

Hello everyone at the CoDA convention my name is Gye and I am a recovering codependent. And I would like to say;

G'day from Australia,

Kia Ora from New Zealand,

Selamat Pagi Bali;

Sal What Dee from Thailand,

Nee How and Ney How from the Hong Kong and Shanghai China groups of CoDA

Over the last three years the Australian Intergroup has reached out to all the countries in our region that only have a couple of meetings and have formed what we now call the CoDA Australasian Intergroup.

We have been offering these group in these smaller countries support with sponsorship, some financial and access to our quarterly Intergroup conference calls, this has enabled them to feel connected and know there is somewhere they can take any problems may be having.

Australia is a big country, as big as the U.S. but with only 20 million people so our office bearers are all hours away by plane and with modern technology we have been able to create a solid group of office holders.

We continue to have success with our online shop for CoDA literature where groups can pay by PayPal and the order goes out within days as opposed to weeks as we waited for cheques to clear.

We have 46 weekly meetings currently with two phone meetings for people in remote areas.

We have been experimenting with social media as a way of letting people know we exist, raising our profile in the recovery community and as our way of carrying the message.

6 years ago sponsorship was nearly non-existent in CoDA. For the last ten years the Sydney Intergroup has been trailing something called The First 14 Days, which we use as a precursor to the Steps and which can be done by email. Over the last few years we have launched this into the whole region and this has enabled us for example, to have people in Thailand temporary sponsoring people in Melbourne. There has been an abundance of positive feedback for this process and it has helped us solidify a lot of people's early recovery

Once people have completed this program we have been pairing people up to co-sponsor through the Steps and now have a good handful of people who have completed the Steps who are sponsoring and now running their own meetings.

We are holding our 5th CoDA Australasian Convention in Sydney Australia this November and are in the planning stages for our 6th.

We are happy to say that CoDA in South East Asia is growing slowly and steadily and we look forward to a bright future.

I hope the rest of the conference goes well and from Australasia we wish you all the best in your own recovery.