

# Friday Peeling the Onion

Good morning and welcome to the 8AM Friday Peeling the onion meeting of Codependents Anonymous. My name is \_\_\_\_\_ and I am a codependent. I am your leader for the Hybrid Topic Meeting this morning. Those joining us via Zoom, please take a moment at this time to mute your audio. **(Check that all mics on the screen are red (muted))** Those in room 3 please mute your phones.

Please help me open this meeting with a moment of silence followed by the CoDA 3<sup>rd</sup> step prayer

God, I give to You all that I am and all that I will be for Your healing and direction. Make new this day as I release all my worries and fears, knowing that You are by my side. Please help me to open myself to Your love, to allow Your love to heal my wounds, and to allow Your love to flow through me and from me to those around me. May Your will be done this day and always. Amen.

Please, at this time lets go around room 3 and introduce ourselves since we can see the other member's name on the Zoom screen.

Will the member with **The PREAMBLE** please read it at this time?

If you are attending your first, second or third CoDA meeting here, please raise your hand and tell us your first name. We do this not to embarrass you but to get to know you better. **(Pause)**

Would all those willing to be sponsors or temporary sponsors for newcomers please raise your hand? **(Thank the person(s) that raised their hand.)**

**WELCOME, everyone!**

Will the member with the **WELCOME** please read it at this time?

Will the member with the **TWELVE STEPS** please read them at this time?

Will the member with the **TWELVE TRADITIONS** please read them at this time?

Will the member with the **PATTERNS AND CHARACTERISTICS** please read them at this time?

## What is "Crosstalk"?

In our meetings we speak about our own experience, and we listen without verbal or non-verbal (clapping, thumbs up, waving) comment to what others share. We work toward taking responsibility in our own lives, rather than giving advice to others. Crosstalk guidelines help keep our meeting a safe place. We are working to achieve our own realities and break away from dependency on what others think, feel and advise.

## **Choose a Timer**

This is a discussion meeting. Each member or newcomer may share from their own experience for 3 minutes. There will be a gentle alarm sound to alert the person sharing to begin to wrap up their share after 2 minutes.

If anyone, especially newcomers, has any questions, we will be glad to answer them after the meeting. Please remember: Who you see here, What is said here, When you leave here, Please let it stay here!

Volunteer reads and shares from "Peeling the Onion"

Thank you. The Meeting is now open for sharing. To share, please unmute yourself and "jump in" there. No need to wait to be recognized. *You may "double dip" and share twice **ONLY if** everyone has shared or there is time left at the END of the meeting.*

**(At 7:55 or when everyone has shared, announce that it is time to bring the meeting to a close.)**

Is there a Treasurer's report or suggestion for donations? **(pause)**

Is there a Literature report or suggestions how to get literature? **(pause)**

Are there any CoDA announcements? **(pause)**

Are there any non-CoDA announcements? **(pause)**

Please let's go around the room and each read the **TWELVE PROMISES.**

Please, with mics off, join me in the **Serenity Prayer.** **(We stand in a circle and hold hands saying the below prayer together.**

"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."