



ISO OF COSA ATLANTA CONVENTION 2022

FRIDAY, MAY 27 TO MONDAY, MAY 30

This hybrid convention is filled with a variety of COSA recovery topics and a special focus on this year's theme, **Unity in Diversity**. We are especially excited to be offering events to accommodate the various time zones. Most of our sessions will be hybrid so that COSAs from all over the world can be part of the convention. Our sessions and speaker events will be recorded and available to purchase as MP3s from the COSA website (cosa-recovery.org) later this summer should you not be able to attend an event.

Overview of Events for COSAs in Person

All meetings are Open and may be attended by anyone registered at either COSA or SAA conventions unless Marked with C which stand for Closed. Closed meetings are for COSA's only. All meetings will be live streamed unless marked with



Who has access?

Panels, workshops, and scheduled events are open to COSA convention and SAA registrants unless noted as "Closed". For these, only COSA registrants may attend. The 'Serenity & Support' room is available to COSA registrants only.

Need Support?

Often issues arise during the convention when you might want to talk with someone for support. Please be reminded that you are not alone. **The Serenity & Support Room** is available during the following times on Saturday and Sunday is located in **Vinings Room**

10am till 10.30am
1pm till 1.30pm
5pm till 5.30pm

Fellowship Room

Vinings Room will be open throughout the convention for fellowship with the exception of the times above

Friday May, 27

7.00pm EDT **Opening Speaker** **Mary H** 90mins **Buckhead Ballroom**

Saturday May, 28

9.15am EDT 'Let it Go' First Step Story **Naomi K** 75mins **Peachtree**

9.15am EDT Unity in Diversity Panel **Peter F, Shaila** 75mins **Ansley**

11.00am EDT Traditions Explored Creatively **Martha Jean** 75mins **Ansley**

11.00am EDT Writing for Recovery Workshop **Amy, Sara** 45mins **Peachtree**

12.30pm EDT **COSA Speaker Luncheon** **Catherine** 90 mins **Buckhead Ballroom**

2.00pm EDT Tradition 3 Panel **Jo G, Mary H** 75mins **Peachtree**

2.00pm EDT 'The Teen Brain & what to do about it' **Martha Jean, Julana** 75mins **Ansley**

4.00 pm EDT Seventh Tradition Workshop **Sylvan** 60 mins **Peachtree**

4.00 pm EDT Adult Children of SA Meeting **Kerry M** 75mins **Ansley**

7.15 pm EDT Meditation **Paul K** 15 mins **Peachtree**

7.30pm EDT 12 Steps in 15 Mins Workshop **Kerry M, Peter F** 75mins **Peachtree**

Sunday May, 29

9.15am EDT Starting a Meeting Workshop **Jo G** 75 mins **Peachtree**

10.30am EDT Taking Action in your Recovery Steps 4-10 **Catherine E** 75mins **Peachtree**

10.30am EDT Town Hall with the COSA Board **Chris** 75mins **Ansley**

2.00pm EDT Recovery from Trauma Panel **Chris** 75mins **Peachtree**

2.00pm EDT COSA Teen ONLINE Meeting **Martha Jean** 60mins **online only**

4.00pm EDT Step Nine Workshop **Mary H, Kerry M** 75mins **Peachtree**

4.00pm EDT LGBTQIA2S+ Meeting **Sylvan M** 75mins **Ansley**

5.30pm EDT **COSA and SAA Banquet Speakers** **Jana, Bob** 90mins **Buckhead Ballroom**

7.30pm EDT Intro to Healthy Intimate Relationship Mtg **Jana, Bob** 75mins **Peachtree**

7.30pm EDT Dating/ Being Single in COSA **Sara L, Julana** 75mins **Ansley**

Monday May, 30

10.00am EDT **Closing Session Re-entry** **Eveline, Marlane** 90mins **Buckhead Ballroom**

CONVENTION FEEDBACK FORM

<https://forms.gle/xd5SLtjKd1iy4uXk7>

We want to know about your convention experience. Please answer a few questions on our short, simple feedback form to help us plan for future COSA conventions.

Have a problem?

If you have a problem and you need to inform the Convention Committee, please email convention@cosa-recovery.org

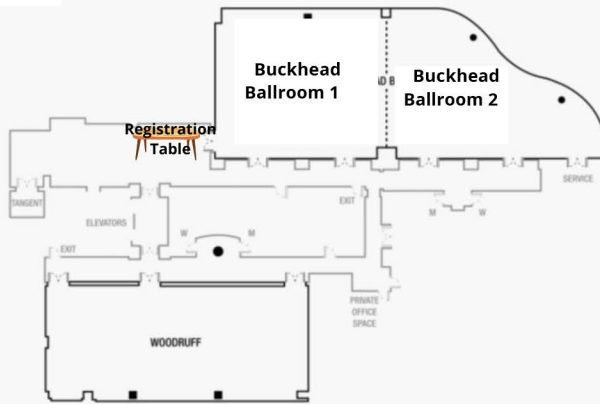


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Hotel Floor plan

Floor 2



Registration Table

Registration will be open at the following times

- Friday 8.15am - 9am Floor 2
- Friday 6.30pm - 7.00pm Floor 2
- Saturday 8.30am - 9.15am Floor 3
- Sunday 8.30am - 9.15am Floor 3

Buckhead Ballroom 1

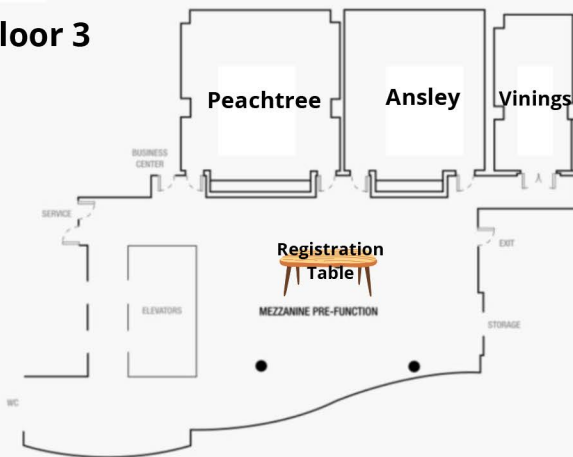
Times of Speakers

- Friday 7pm Opening Speaker Mary H
- Saturday 12.30pm COSA Speaker Luncheon Catherine
- Sunday 5.30pm COSA and SAA Banquet Speakers Jana, Bob
- Monday 10am Closing Session, Re-entry Eveline, Marlane

Meals will be served for the banquets at the following times:

- Saturday 12pm
- Sunday 5pm

Floor 3



Peachtree and Ansley Rooms

Meetings will run throughout the convention weekend in the Peachtree and Ansley rooms. Please check page 1 of the schedule for Information.

Vinings Room

This room will be used for Fellowship during the convention weekend, apart from the following times:

10am-10.30am,
1pm- 1.30pm
5pm-5.30pm

which will be set aside for anyone who needs some extra 'Serenity and Support'

If you need extra support outside the above times there will be contact information available.

Donations

Seventh Tradition

Every COSA group ought to be fully self-supporting, declining outside contributions.

Contributions are to be made by COSA members only. Members can make their contribution by PayPal. Just scan the QR code or visit the link below.



DONATE HERE

Hospitality Suite

A room has been made available for all members of COSA to use throughout the convention.

If you wish to use the facilities please call Eveline on (949) 400 2168 to arrange for an escort to the room.

A keycard is needed to access the Hospitality Suite



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COSA is an anonymous, international Twelve Step fellowship for those whose lives have been affected by compulsive sexual behavior. The COSA fellowship is steadfastly autonomous; it is not affiliated with any other organizations. We are also self-supporting, sustained entirely by voluntary donations of time and money from our members. Our primary purpose is to carry the message to those who still suffer. We do this by practicing the Steps, Traditions, and Concepts, as well as by sharing our experiences and listening to others. In COSA, we find hope whether or not there is a sexually addicted person currently in our lives. Through this program of recovery, we heal from our pain and come out of isolation. Our relationships and our lives become more meaningful and more fulfilling. In COSA we discover inner strength, unshakable serenity, deep joy, and lasting freedom.

COSA is:

An anonymous Twelve Step fellowship

Self-supported through the voluntary contributions of members

Not affiliated with outside organizations, including treatment centers, religions, or therapy.

COSA Diversity Statement

- COSA Diversity is consistent with the Third Tradition of COSA, which states that the only requirement for COSA membership is that our lives have been affected by compulsive sexual behavior.
- The COSA Fellowship welcomes all genders, all varieties of relationship to the addict, all religious and spiritual preferences, all employment statuses, all marital statuses, all ethnicities, cultures, and languages. COSA does not discriminate on the basis of class, sexual orientation or gender identification, physical or mental challenges, race, or national origins.
- In COSA, we find hope whether or not there is a sexually addicted person currently in our lives.
- COSA Diversity is consistent with the First Tradition of COSA, which states that our common welfare should come first; personal recovery depends upon COSA unity.

For more information on COSA, visit our website at cosa-recovery.org

ISO of COSA • 539, West Commerce Street # 1486 • Dallas, TX 75208

(866) 899-COSA (2672) • info@cosa-recovery.org

Guests/Partners of attendees of the SAA Convention

We welcome the Guests/Partners of attendees of the SAA Convention to come and explore COSA. We hope the convention, workshops, and attendees will assist them in determining whether COSA is right for them. We will share our experience, strength, and hope with all in attendance.



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Friday 27 May 2022

7pm Opening Speaker Mary H

Mary's life took a turn for the better when she found 12 Step recovery over 30 years ago. She is passionate about the study and practice of the Twelve Steps and Twelve Traditions and understands the importance of carrying this message of hope. Her introduction to COSA was through her attendance at the 2017 COSA Convention in Orlando, FL.

As she listened to speakers and went to COSA workshops, she experienced the message of hope, healing and peace she needed at that time. Mary realized then that she had found a new fellowship where she would be able to regain her peace with the help of her higher power, and at the same time continue her life journey in recovery.

Saturday 28 May 2022

9.15am 'Let it Go!' 1st Step story Naomi K Peachtree

What is the thing that helps us admit we are powerless over another person's addictive behavior and that our lives have become unmanageable? For Naomi K, It is music. She will share her recovery journey and how music helped her "Let it Go!" There will be opportunities for those attending to share music that is important in their recovery.

9.15am Unity in Diversity Panel Peter, Shaila Ansley

The theme of this years convention is UNITY IN DIVERSITY how do we navigate our diversity while staying united as COSA's around the world.

11am Traditions explored creatively Martha Jean Peachtree

Movement, games, music and more creative, artistic methods to help enjoy and understand the Traditions while working together in small groups as well as in a large group.

11am Writing for Recovery Workshop Amy, Sara Ansley

This workshop will demonstrate and model preferred methods of writing in order to clearly present your story for the Basic Text and the Balance Newsletter. In this workshop, you will be provided a format, guidelines and time to begin the writing process. We hope that many fellow COSA's will share their voices.



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Saturday 28, May 2022 cont...

12.30pm COSA Speaker Luncheon Catherine Buckhead Ballroom

Catherine first came to COSA in June of 1995 and is currently a member of the Grace Trinity Group in Minneapolis, MN. In her 27 years in COSA she has been privileged to witness many miracles as individuals navigate their journey in recovery. She will share her own journey; what she was like, what happened and what she is like now.

2pm Tradition 3 Panel Jo G , Mary H Peachtree

The only requirement for COSA membership is that our lives have been affected by compulsive sexual behavior. The members may call themselves a COSA group, provided that, as a group, they have no other affiliation. In this session we will talk about our own Experience Strength & Hope around Tradition 3. The room will then be open for sharing.

2pm 'The Teen Brain and what to do about it' Martha Jean, Julana Ansley

Research, experience, strength, and hope about recovery for teens of SAs and COSAs: How parents can shape their own interactions with teens and how teen brains are primed for their own recovery journey.

4pm Seventh Tradition Workshop Sylvan Peachtree

Every COSA group ought to be fully self-supporting, declining outside contributions and being self-supporting both personally and in COSA. Sylvan will be focusing on how the effects of compulsive sexual behavior affect being financially, emotionally and spiritually self-supporting. The workshop includes readings on the 7th Tradition, a handout and sharing.

4pm Adult Children or Sex Addicts Meeting Kerry M Ansley

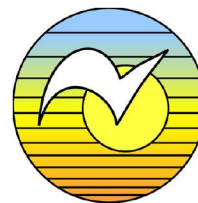
A meeting for Adult Children of Sex addicts.

7.15pm Meditation Paul K Peachtree

This 15 minute meditation is a gentle introduction into our next workshop 'Working the 12 steps in 15 minutes.'



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Sunday 29, May 2022 cont...

7.30pm 12 Steps in 15 Minutes Kerry M, Peter Peachtree

Recovery tool: Working all Twelve Steps in 15 minutes will be shared. Referring to the COSA literature that exists for the COSA Tool, we will walk through a live example of what it looks like/sounds like to work all Twelve Steps on a specific problem.

Sunday 29 May 2022

9.15am Starting a Meeting Jo G, Mary H, Eveline, Tasha Peachtree

In this workshop we will be sharing our Experience, Strength & Hope around how we started meetings face to face, zoom and hybrid. There will be time for questions, handouts and connection for anyone willing to start a new meeting.

10.30am Steps 5-10, Taking Action in Your Recovery Catherine Peachtree

Taking inventory and completing Step 5-10 can be daunting. I will do a brief overview, share the significance of them in moving ahead in your recovery journey. There will be a short worksheet that will only be shared with others if the participant is willing.

10.30am Town Hall with the COSA Board Chris Ansley

Board Members will answer questions about all aspects of COSA. Ranging from where COSA might be going in the future to how to be of service to COSA on the board, and many things in between!

2pm Recovery from Trauma Chris Peachtree

Experience, Strength, and Hope from three panelists about identifying trauma, doing trauma work, and the relief found from facing trauma. After the panelists speak, the meeting will open to shares or questions to the panelists

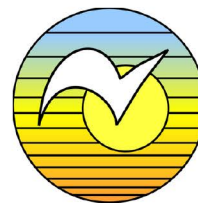
4pm LGBTQIA2S+ Meeting Sylvan Ansley

Deepen your recovery by hearing three panelists share their experience, strength, and hope about being part of the LGBTQIA2S+ community and also being a COSA. The panelists will be Charlotte N., Holly L., and Lyle E., and the panel will be facilitated by Sylvan M. After the panelists speak, there will be time for open sharing.

This panel is OPEN to adults age 18+: it is open to those who identify as LGBTQIA2S+, and also to those who do not; it is open to those in COSA recovery, and also those in other fellowships.



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Sunday 29, May 2022 cont...

4pm Step 9 Workshop Carrying out Step Nine Unity, Peace and Healing
Mary H, Kerry M Peachtree

Presenters will share their personal experiences of putting Step Nine into action by making direct amends and other in-direct amends when it was not possible to carry-out an amend directly. They will also share the results and outcomes of working this step. After two presentations, the room will be open for questions about Step Nine as well as personal shares from other attendees that have worked the Steps and carried-out Step Nine amends.

5.30pm COSA and SAA Banquet Speakers Jana, Bob Buckhead Ballroom

Jana W. from San Francisco shares her Experience, Strength and Hope gained from working the 12 steps in COSA. In four years of sobriety, she has seen the miracle of recovery in herself, her COSA fellows and her husband of 34 years.

Bob W. is an active member of the San Francisco SAA fellowship. Addicted to compulsive sexual behavior for most of his life, Bob will share his notes on traveling the road from shame to grace.

7.30pm Introduction to HIR - Healthy Intimate Relationships
Jana and Bob Peachtree

A 15 minute introduction to HIR meetings, followed by an hour-long HIR meeting

7.30pm Dating/ Being Single in COSA Sara L, Julana Ansley

Dating while in COSA recovery has it's own set of challenges and rewards. Some of us have found that dating brings up old thoughts and behaviors we thought we left behind. Others found entirely new behaviors and thoughts we did not expect. This workshop is for anyone who wants to consider the COSA issues that show up when we meet people and form new relationships. Two long term COSAs will share their experience, strength and hope. There will be time for discussion.

Monday 30, May 2022

10.00am Closing Session Re-Entry Eveline, Marlane Buckhead Ballroom

For some of us, we will face challenges returning to our lives after the convention. Here is a space to talk about those feelings and get support from COSA's who can hear us and identify with us.



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THANK YOU FOR BEING PART OF THE



ISO OF COSA ATLANTA CONVENTION

If you would like to be part of organizing the 2023 convention, no experience is necessary.

**Please email:
convention@cosa-recovery.org**

CONVENTION FEEDBACK FORM

<https://forms.gle/xd5SLtjKd1iy4uXk7>

We want to know about your convention experience.
Please answer a few questions on our short, simple feedback form to help us plan for future COSA conventions.