



**GATEWAY TO
RECOVERY**
WINTER 2023

2023 ISO of COSA Winter Retreat

Saturday, February 25 – Sunday, February 26

The Convention Committee is pleased to offer its first virtual retreat. The program includes a variety of COSA recovery topics with a special focus on creativity. We are pleased to offer sessions covering all Twelve Steps and all Twelve Traditions.

Most of our sessions and speaker events will be recorded and available to purchase as mp3s from the COSA website cosa-recovery.org later this spring should you not be able to attend an event.

Schedule of Events

Saturday, February 25

	UK	Eastern	Pacific
Welcome, Sara L., Opening Speaker, Theresa D. (75 minutes)	4:00 pm	11:00 am	8:00 am
Session Options (75 minutes).....	5:45 pm	12:45 pm	9:45 am
Snowman <i>Getting Unstuck: If This is Recovery, How Come Things Aren't Better?</i> Amy S.			
Snowflake <i>Meditation for the Restless Brain</i> Audrey P.			
Snowshoe <i>Steps One, Two, and Three--From Unmanageability to Letting God</i> Heather S., Jess H., Martha Jean			
Snowstorm <i>Traditions Trios--One, Two, and Three</i> Mary H., Kerry M., Diana L.			
Session Options (75 minutes).....	7:30 pm	2:30 pm	11:30 am
Snowman <i>Gradually the Gifts Multiply</i> Liz G., Sue Z.			
Snowflake <i>The Role of HIR Meetings in Our Relationship Recovery</i> Amy, Addison S., Nancy, Art, Anya, Eduardo			
Snowshoe <i>Part One: Steps Four and Five--Recovery in Action</i> Catherine E.			
Snowstorm <i>Traditions Trios--Four, Five, and Six</i> Eveline S., Linda P., Tracy S.			

Sunday, February 26

	UK	Eastern	Pacific
Session Options (75 minutes).....	4:00 pm	11:00 am	8:00 am
Snowman <i>Personal Growth Through Service</i> Kymberlee, Joey, Nan, Pat, Sara L.			
Snowflake <i>COSA Voices: Panel</i> Greta B., Kate M., Lyle E., Steve M.			
Snowshoe <i>Part Two: Steps Six, Seven, Eight, and Nine--Recovery in Action</i> Lizzie			
Snowstorm <i>Traditions Trios--Seven, Eight, and Nine</i> Stephanie H., Sarah S., Ruth G.			
Session Options (75 minutes).....	5:45 pm	12:45 pm	9:45 am
Snowman <i>ACSA Meeting</i> Kerry M.			
Snowflake <i>Circles of Recovery--Oh, For Me, too? Who Knew?</i> Pat D.			
Snowshoe <i>Steps Ten, Eleven, and Twelve--The Steps We Take to Maintain Our Sobriety</i> Jo W., Sarah L., T.N.			
Snowstorm <i>Traditions Trios--Ten, Eleven, and Twelve</i> Ben B., Marlane D., Margie Z.			
Gratitude, Sara P., Closing Speaker, Deb W. (75 minutes).....	7:30 pm	2:30 pm	11:30 am
Extra Sip, Theresa D., Sandy S., Suz (45 minutes).....	8:45 pm	3:45 pm	12:45 pm

