

Delegate Video Conference Notes 2022

Delegate Meeting #2 of 3, on April 9, 2022, and repeated on April 10, 2022

Delegate liaison: Jean

Email: delegatelaisson@cosa-recovery.org

Serenity Prayer

Introductions

Board/Committee Updates - Mary H (4/9/22) and Julana (4/10/22)

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

- In January the COSA office sent out 270 end of year donation statements by email. Twenty-eight bounced back. If you are looking for a donation statement for your taxes and haven't received one please contact Susan at the COSA administrative office. isocosaoffice@gmail.com
- Online Literature sales for January were \$881.00 from the COSA bookstore and \$65.31 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- COSA Archive and the collection of historical documents; Mary H is working on the history of COSA.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 email Mary. mary.naplesflorida@gmail.com
- The Board has put together a proposal to be voted on at the Delegate Meeting to get greater representation from the fellowship and to lower the cost of attending the Annual Delegate Meeting. Delegate meetings have been successfully held on zoom in 2020 and 2021. Participation was higher during those two meetings than in all previous years. The Board is also considering moving the Annual Delegate meeting to another weekend which may be more accessible for Delegates. Here's the link to the Board proposal:
https://cosa-recovery.org/PDF/Delegate_Business_Form--Delegate_Meeting_Schedule.pdf

Nomination committee

- One candidate will be put forward for the Delegates to vote on at the Annual Delegate Meeting.

- We are always looking for candidates. You can nominate yourself or someone else. You can nominate someone for future years. It's never too early to put a name forward.

7th Tradition Committee:

- The page on the COSA website will be revised to include the 7th Tradition and to explain what it is.
- Once that has been done other 7th Traditions financial issues will be considered by the committee.
- Changes to the webpage will occur over time.
- If you are interested in serving on this committee please email Mary. Her email is mary.naplesflorida@gmail.com

The Outreach Committee

- The Outreach committee has prepared a questionnaire about the date and time of next year's COSA Convention. (Next year's SAA Convention is in New York City and will not be held on Memorial Day Weekend). The outreach committee wants to know what the fellowship thinks about our Convention next year and in future years; is Memorial day weekend a good one for us? Is that a good time of year for us? Do we need to be more selective about locations? What would work best for you, your meetings? The questionnaire will be in the Balance Newsletter and on the website soon. The Outreach committee wants to hear from you. Here's the link: <https://forms.gle/NNzRwp9gn8Tqo3Bm8>
- There is an Outreach Committee branch in Europe headed up by UK Board member Jo G. Work is focused around disseminating information and making literature more available in Europe and the UK where the fellowship is growing by leaps and bounds.
- COSA Teen meetings are sponsored by Outreach. The meetings are for teens aged 13 to 18 years old whose lives have been affected by compulsive sexual behaviour. The meetings are designed to give Teens a place to grow with and from each other's experience, strength and hope. There will be an informational meeting about COSA Teens at the convention and a Teen meeting online at the convention.

Budget Committee

- The Budget Committee is working hard and will have the annual budget available on line prior to voting at the Annual meeting.

Technology Committee

- The Technology committee is working on how to make the website more user friendly and increase searchability. The committee is considering; do the pictures represent who we are, do we like the wording, is it easy to use, how do we make it more accessible, how do we make it more inclusive.
- They welcome input and feedback from Delegates and members.

Convention Committee:

- The Convention will be held in The United States in Atlanta, Georgia, May 27th - 30th, 2022.
 - There's still time to submit a workshop proposal for this year's convention.
 - Mary will be presenting a workshop on Step 9, making amends. If anyone has real experience making their direct amends to such people wherever possible, except when to do so would injure them or others and would like to work with Mary on presenting this workshop then please contact her.
mary.naplesflorida@gmail.com

Q: Is the workshop on Step 9 going to be available by zoom?

A: I have asked for virtual participation to be an option.

Q: Do you need any experience to join the 7th Tradition Committee? And does it require technical experience?

A: Not necessarily. We read the long version of the COSA 7th Tradition that the Delegates approved a few years ago. Using that as our guiding principle means you don't need long service experience, it's more about honouring what the Delegates voted on. Most of the language for the web page has already been developed and in terms of tech, that will be handled by the Technology committee. The next item we will be taking up on the 7th Tradition committee will be receiving bequests. At the moment we have no policy on that.

Q: Where do I find a recording of the Delegate video conference?

A: The videos will be posted on the Delegate teleconference page of the website.

<https://cosa-recovery.org/meetings/delegate-teleconference/>

Q: Can the questionnaire be sent to all the Delegates?

A: Yes. It will be emailed to the Delegates. Here's the link:

<https://forms.gle/NNzRwp9gn8Tqo3Bm8>

Q: Is the Finance Committee concerned about the number of people who have registered to attend the convention in person and whether we will have enough hotel rooms booked to offset the cost of the meeting rooms? Are we trying to encourage more people to attend in person?

A: The Convention expenses and hotel rooms fall under the Convention Committee budget. At this point we don't know how many people will be attending. People often wait until the last minute to register and this year, with Covid, we think people are still deciding. We just don't know what the numbers will look like yet.

Q: The hotel is 18 miles from the airport. Taxis and Ubers are very expensive. There is a monorail that costs \$2.50 and it stops just two blocks from the hotel. Can that be publicized?

A: Yes. I'll make the convention committee aware of that.

Q: Who is the head of the Convention committee? Last year the hotel room count went right down to the wire and 1 or 2 rooms made a difference. I wondered if we could say if you register by a certain date your room cost would be discounted?

A: Board members Chris and Jo are joint heads of the Convention Committee. The rooms are already discounted by the hotel. We have a convention room rate. We offered an early bird registration fee which was discounted.

Q: How do I contact Jo and Chris? Where do I find their email addresses?

A: They can be contacted at this email address: convention@cosa-recovery.org

Guidelines for Participation at the Annual Delegate Meeting 2022

We read The Guidelines for Participation at the Annual Delegate Meeting. They are available here:

https://cosa-recovery.org/wp-content/uploads/2022/02/Guidelines_for_Delegate_Meeting.pdf

Q: Where can I find the Safe Communications Guidelines? I looked for them after the last Delegate meeting and couldn't find them.

A: The Safe Communication Guidelines can be found under the Delegate Meeting Guide Documents at the bottom of the Annual Delegate Meeting page on the website. They were taken down to be updated and are back online now. You can use this link to access them directly: https://cosa-recovery.org/wp-content/uploads/2019/11/ISO_of_COSA_Safe_Communications_Procedures.pdf

Delegate Registration

We reviewed the registration process for the Annual Delegate Meeting. We visited the cosa-recovery.org website, selected the Annual Delegate meeting page from the drop down menu and once we were on that page we reviewed the registration process step by step. Here's the direct link: <https://cosa-recovery.org/conventions/annual-delegate-meeting/>

Q: I haven't connected very well when I have volunteered to be a Delegate Mentor. Or haven't connected at all. For those who are thinking about being a mentor or a mentee, where is the guidance?

A: The Delegate Liaison matches the Delegate Mentors with Mentees. There are more Mentors than Mentees in my experience so not everyone is connected.

Literature Committee - Amy B (4/9/22) and Sandy (4/10/22)

The final versions of all the eight chapters (Concepts 6, 7, 8 & 9, Step 12, Tools: Serenity Prayer, Honesty, and Practicing Gratitude) will be available for review shortly on or before April 20th. They will be posted on the Annual Delegate meeting page. This will give Delegates an opportunity to share them with their groups and get direction from their meetings prior to voting.

Here's a brief overview of the process of creating COSA literature. Here's how a chapter becomes a chapter in the basic text:

- A writer and editor create a draft chapter
- That draft chapter is sent to the Literature in development committee for group editing
- The writer and editor rework a version to present to the fellowship
- The fellowship members have 90 days to provide feedback

- The writer and editor incorporate the fellowship feedback into a final version of the chapter
- That final chapter is sent back to the literature in development where it is edited once again
- Then it goes through Expedited Review (ER) to ensure all our literature is clear and consistent in grammar.
- Final drafts of the literature are posted 30 days before the Annual Delegate meeting for Delegates to share with their meetings.
- Final drafts are 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.

All literature approved by the Delegates at the Annual Delegate meeting undergoes outside editing prior to the book's publication.

Here's an update on the Cosa book:

- All the step chapters with the exception of Step 12 have been approved. We will be voting on Step 12 at the Annual Delegate meeting this year.
- All of the Traditions have been written and approved.
- Concepts 6, 7, 8, & 9 have been written and will be voted on this year.
- Three tools: The Serenity Prayer, Honesty and Practicing Gratitude will be voted on this year.
- Concepts 10, 11 and 12 have already been written and will be voted on next year.
- The tools Celibacy and Working the 12 Steps will be voted on next year.
- We will be writing Introductions to Tools, Concepts, Traditions and The 12 steps as well as Welcome to COSA, What is COSA and The History of basic text.

The book will be finished by next year. It will take a few months for the entire book to go through a professional editor prior to publication.

We are looking for a yes or no vote on literature at the Delegate meeting. Does your group agree to pass this chapter? At the Delegate meeting we will not be entertaining feedback because everyone has already had 90 days to review it. It's a yes or no vote only.

This year the Literature Committee will be presenting Step 12, Concepts 6,7,8, and 9, Tools: The Serenity Prayer, Honesty and Practicing Gratitude for a yes or no vote at the Annual Delegate meeting.

The literature committee is thrilled to have new COSA members participating in all aspects of the Literature Committee. We are looking for additional writers, editors and committee members and are grateful for the support we receive from the fellowship. If anyone would like to join the committee you would be most welcome. We need more people.

Q: When will the Final Literature in Development and all the other material we will be voting on be available for review?

A: Everything must be posted 30 days prior to the Annual Meeting. This year that will be on or before April 27th.

Q: It doesn't make any sense for us to have people look at what was previously posted on the website because edits have been made after the fellowship input so that's why I'm telling my meeting that we are waiting to see the final versions. They can't look in advance because they just have to be patient. They just have to wait.

A: Yes. We give everyone as much time as possible to offer feedback. We are really busy now and are trying to honor all the feedback we've received. We ask for patience so we can have our time to get everything properly submitted to the ER and ready for the Delegate meeting.

Q: The Serenity Prayer, Gratitude and Honesty will all be on the website at the end of April?

A: Yes, literature will be available 30 days prior to the Annual Delegate meeting.

Q: Are the drafts still available on the website? My meeting likes to use the drafts as topics in our meetings. We went to the website to try and get those three and we couldn't find them anymore. Can we get a copy of those to use as topics for our meeting, not for voting?

A: We know that some meetings like to use drafts for their meetings. We are willing to share the drafts when asked.

Q: I need to have an Alternate Delegate backing me up. Is my Alternate allowed in the room so I can teach her how to be the Delegate in the future?

A: All COSAs are welcome to attend any of the Delegate video conferences to learn about the responsibilities of being a Delegate and how to vote. We are able to welcome visitors to the in person portion of this year's Annual Delegate meeting. We are not able to accommodate visitors online.

Q: If someone in my group volunteers to be an Alternate Delegate for our meeting who would I contact?

A: Please contact the Delegate Liaison at: delegateliason@cosa-recovery.org or you can add an Alternate's name to your group information online here:

<https://cosa-recovery.org/meetings/register-a-cosa-meeting/>

Q: My meeting is listed in the registration drop down menu as being on zoom but it's in person now. There is another meeting on zoom that used to be our meeting. How do I get that online listing corrected?

A: You can update your meeting listing by using this link:

[link.https://cosa-recovery.org/meetings/register-a-cosa-meeting/](https://cosa-recovery.org/meetings/register-a-cosa-meeting/) Or go to the COSA website and select Meetings. You'll find a drop down menu there. Select Register/Update a meeting. Once you're on that page scroll down and you'll see a box that reads Click to register/update a COSA group. That will take you to the COSA Meeting Registration Form. Fill out the information requested and the information will be used to update your meeting on the website.

The 12 Traditions

The 12 Traditions can be found on the cosa-recovery.org website in the drop down menu under resources. <https://cosa-recovery.org/resources/the-12-steps-traditions-and-concepts/>

Q: Could you reconfirm the date and time of this year's Delegate Meeting?

A: Yes, Its Friday, May 27th from 9am to 5pm EST

Q: When will the agenda be available?

A: No. We'll let you know when that's available.

Q: What does the day of the Delegate meeting look like? What's the content? What gets voted on and what is discussed in a typical delegate meeting?

A: Last year's agenda is a good model for what to expect this year. Last year we had a Welcome, Introductions, a review of Voting, Rules of Order, Guidelines for Participation and Safety Guidelines. There was an explanation of the Board Nomination Process and Introductions of Board Nominees followed by a discussion on the Budget and vote. The results of the Board Election were announced and we heard about the Basic Text Chapter development process and timeline. We voted on the proposed new chapters. Then we heard about Board Committees and Opportunities for service. Delegate questions, comments and concerns were heard and an evaluation survey was sent. There were breaks in the schedule throughout the day.

Q: Are we allowing anyone to attend the Delegate Meeting on zoom this year?

A: This year, online, we can accommodate Delegates or Alternate Delegates (when the delegate isn't able to attend), Board members and Board nominees. We are not able to open the meeting to other Cosas this year.

Q: I thought that the online Delegates weren't allowed to vote. Did I misunderstand?

A: Online Delegates are allowed to vote.

Q: If my Alternate Delegate is with me in person in Atlanta can she come to the Annual Delegate Meeting?

A: Yes. We are welcoming visitors to the in person part of the Delegate Meeting.

Q: Will the Delegate Liaison be sending something out when there are new postings on the website so we don't have to check the website every day?

A: Yes. Delegates will be emailed when new information is available.

Q: When the Delegate packet (everything the Delegates will be voting on) is available on the website is there an announcement in COSAs In the Know? Has it been posted in COSAs in the Know in the past?

A: As soon as the Delegate packet is ready the Delegates will be notified. It will be announced in COSAs in the Know.

Q: Could a Board member please say something briefly about the email that was sent out about April 11th and the information giving meetings a heads up about anticipating a possible increase in calls.

A: A Cosa had been reading Dear Abby and responded to Dear Abby mentioning the COSA fellowship as a resource. Dear Abby is going to publish this person's response to Dear Abby's earlier publication from somebody who must have had a loved one with sex addiction. Dear Abby contacted the COSA and said Dear Abby was going to publish their letter and the fellowship should expect an increase in calls and people reaching out to us. The letter is scheduled to be published on April 11th. The information was brought to us by another Board member.

Q: How many delegates have registered to date?

A: 25 total as of today. 15 virtual and 10 in-person

Q: How many delegates did we have last year?

A: 43

Next Meeting Time(s)

Delegate meeting #3 of 3:

<p>CONTENT:</p> <ul style="list-style-type: none">• Board / Committee updates• Delegate Registration• Literature to be voted on• Safe Communications Procedures• Delegate Rules of Order• Voting Procedures• MANDATORY VOTING	<p>Saturday, April 23, 2022</p> <p>9am PST / 10am MST / 11am CST / 12pm EST / 5pm GMT</p> <p>OR</p> <p>Sunday, April 24, 2022</p> <p>12pm PST / 1pm MST / 2pm CST / 3pm EST / 8pm GMT</p>
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Meeting link: <https://us02web.zoom.us/j/88925303710>

Password: Delegate

Close with Serenity Prayer