

CoDA TRADITION PRAYERS

Please note:

The CoDA Twelve Tradition prayers were created as part of a two-year project to revise and expand *The Twelve Steps & Twelve Traditions Workbook*. The prayers were presented as a service item and a work in progress at CSC 2021. The final versions of the prayers will be presented with the revised workbook at CSC 2022. We welcome your questions and comments at literature@coda.org.

TRADITION ONE

Higher Power, please help me remember to consider the welfare of the whole rather than just my own. Help me speak my truth and allow others the same privilege, trusting that prioritizing common welfare supports my own recovery.

TRADITION TWO

Higher Power, please help me remember that You are my ultimate authority and that our leaders are but trusted servants - they do not govern. May I be guided by You to trust and honor the group conscience process as a loving expression of Your will.

TRADITION THREE

Higher Power, please help me remember to let go of fear and expectations in my desire for loving and healthy relationships. Grant me courage to be honest, open minded and willing to accept myself and others in my desire for healthy boundaries.

TRADITION FOUR

Higher Power, please help me remember to use Your gifts to support my group's autonomy, mindful of my impact within and beyond my group and CoDA. Please help me honor You by using Your gifts to serve others.

TRADITION FIVE

Higher Power, please help me remember that I am a conduit of Your love, wisdom, guidance, and support. Help me share my experience, strength, and hope, relating my struggles as well as my triumphs when I carry the message of recovery to the still suffering codependent.

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TRADITION SIX

Higher Power, please help me remember to keep all my relationships free from problems of money, property, and prestige. Help me focus on our primary spiritual aim and the power of the CoDA principles.

TRADITION SEVEN

Higher Power, please help me remember to be as financially responsible as possible and to humbly give service so others may also benefit. Thank You for all the gifts that CoDA has so freely given me. Help me take care of myself and not always rely on others.

TRADITION EIGHT

Higher Power, please help me remember that we are each precious creations with unique and equally valuable abilities that contribute to the whole. Please inspire me to say yes to service requests that match my skills and interests.

TRADITION NINE

Higher Power, please help me remember that CoDA ought never be organized. Help me do my part to protect group freedom, encourage service rotation to prevent individual dominance, and trust the group conscience as an expression of Your loving spiritual guidance.

TRADITION TEN

Higher Power please help me remember to do my part to provide a safe environment and avoid being drawn into public controversy. Grant me awareness of the purpose and gifts of each relationship in my recovery.

TRADITION ELEVEN

Higher Power, please help me remember to remain anonymous, avoiding the risk of promoting myself as a CoDA spokesperson. Help me to share what I've learned in CoDA by example, not just words.

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TRADITION TWELVE

Higher Power, please help me remember to carry the CoDA message, without expectations. Thank you for the wonderful CoDA principles reflected in the Steps and Traditions. Help me use them in all my relationships.