

Names listed are contact persons for that meeting.

Sunday

New Haven CT051 7:00pm D Brian K. 203-389-0369
United Church of Westville, 34 Harrison Street

Ridgefield CT025 9:30am D/ST-M
Carriage House at Ballard Green, 25 Gilbert Street

Amherst MA049 7:00pm D/ST Bob 413-259-1006
Jean W. 413-256-4215
Immanuel Lutheran Church, 867 North Pleasant Street

Boston MA066 10:00am D Matt 781-383-1806
Boston Room, Lindeman Mental Health Center, 25 Staniford Street

Hingham MA184 8:00pm D,ST James C. 781-749-2155
16 Hull Street, Glastonbury Abbey, Conference Center, Basement

Plymouth MA187 5:30pm D Robert N. 781-585-9113
Exit 2 Cedarville, Little Red School House, Herring Pond Rd.

Lewiston ME018 6:00pm D
Saint Mary's Regional Medical Center, Campus Avenue, 4th Floor

York ME003 10:00am D/ST
York Hospital, Heart/Health Section, Ellis Boardroom

Keene NH033 7:00pm CB,SP,D/ST, alternates weekly
Heather B. 603-357-2350
Unitarian Church, 69 Washington Street Marcia C. 603-352-4517

Wolfeboro NH012 7:00pm D 603-569-6423
Huggins Hospital, 240 South Main Street, use main entrance

Monday

Manchester CT042 7:30pm D Veronica S. 860-643-7479
Unitarian Church, 153 West Vernon Street

West Haven CT035 7:30pm D/ST-W Contact Needed
Twelve Step Club, Woodlawn Shopping Plaza, 867 Jones Hill Road

Hyannis MA188 7:00pm D-W Irene 508-776-6589
83B School St, left side of building, meet in conference room

Newburyport MA098 7:00pm D/ST Steve M. 978-430-2678
Belleville Congregational Church, 300 High Street

Sheffield MA171 7:00pm D 413-528-6121
Sheffield Episcopal Church, 194 Main Street (newcomers call first)

Westfield MA139 7:30pm D/ST Joe or Phyllis H. 413-568-2875
Genesis Center, Near Noble Hospital, 59 Mill Street

Bedford NH010 7:00pm D/ST docval123@aol.com
Ridgewood Center Genesis Eldercare, 25 Ridgewood Road

Brattleboro VT023 7:15pm D/ST Kristen T. 603-358-6261
Brattleboro Mem. Hosp., Conf. Rm. B, Basement, 17 Belmont Ave.

Tuesday

East Hartford CT016 12:00pm D/ST Philomena T. 860-568-3855
Raymond Library, basement, 840 Main Street

Pawcatuck CT066 7:30pm CB,ST Ann M. 860-887-5158
Pawcatuck Neighborhood Center, 27 Chase Street

Ridgefield CT013 12:00pm D-W Mary Z. 203-438-9475
First Congregational Church, 103 Main Street

Torrington CT 7:30pm ST Joe H. 413-568-2875
St. Maron's Church, 613 Main St. Jim D. 860-489-3265

Nantucket MA041 7:30pm D Penny S. 508-228-6314
Drop In Center Kathleen V. 508-825-0980

Northampton MA027 7:00pm D-W Crystal (413) 527-8700
Wright Hall, Room 232, Smith College

Shrewsbury MA046 7:30pm CB,D/ST Theresa G. 508-485-6103
Calvary Retreat Center, 59 South Street

West Barnstable MA073 7:00pm D Diane M. 508-362-6322
YMCA Cape Cod, Exit 6, Route 132, West Barnstable

Bangor ME063 7:00pm D Katrina S. 207-989-8768
Hammond St. Congregational Church, 28 High St., 2nd Floor

Kennebunk ME041 7:00pm D Glendon J. 207-676-4067
Saint David's Episcopal Church, Route 1

Portland ME043 6:00pm D Kim M. 207-878-6632
Maine Medical Brighton Campus, 335 Brighton Av. 3rd Fl conf. rm

Nashua NH005 7:00pm D/ST,CB Paula H. 603-886-4855
Grace Lutheran Ch., 130 Spit Brook Rd, Rt. 3/Exit 1, 2nd fl., Rm. 206

Jamestown RI015 7:30pm D/ST Bob W. 401-855-1700
St. Matthews Church, 87 Narragansett Ave.

Montpelier VT018 6:30pm D/ST Martha H. 802-229-9036
Bethany Congr. Church, 115 Main St, downstairs, blue door

Wednesday

Bristol CT058 7:30pm ST Denise 860-583-3493
Prospect United Methodist Church, 99 Summer Street

Melrose MA173 7:30pm ST Charles H. 617-549-0243
Melrose Congregational Church, 121 W. Foster St., Lounge Room

Worcester MA144 7:30pm D Viola B. 508-234-9004
Trinity Lutheran Church, 73 Lancaster Street

Lewiston ME052 6:00pm D
St. Mary's Hospital, Golder St., old emerg. room entrance, rm. A4-41

Bennington VT 7:00pm D-W Juliet W. (802) 823-7353
Turning Point Club, 465 Main Street

Middlebury VT 5:30pm D Lorin A. (802) 989-6821
Turning Point Center, The Marbleworks, 228 Maple St.

Thursday

Westport CT003 7:00pm D/ST Todd 203-268-8714
Saugatuck Congregational Church, 245 Post Road East, Room 26

Canton MA161 7:30pm D Jou-Jou 617-333-9357
Pequitside Farm, 79 Pleasant Street

Framingham MA054 12:00pm D/ST Janet P. 508-376-6250
Wesleyan Methodist Church, 80 Beacon Street, off Rt. 30

Lexington MA052 7:15pm D/ST Judi T. 978-897-3038
Andrew M. 781-777-2362

Lexington First Baptist Church, 1580 Mass Ave.

Martha's Vineyard MA008 6:30pm D Susan P. 508-627-8498
Doctors Library, Martha's Vineyard Hospital

Watertown MA091 9:30am D/ST-T
Phillips Congregational Ch., 111 Mount Auburn St., Therapists Group

Ellsworth ME065 7:00pm D William R. 207-667-3997
8 Old Mill Road, off Mariaville Road, behind Sunrise Glass

Manchester NH034 6:00pm CB-W
YWCA, Concord St., School St. Phyllis H. 603-668-1010 x3104

Cranston RI011 7:30pm ST George 401-884-7966
Church of the Transfiguration, 1665 Broad Street

Friday

Bangor ME064 7:00pm D Ron S. 207-843-5058
Hammond St. Congregational Church, 28 High St., 2nd Floor

Portland ME066 12:30pm D/ST Elizabeth D. 207-799-4599
Sacred Heart/St. Dominic's Church, 65 Mellen St., corner of Sherman

Peterborough NH017 7:00pm CB,D/ST John M. 603-924-2245
All Saints Parish Rectory, 52 Concord St, alt wkly D/ST/SP-CB

Saturday

Ridgefield CT006 10:00am ST Irene G. 203-762-8156
Visiting Nurses Assoc, 90 East Ridge Road, Side Entrance

Littleton MA186 9:30am D Kevin M. 603-315-7017
510 King Street, Littleton, MA, 2nd floor, park in rear

Marblehead MA022 8:30am D/ST Ed W. 781-639-2850
Church of St. Andrew, 135 Lafayette Street, on Route 114

Watertown MA177 10:00am D/ST-W Maureen C. 781-249-8549
St. John's United Meth. Ch, 3rd fl., 80 Mt. Auburn St., Watertown Sq.

North Conway NH007 7:45pm D/ST David 603-356-9658
Memorial Hospital, Route 16

Meeting Codes

- D - Discussion usually with speaker
D/ST - Discussion/Meditation
D/ST - Discussion(alt.monthly)/Step/CoDa Book
CB - CoDA Book
SP - Speaker
ST - Step

Restricted Meetings

- | | | | |
|----|-------------------------|----|--------------|
| HP | - Helping Professionals | M | - Men |
| G | - Gay | TH | - Therapists |
| L | - Lesbian | W | - Women |

Upcoming Events

Intergroup Monthly Meetings

510 King Street, Littleton, MA, 2nd floor, park in rear
Usually convened on the first Saturday of the month
March 1, 2008 April 5, 2008 May 3, 2008

PLEASE COPY AND DISTRIBUTE

CoDA Funds

Our Seventh Tradition says we "ought to be fully self-supporting...". CoDA Intergroup and CoDA National are supported in their 12th Step work - "to carry its message to other codependents who still suffer" - by the donations collected in *your* meeting. Money in excess of a prudent reserve (rent, literature, and supplies) should be donated as follows:

70% to: CoDA Intergroup, Inc.
P.O. Box 126, Littleton, MA 01460

30% to: Codependents Anonymous, Inc.
P.O. Box 33577, Phoenix, AZ 85067

The Twelve Steps of Codependents Anonymous*

1. We admitted we were powerless over others -- that our lives had become unmanageable.
2. Came to believe that a power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood God, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other codependents, and to practice these principles in all our affairs.

The Twelve Traditions of Codependents Anonymous*

1. Our common welfare should come first; personal recovery depends upon CoDA unity.
2. For our group purpose there is but one ultimate authority -- a loving Higher Power as expressed to our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for membership in CoDA is a desire for healthy and loving relationships.
4. Each group should remain autonomous except in matters affecting other groups or CoDA as a whole.
5. Each group has but one primary purpose -- to carry its message to other codependents who still suffer.
6. A CoDA group ought never endorse, finance or lend the CoDA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary spiritual aim.
7. Every CoDA group ought to be fully self-supporting, declining outside contributions.
8. Codependents Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. CoDA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. CoDA has no opinion on outside issues; hence the CoDA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions; ever reminding us to place principles before personalities.

* The Twelve Steps and Twelve Traditions reprinted for adaptation with permission of Alcoholics Anonymous World Services, Inc.

CoDA Opening Prayer

In the spirit of love and truth, we ask our Higher Power,
To guide us as we share our experience, strength and hope
We open our hearts to the light of wisdom, the warmth of love,
And to the joy of acceptance.

Preamble

Codependents Anonymous is a fellowship of men and women whose common purpose is to develop healthy relationships. The only requirement for membership is a desire for healthy and fulfilling 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 on 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 Codependents Anonymous, we can each realize a new joy, acceptance and serenity in our lives.

Welcome

We welcome you to Codependents Anonymous -- a program of recovery from codependency where each of us may share our experience, strength and hope in our efforts to find freedom where there has been bondage and peace where there has been turmoil in our relationships with others and ourselves.

Most of us have been searching for ways to overcome the dilemmas of the conflicts of our relationships and our childhoods. Many of us were raised in families where addictions existed -- some of us were not. In either case we have found in each of our lives that codependency is a most deeply rooted compulsive behavior and that it is born out of our sometimes moderately, sometimes extremely dysfunctional family systems.

We have each experienced in our own ways the painful trauma of the emptiness of our childhood and relationships throughout our lives. We have attempted to use others -- our mates, our friends, even our children -- as our sole source of identity, value and well-being and as a way of trying to restore within us the emotional losses of our childhoods. Our histories may include other powerful addictions which at times we have used to cope with our codependency.

We have all learned to survive life, but in CoDA we are learning to live life. Through applying the Twelve Steps and principles found in CoDA to our daily life and relationships, both present and past, we can experience a new found freedom from our self-defeating lifestyles. It is an individual growth process; each of us is growing at our own pace, and we will continue to do so as long as we remain open to God's will for us on a daily basis. Our sharing is our way of identification and helps us to free the emotional bonds of our past and the compulsive control of our present.

No matter how traumatic your past or despairing your present may seem, there is hope for a new day in Codependents Anonymous. No longer do you need to rely on others as a power greater than yourself. May you instead find here a new strength within to be that which God intended -- Precious and Free.

CoDA Closing Prayer

We thank our Higher Power for all we have received from this meeting.
As we close, may we take with us
The wisdom, love, acceptance and hope of recovery.



CoDA Intergroup, Inc.

Meeting List

New England Codependents Anonymous
Service Office
P.O. Box 126, Littleton, MA 01460
978-952-6510

— Updated and Published Quarterly —

CT/MA/ME/NH/RI/VT

Q1 2008 Updated February 26, 2008 at 12:40:19 a.m.

The Twelve Promises of Codependents Anonymous

I can expect a miraculous change in my life by working the program of Codependents Anonymous. As I make an honest effort to work the Twelve Steps and follow the Twelve traditions:

1. I know a new sense of belonging. The feelings of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I learn that it is possible for me to mend -- to become more loving, intimate and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust the guidance I receive from my Higher Power and come to believe in my own capabilities.
12. I gradually experience serenity, strength and spiritual growth in my daily life.

The Serenity Prayer

God, grant me the Serenity
to accept the things I cannot change,
Courage to change the things I can,
And Wisdom to know the difference.

New England CoDA Web Site: <http://www.necoda.org>
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