newcomers often struggle with believing they are in the right place.

A CoDA meeting may feel strange to a newcomer, even if they feel drawn to the hopeful message about healthy and loving relationships. CoDA's introductory readings may not make sense or may appear to be overly long. Sharing may stir up strong, unwelcome, or uncomfortable emotions. Attending regularly, at least twice per week, for a minimum of six weeks, gives newcomers a clearer understanding of the CoDA message.

We begin to calm down and become able to absorb the message of hope and healing. Time and repetition help. Our experience has shown us that the program works if we work it.

Listening to others share in a CoDA meeting is how we begin to understand the program. Learning to listen deeply is a skill that takes practice. Many find learning to listen, to be one of the best gifts of recovery.

2. Sharing and Fellowship

Newcomers are encouraged to share as they feel able. It is recommended to begin slowly. Passing is fine. In CoDA, we learn to talk about ourselves and our lives in a new, honest, and open way.

Many CoDA groups, both in person and on electronic platforms, gather after meetings for informal socializing called "fellowship." This is a time to get to know people in the program.

3. Working the Steps

Working *The Twelve Steps of Co-Dependents Anonymous* means to study and use the steps in a personal program of recovery. Reading CoDA Service Conference endorsed literature, writing, and sharing are the tools needed to begin to work the Steps. Members typically use Co-Dependents Anonymous and *The Twelve Steps & Twelve Traditions Workbook of Co-Dependents Anonymous* (the "green book").

One approach is to work individually with a sponsor. Another approach is to meet with a group of two or more CoDA members in a step study group. The group will decide on the pace of study.

Newcomers often wonder if it is necessary to "believe in God" in order to work the steps. The short answer is no. In CoDA, we learn to rely on a power of our own understanding that is greater than ourselves. This power can be anything we define it to be for our recovery.

4. Sponsorship

Sponsorship is the heart of the CoDA program, offering members a unique opportunity to develop and maintain a healthy one-to-one relationship.

A sponsor is:

- a CoDA member who has experience working the Twelve Steps and Twelve Traditions of CoDA with a sponsor.
- willing to share their experience, strength, and hope.
- a guide through the Twelve Steps.
- a mentor for service work, who applies the principles of The Twelve Traditions.
- a source of healthy, loving support and accountability.
- respectful of their sponsee's autonomy.
- a person with whom issues of romance or sexual attraction will not arise.

5. Service, Following the Traditions

The Twelve Traditions of Co-Dependents Anonymous are the guiding spiritual principles of our meetings, service within the CoDA service structure, and all our relationships. Some of the principles found in the Traditions are: unity of purpose, self-support, and anonymity.

CoDA meetings rely on members to keep the meeting viable. Support can be as simple as regular attendance, setting up chairs, putting out literature, contributing to the Seventh Tradition basket, or reading during a meeting. Examples of taking on increased service are: opening up the room, chairing a meeting, becoming the meeting secretary or treasurer, or acting as a Group Service Representative (GSR) to represent the meeting at intergroup or Voting Entity meetings.

Healthy meetings rotate service positions and hold regular business meetings where all members are welcome to participate in the decision-making process, called a group conscience.