



What Is A CoDA® Meeting?

Attending meetings is necessary for recovery in the CoDA program. A codependent attends meetings for his/her personal recovery, and this attendance benefits everyone, its what creates the group. At meetings, we share our experience, strength, and hope in our program of recovery.

Where Do I Find A Meeting? We maintain an updated list of meetings across the United States. Visit our Meetings List page to find a list of meetings in your area. This page also gives information on who to contact for meetings outside the U.S.

What Happens At A CoDA Meeting? Meeting Opening. CoDA meetings usually start with a moment of silence followed by a prayer of the group's choice. Following the opening prayer, almost all CoDA meetings read a selection of the foundational documents listed in the Conference guidelines. There is usually a short time allowed for announcements or group conscience.

Sharing. After the opening there is usually a time of sharing where the group divides up into smaller groups of about 6-10 to tell smaller pieces of their individual recovery stories. There is only one paramount rule in sharing: "No crosstalk". We make no comments about other people's sharing and do not give advice.

Closing. As part of the closing, a prepared statement is often recited, "Anonymity is the spiritual foundation of our program. Let what is said here, who you see here, when you leave here, let it stay here". A closing prayer is usually said and the slogan "Keep coming back - It works!".

What Are The Different Types Of Meetings?

Newcomers meetings. These meetings have a special format to allow newcomers to have their questions answered by Old Timers. Special efforts are made at regular meetings to provide for the needs of newcomers.

Speaker or Step meetings. A speaker shares his/her story for 20-30 minutes or shares on a designated topic.

Step Study Meeting. These meetings are designed to work the Steps together as a group of recovering codependents.

Step Four Writing Meetings. These are designed to allow time for individual reflection and writing, followed by an opportunity for each person to share some of what they have written during the session.

Closed Meetings are meetings attended only by people who are codependent or think they may be codependent. Newcomers who think they may be codependent can attend a closed meeting.