My name is Fatima and I’m a recovering codependent in CoDA. This is a personal short report based on my participation and knowledge about CoDA in Portugal in response to the kind invitation from WCC – World Connections Committee. It’s objective is to inform CoDA World Fellowship about the groups and work in progress in CoDA Portugal. I do not represent CoDA at all nor was I elected by any CoDA structure. So, this is a very informal communication of a CoDA member and I am deeply grateful for this opportunity.

My home group is one of the 4 groups with origin in the capital area, Lisbon. Two groups maintain only online meetings, another group organizes one online meeting and one face to face, and the other group has all its meetings face to face. Altogether there are 6 meetings per week.

CoDA Portugal is not yet organized in a Service Structure.

Through the creation of different service Workgroups 4 Gatherings were organized: in 2018, 2019 (2 Gatherings) and 2021 (online). Members that so wished attended the events and in this last Gathering we had the Brazilian participation through sharings from 2 members and other Brazilian members attended.

There is a Workgroup who deals with Literature, namely translation of Conference Approved CoDA Literature into European Portuguese, printing and distribution. Already in European Portuguese are the meeting materials (these include suggested Meeting Format, the Foundational Documents and the Prayers), Group Inventory Guidelines and 5 pamphlets (Am I Codependent, My First Meeting, Welcome to CoDA, What is CoDA and Information for Professionals). The Steps and Traditions Workbook is now being translated. This group did also put in place a joint English literature order from CoDA UK in 2019.

Other members got together and formed an Ad-Hoc Committee that created two projects for the CoDA Fellowship in Portugal: one is Public Information and another one is CoDA Service Structure in Portugal. A Service Meeting with all the members who so wish will be organized to present the work so far and to plan next steps.

Again, thank you so much for this opportunity.

Fatima