

# STARTING A NEW COSA MEETING



## SUPPORT

It is useful to have two or more people working together to start a new meeting. Each should commit to regular attendance for the first 6 months of the meeting.

Have an experienced COSA help guide you through the process. If you don't know someone to ask, request a Meeting Sponsor through the COSA ISO by emailing [meetingmentors@cosa-recovery.org](mailto:meetingmentors@cosa-recovery.org).

If you have a COSA Intergroup in your area, they may donate startup money to cover beginning rent and literature. <https://cosa-recovery.org/meetings/cosa-intergroups/> Otherwise, the founding members may need to contribute to this cost, which can be reimbursed once the meeting is self-supporting.

## LOCATION

**For a face-to-face meeting:** Find a location – approach houses of worship, hospitals, community centers, and so forth, for a room to rent.

**For a Zoom meeting:** Contact COSA Zoom Intergroup to request permission to establish a

new meeting on COSA's Zoom channel.

[cosazoomroom@yahoo.com](mailto:cosazoomroom@yahoo.com)

## REGISTRATION

Register your meeting and get it listed on the COSA website: <http://cosa-recovery.org/registration.html>

Establish an anonymous email that belongs to the meeting (Example: TueAnytownCOSA@whatever.com) and assign someone to monitor it.

## SCRIPT

Decide on a script: Examples are in the meeting guide and COSA Zoom website, but every group is autonomous.

COSA Meeting Guide: [http://cosa-recovery.org/PDF/The\\_COSA\\_Meeting\\_Guide.pdf](http://cosa-recovery.org/PDF/The_COSA_Meeting_Guide.pdf)

Zoom readings and info: <https://cosazoomroom.org>

Determine and define service positions.

*For a face-to-face meeting:* Create a meeting bag to hold a binder with the meeting script and readings, envelopes for 7<sup>th</sup> Tradition donations, room key, literature, phone list, paper, and pens.

## OUTREACH

Do additional outreach now and on an ongoing basis.

More information and resources can be found in the

## COSA Meeting Guide

<https://cosa-recovery.org/meetings/the-cosa-meeting-guide/>

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Ask any local recovery friends and members of your other meetings to help the new meeting by attending. A personal request is powerful.

Announce the new meeting on COSA Zoom meetings, the *Balance* newsletter, and COSA email lists. Submission details can be found on the COSA website, [www.cosa-recovery.org](http://www.cosa-recovery.org).

Your local community newspaper may post free announcements for nonprofits.

Request the basic COSA flyer to which you can add your meeting details by emailing [outreachcommittee@cosa-recovery.org](mailto:outreachcommittee@cosa-recovery.org).

Including the full location details and your meeting's email address makes it accessible for newcomers.

Distribute your flyer in print and electronic form to:

- Other COSA meetings
- Your local Intergroup
- Local fellowships for sex addicts
- Local CSATs, therapists, and medical professionals
- Locations that host other 12-step meetings
- Community bulletin boards