

South Bay CoDA Intergroup Meeting Format

Good evening and welcome to the South Bay CoDA Intergroup meeting of Co-Dependents Anonymous. My Name is _____ and I am codependent. I am your meeting chairperson tonight.

Please help me open this meeting with a moment of silence followed by the Serenity Prayer.

God, grant me the serenity to accept the things I cannot change;
The Courage to change the things I can;
and the wisdom to know the difference.

You all have a copy of tonight's Agenda. Do we have any additions to the New Business at this time? If not, may we have a motion for approval of the Agenda (or) write in the additions and call for approval of Agenda.

I will now read the Mission Statement.

Would someone please read the Twelve Steps of CoDA?

Would someone please read the Twelve Traditions of CoDA?

Would someone please read Service Concept number _____?

(Concept of current month and months before next meeting)

We would like to welcome those who are new to this meeting whether you are representing a group or simply visiting.

So that we can get to know each other better, let's take this time to introduce ourselves by first name only. Please state the group you represent, if you are a GSR and give a short report on your group. Any serious problems involving lengthy discussion may be addressed under New Business. Please state your office or committee chair or a visitor.

This is a business meeting and we follow Group and Community Guidelines of Order which are used to determine Group Conscience and to facilitate the orderly conducting of business in the spirit of CoDA recovery. These guidelines and explanation of Group Conscience are found in the CoDA Service Manual. If you are not familiar with it, please ask after the meeting for directions on how to get it.

At this time we do not have a literature volunteer and therefore will not be selling literature.

We also ask that when you wish to speak, please raise your hand to be recognized by the chair. Thank You.

(if minutes were taken:)

Did everyone receive their copy of the minutes to last month's meeting? Are there any omissions or corrections? May we have a motion to approve the minutes? Second? Vote.

We will now have the Officer and Committee Chair Reports. (Order according to the Agenda)

Under Old or Unfinished Business we have _____ (Order according to the Agenda)

Under New Business we have _____ (Order according to Agenda)

Do we have a motion for adjournment?

We will close with the CoDA Prayer.