

*Names listed are contact persons for that meeting.*

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## Sunday

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**New Haven CT051 7:00pm D** Don 203-776-3264  
United Church of Westville, 34 Harrison Street

**Ridgefield CT025 9:30am D-M** Peter solarjpl@aol.com  
Ridgefield Town Hall, side entrance, Bailey St.

**Amherst MA049 7:00pm D/ST** Karen L. 413-210-4990  
Karen R. 413-253-6995  
Immanuel Lutheran Church, 867 North Pleasant Street

**Northampton MA196 7:00pm D,CB** Ann S. 413-320-1615  
St. John's Episcopal Ch, 48 Elm St (Rt 9)

**Plymouth MA187 5:30pm D** Bruce N. 484-888-9857  
Exit 2 Cedarville, Little Red School House, Herring Pond Rd.

**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

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## Monday

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**Vernon CT042 7:00pm D** Craig P. 978-660-1176  
Trinity Lutheran Church, 20 Meadowlark Dr. Heidi H. 860-454-8717

**West Haven CT090 8:00pm D/ST-W** Cyn S. 203-776-5006  
St. John Vianney Ch., 300 Captain Thomas Blvd.

**Jamaica Plain MA189 7:00pm D** Kathleen H. 857-544-2937  
Cedar of Lebanon Hall, 60 Rockwood St.

**Newburyport MA098 7:00pm D/ST** Ken M. 781-640-3018  
Belleville Congregational Church, 300 High Street

**Springfield MA194 7:30pm D, LGBT Closed** Regina K. 413-301-5518  
Foster Memorial Ch, 36 Puritan Rd, park in back, meet in basement

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

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

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## Tuesday

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**Branford CT 7:00pm D** Jack 203-464-2238  
192 Thimble Island Rd, Stony Creek

**Ridgefield CT013 12:00pm D-W** Brett M. 203 505 8819  
First Congregational Church, 103 Main Street

**Torrington CT 7:30pm ST** Jim D. 860-489-3265  
Joe H. 413-568-2875  
St. Paul's Lutheran Ch, 837 Charles St., Classroom 8, lower level

**Canton MA200 7:00pm D** Andrea 617-966-1972  
Pequitside Farm, 79 Pleasant St

**Nantucket MA041 7:30pm D** Kathleen V. 508-825-0980  
Drop In Center

**Northampton MA027 7:00pm D-W** Laura 413-570-0547  
Seelye Hall, Room 202, Smith College

**Northampton MA199 8:00pm D/ST-M** Rick 413-210-1480  
Cahill Apartments, Community Room, 35 Fruit St.

**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 C. 508-362-6322  
YMCA Cape Cod, Exit 6, Route 132, West Barnstable

**Belfast ME 6:00pm D** Linda B. 207-548-2393  
Unitarian Universalist Ch., 37 Miller St. Jim R. 207-338--0136

**Portland ME043 6:00pm D** Daryn D. 207-756-9923  
Maine Medical Brighton Campus, 335 Brighton Av. 3rd Fl conf. rm

**Nashua NH005 7:00pm D/ST,CB** Mark D. 781-589-4376 or 617-489-1441  
Grace Lutheran Ch., 130 Spit Brook Rd, Rt. 3/Exit 1, 2nd fl., Rm. 213

**North Conway NH007 7:00pm D,ST** William B. 207-283-3267  
Eastern Slope Inn, Main St.

**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

**White River Junction VT026 6:45pm D** Janet H. 603-381-9326  
91, exit 13, Rt. 5, Wilder VT, 200 Olcott Dr, on the left

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## Wednesday

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

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

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

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## Thursday

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**Essex CT089 7:00pm D** Kelly S. 860-399-4695  
First Congregational Ch, 33 Prospect St.

**Westport CT003 7:00pm D/ST** Steve M. 203-209-9292  
Saugatuck Congregational Church, 245 Post Road East, Room 26

**Canton MA161 7:30pm D** Steve 781-400-5145  
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  
Nancy S. 978-505-5904

Lexington First Baptist Church, 1580 Mass Ave.

**Martha's Vineyard MA008 6:30pm D**  
Doctors Library, Martha's Vineyard Hospital

**Jaffrey NH052 7:00pm D,CB,ST** Kathy T. 603-562-7567  
Jaffrey United Ch., 54 Main St., music rm, back of building

**Manchester NH034 5:30pm CB-W** Phyllis H. 603-463-5533 or 603-759-7789  
Child and Family Services, 464 Chestnut St., rm. 108

**East Greenwich RI011 7:30pm ST** George 401-884-7966  
St. Luke's Episcopal Ch, 99 Peirce St.

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## Friday

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**Pleasant Valley CT091 7:30pm D/Med,CB** John 203-723-1630  
Praise Christian Ch, 52 New Hartford Rd, Rt 44

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

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## Saturday

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**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** Anne R. 781-322-2867  
Church of St. Andrew, 135 Lafayette Street, on Route 114

**Watertown MA177 10:00am D/ST-W** Theresa 617-491-7179  
St. John's United Meth. Ch, 3rd fl., 80 Mt. Auburn St., Watertown Sq.

### 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  
November 5, 2011 December 3, 2011 January 7, 2012

#### 20th Annual New England CoDA Convention

Friday through Sunday, November 11, 12 and 13, 2011  
Hartford Marriott Farmington  
15 Farm Springs Road  
Farmington, CT 06032

### 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

Q4 2011 Updated October 07, 2011 at 3:11:24 p.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>  
CoDA Web Site: <http://www.coda.org>