

# Delegate Video Conference Notes 2022

Delegate Meeting #1 of 3, on March 5, 2022 and repeated on March 6, 2022

Delegate liaison: Jean

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## Serenity Prayer

## Introductions

### Board/Committee Updates - Martha Jean (3/5/22) and Jo G & Mary H (3/6/22)

Here are some of the things the board has been working on:

- Updating The COSA Meeting Guide
- Preparing a survey for "COSAs in the Know" regarding the date of the 2023 COSA Convention. The SAA convention will not be held on Memorial Day weekend next year. No decision has been made about the date or the location of the COSA convention at this point.
- Considering the possibility of adding an additional zoom room to avoid scheduling conflicts at the ISO level
- The COSA office sent out 270 end of year donation statements by email. 28 bounced back. If you are looking for a donation statement and haven't received it please contact the COSA administrative office.  
[isocosaoffice@gmail.com](mailto:isocosaoffice@gmail.com)
- Online Literature sales for January were \$881.00 from the COSA bookstore and \$65.00 through Amazon. The biggest sellers were the "Sobriety in COSA", "Boundaries in Recovery" and "The Compilation Book of all Twelve COSA Step Booklets".
- COSA Archive and collection of historical documents - Mary H is working on the history of COSA. She is looking for information about the early days of Cosa and will be contacting long-time COSA members in the hope of finding old material (hard copy or digital). Mary welcomes your collaboration on this important fellowship project. If you would like to help please contact Mary. [mary.naplesflorida@gmail.com](mailto:mary.naplesflorida@gmail.com)
- Delegate Meetings - The Board is looking at ways to get greater representation from the fellowship and to lower the cost of attending the Annual Delegate Meeting. Here are some ideas:
  1. Hold all future Annual Delegate meetings by video conference. The 2020 and 2021 zoom Delegate meetings had greater participation than in previous years.
  2. Move the Delegate Meeting from Friday to a weekend date which may make it easier for Delegates to attend.
  3. Detach the date of the Delegate Meeting from the Convention. This would lessen the burden on volunteers, especially those who serve as Delegates and volunteer for convention service.

### Outreach Committee:

- Cosa Teen meetings are officially open. Meetings are held on the second Sunday of every month at 2 pm Eastern time. If you are interested in offering service or becoming a COSA Teens Meeting Assistant please email [cosa-teen@cosa-recovery.org](mailto:cosa-teen@cosa-recovery.org)

### Nominating committee:

- If you are interested in serving on the COSA Board the nominating committee is open to new Board members. [nominations@cosa-recovery.org](mailto:nominations@cosa-recovery.org)

Convention Committee:

- The Convention will be held in The United States in Atlanta, Georgia May 27th - 30th, 2022. It will be a hybrid meeting. Registration is now open. The cost is \$195.00 in person and \$45.00 for virtual participation. More information is available here: <https://cosa-recovery.org/conventions/2022-convention/>.
- There will be free shipping for all literature orders placed during the week of the convention.

7th Tradition Committee:

- New, small committee developing a 7th Tradition page for the website
- Exploring the possibility of receiving bequests

**Q:** Is SAA moving away from Memorial Day weekend for good or just next year?

**A:** We really don't know. We only know for sure for next year.

**Q:** You are talking about the Convention not the Delegate Meeting?

**A:** The Convention. The Convention and the Delegate Meeting are two separate entities.

**Q:** When is the SAA convention next year?

**A:** If I remember, it's the weekend after Memorial Day

**Q:** They're holding it in person and it's just a different weekend?

**A:** Yes. In person in NYC.

**Q:** Where is the COSA Archive going to go? On the website?

**A:** There is no specific plan now. We're just trying to collect everything at the moment.

**Q:** When will we know about the date of the 2023 Convention?

**A:** That is yet to be determined.

**Q:** How is the COSA Teens meeting going?

**A:** There has been one meeting so far. While waiting for the word to get out, organizers are spending time making preparations for future meetings including two at the Convention - one for teens and one for parents of teens.

**The Delegate Mentor/Mentee**

The Delegate Mentor/Mentee program is the pairing of new Delegates with Cosas who have been Delegates in the past. Former Delegates share their knowledge with new Delegates. Mentors answer questions and help guide Mentees in their understanding of Delegate responsibilities prior to and during the Annual Delegate Meeting. If you would like to be a Mentor or a Mentee please email

[delegateliaison@cosa-recovery.org](mailto:delegateliaison@cosa-recovery.org)

**Delegate Checklist and Responsibilities**

Delegate registration is open.

This document was reviewed and can be viewed on the Delegate page of the COSA website. [https://cosa-recovery.org/wp-content/uploads/2022/01/Delegate\\_Checklist\\_and\\_Responsibilities.pdf](https://cosa-recovery.org/wp-content/uploads/2022/01/Delegate_Checklist_and_Responsibilities.pdf)

**Q:** Is the \$15.00 virtual registration fee for anyone attending the meeting: Delegate, alternate Delegate or visitor?

**A:** Due to the complexities of online voting, we will not be able to accommodate virtual visitors this year. The \$15.00 fee is for either the Delegate or Alternate Delegate (whoever is attending and only one at a time can attend). Visitors are welcome at the Delegate Meeting in Atlanta. The fee for in-person visitors is \$60.00 including lunch.

**Q:** Is the Delegate registration fee separate from the Convention registration?

**A:** Yes. Registration for the Delegate meeting is separate from the Convention registration.

### **The Twelve Concepts of Service**

These concepts are complex, even the most experienced COSA members and delegates are still learning the meaning of them. The Board studies one concept a month.

They are available on the COSA website here: <https://cosa-recovery.org/resources/the-12-steps-traditions-and-concepts/>

### **Literature\_**

Some Literature in Development is available for fellowship review. It can be found on the COSA website under the tab literature in development. You can download it and review it /share it with your groups. <https://cosa-recovery.org/literature/literature-in-development/>

Literature to be voted on this year is not online yet, but will be made available as soon as possible and at least 30 days prior to the Annual Delegate meeting. This year, the literature to be voted on is:

- Step 12
- Concepts 6, 7, 8 & 9
- Tools: Serenity Prayer, Honesty, and Practicing Gratitude

Below is a brief overview of the process of the creation of literature:

- A writer and editor draft a chapter
- It goes back to the committee for feedback
- The writer and editor rework a version to present to the fellowship
- The fellowship members have 90 days to provide feedback
- It goes back to the writer for final revision
- Then it goes through Expedited Review (ER) to ensure all our literature is clear and consistent in grammar.
- Finally, literature is posted online and presented at the Annual Delegate Meeting for a pass/fail vote. All the changes since the 90 day feedback period from the fellowship are highlighted in green.

The time for commenting on the literature in development is during the review period. At the Delegate Meeting there is no further discussion. It is a yes or no vote only.

**Q:** Where do I download literature in development?

**A:** Go to the Literature tab on the website and click on Literature in Development. That will take you to the Literature in Development page and on the right, under Request for Input on Upcoming Chapters is all the literature currently available for fellowship review. <https://cosa-recovery.org/literature/literature-in-development/>

**Q:** Will you redistribute all the literature that's up for a yes or no vote 30 days prior to the meeting? And will we advise everyone it's just a yes or no vote?

A: Yes

**Q:** Do we direct members to the website or distribute the literature to our members?

**A:** It's up to the Delegate. The delegate can download it and email it to the members or direct them to the website.

**Q:** What's your guidance on how to speak to our meetings about what we as Delegates can bring to the Delegate Meeting regarding literature feedback?

**A:** Everyone's voice is important. The time for sending feedback on the literature is during the 90 days when literature is up for review. The Literature Committee does their best to incorporate all the feedback they receive from the fellowship during the review period. If anyone still has any concerns or comments about the final versions to be voted yes or no on they can email the literature committee [litcom@cosa-recovery.org](mailto:litcom@cosa-recovery.org) or [nanh.cosa@gmail.com](mailto:nanh.cosa@gmail.com) to have their comments heard. Delegates are responsible for bringing their group's vote only.

**Q:** How do we encourage our home groups to bring business to the delegate meeting to help steer the ISO from a grassroots level?

**A:** The delegate meeting allows the voice of the fellowship to be heard in a very unique way. Every group has the right to bring any proposal to the Annual Delegate meeting. There are no rules about what a group can propose. The groups just need to be respectful of the time frame. The delegate business form is due on April 1, 2022. If your meeting has a proposal, please use the form found here: [https://cosa-recovery.org/wp-content/uploads/2019/11/Delegate\\_Business\\_Form.pdf](https://cosa-recovery.org/wp-content/uploads/2019/11/Delegate_Business_Form.pdf)

**Q:** Are the Concepts going to be edited and will they be included in the book?

**A:** There are no plans to edit or revise the Concepts at this time. They will be included in the COSA book.

**Q:** What is the status of the Promises? Does it have anything to do with the Delegate Meeting?

**A:** We are seeking the history of the Promises- where did it come from, who wrote it, how long has it been around, was it ever voted on by the COSAs? It has nothing to do with the Delegates. We are just seeking information at this point.

**Q:** When will the final version of the literature be on the website?

**A:** 30 days before the Annual Delegate meeting

**Q:** How do you become a writer?

**A:** We are always looking for writers and editors. Please contact the Literature Committee to volunteer. [litcom@cosa-recovery.org](mailto:litcom@cosa-recovery.org)

**Q:** What is the expected date when the budget will be available for review?

**A:** April 1, 2022

**Q:** How do we get the word out about COSA? How do we publicize COSA?

**A:** In a non advertising way we are able to say, " this is what we have, this is what we can offer you". The challenge in getting the word out is that as a fellowship we have limited resources in terms of people and finances.

## **Next Meeting Time(s)**

Delegate meeting #2 of 3:

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| <p><b>CONTENT:</b></p> <ul style="list-style-type: none"> <li>• Board / Committee updates</li> <li>• Guidelines for participation at the Annual Delegate Meeting</li> <li>• The Twelve Traditions</li> <li>• Literature to be voted on</li> </ul> | <p><b>Saturday, April 23, 2022</b></p> <p>12pm Pacific / 1pm Mountain / 2pm Central /<br/>3pm Eastern / 8pm GMT</p> <p><b>OR</b></p> <p><b>Sunday, April 24, 2022</b></p> <p>9am Pacific / 10am Mountain / 11am Central / 12pm Eastern / 5pm GM</p> |
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Meeting link: <https://us02web.zoom.us/j/88925303710>

Password: **Delegate**

**Close with Serenity Prayer**