

## **Support**

It is helpful to have two or more people working together to start a new meeting. Each should commit to regular attendance for the first six months of the meeting. Have an experienced COSA 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. Find more information here: <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 the COSA Zoom Intergroup at [cosazoomroom@gmail.com](mailto:cosazoomroom@gmail.com) to request permission to establish a new meeting on COSA's Zoom channel.

## **Registration**

Register your meeting and get it listed on the COSA website at: <https://cosa-recovery.org/meetings/register-a-cosa-meeting/>

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

## **Script**

Sample scripts are in the COSA Meeting Guide and on the COSA Zoom website. Select one that fits and then adjust it as needed. Every group is autonomous so you can tailor the script to your meeting's needs.

COSA Meeting Guide:

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

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

Determine the service positions that will support your new meeting (secretary, treasurer, reader, etc.) This may change over time. For a face-to-face meeting, create a meeting bag to hold a binder with the meeting script and readings, envelopes for Seventh Tradition donations, room key, literature, phone list, paper, and pens.

## **Outreach**

Do additional outreach now and on an ongoing basis. Ask any local recovery friends and members of your other meetings to help the new meeting gain momentum by attending. A personal request is powerful. Announce the new meeting via COSAs in the Know email, the *Balance* newsletter, and local or Zoom Intergroups by contacting the *Balance* at [balance@cosa-recovery.org](mailto:balance@cosa-recovery.org) and COSAs in the Know at [ER@cosa-recovery.org](mailto:ER@cosa-recovery.org).

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 on the flyer makes it accessible for newcomers. Distribute your flyer in print and electronic form to:

Other COSA meetings

Your local Intergroup or the Zoom Intergroup

Local fellowships for sex addicts

Local CSATs, therapists, and medical professionals

Locations that host other Twelve Step meetings