

# Meeting Format – Optional

(Meeting leaders choose what to use or not.)

Welcome to the COSA ZOOM ROOM meeting. My name is \_\_\_\_\_ and I am doing service for this meeting. Before we begin, please unmute your audio to join in saying the (Host pick version here) of the Serenity Prayer (Clarify short 'me', 'we' or longer version):

'Me' Version (short version)

God, grant me the serenity to accept the things I cannot change,  
Courage to change the things I can,  
And wisdom to know the difference.

'We' Version (short version)

God, grant us the serenity to accept the things we cannot change,  
Courage to change the things we can,  
And wisdom to know the difference.

The Serenity Prayer (long version)

God, grant me the serenity to accept the things I cannot change,  
courage to change the things I can,  
And wisdom to know the difference.

Patience for the things that take time,

Appreciation for all that I have,

And tolerance for those with different struggles.

Freedom to live beyond the limitations of my past ways,

The ability to feel your love for me and our love for each other,

And the strength to get up and try again even when I feel it is hopeless.

(Read aloud) We welcome you to the Zoom COSA fellowship and extend to you our support and friendship. COSA is for people whose lives have been affected by another person's compulsive sexual behavior. COSA is an anonymous Twelve-Step recovery program for spiritual development, no matter what our religious or philosophical beliefs.

COSA offers hope whether or not there is a sexually addicted person currently in our lives. In COSA, we begin to experience relief from our isolation in the safety of an anonymous gathering with others who share our stories. Everything that is said in the group meetings and between members must be held in confidence. This promotes open and honest sharing of our experience, strength, and hope, creating a trust level that many of us have never before experienced. By working the Twelve Steps in COSA, we gain a new perspective on ourselves and our lives. If you decide you are one of us, we welcome you with open arms.

To keep the room safe, we COSAs:

- Mute our microphone unless sharing or when asked to unmute by the Lead.
- Are aware certain attire may be triggering for others and dress accordingly.
- Stay attentive, avoid cell phone use/texting, minimize distracting movements, eating, etc.
- Consider using ear buds if another person around us is able to hear anything. Meetings are private and anonymous. We make sure that we are the only person others in the meeting can see and that meeting participants are only visible to us.
- Keep our video on. We make a visual and verbal introduction when entering the room for the safety of others. When possible, we inform "Everyone" in the chat box as a courtesy to the group if we must turn off our video.
- Communicate any barriers at the beginning of the meeting. For example, if our home has people or activities going on, we may have to suddenly stop our video.

- Make a habit of arriving on time and staying for the entire meeting. To keep meetings healthy, we do not refer to specific acting out places, people, or behaviors, but rather speak in general terms and refer to how we feel. It is most helpful when members focus on the tools of the program, including the Steps, Traditions, and slogans, like “bring your mess to your sponsor and your message to your meeting.” It is part of the trusted servant’s role and

everyone’s responsibility to gently speak up if someone shifts away from these guidelines. [IF THERE ARE NEWCOMERS] If you are attending a COSA meeting for the first time, will you please hold up your hand and tell us your first name? This is not done to embarrass you, but so we may welcome you. (Newcomers introduce themselves) Welcome. We’re glad you are here. If you are interested in literature or an email list, please talk with the host or leader after the meeting.” Will someone be willing to read COSA 12 Steps? (Share Screen)

1. We admitted we were powerless over compulsive sexual behavior — that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood God.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, as we understood God, praying only for knowledge of God’s will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to others, and to practice these principles in all areas of our lives.

Would some be willing to read our 12 Traditions? (Share Screen)

1. Our common welfare should come first; personal recovery depends upon COSA unity.
2. For our group purpose there is but one ultimate authority — a loving God as expressed in our group conscience. Our leaders are but trusted servants; they do not govern.
3. 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.
4. Each group should be autonomous except in matters affecting other groups or COSA as a whole.
5. Each group has but one primary purpose — to carry its message to those who still suffer. We do this by practicing the Twelve Steps ourselves.
6. A COSA group ought never endorse, finance, or lend the COSA name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.

7. Every COSA group ought to be fully self-supporting, declining outside contributions.
8. COSA should remain forever non-professional, but our service centers may employ special workers.
9. COSA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. COSA has no opinion on outside issues; hence the COSA name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television, and other public media of communication. We need guard with special care the anonymity of all Program members.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

When we work the COSA program, we find that the symptoms of codependency are removed on a daily basis. The preoccupation with the addict decreases and for some will disappear entirely. Through recovery, we move away from a life of emotional turmoil to a healthier living experience. We encourage newcomers to attend at least six meetings in a row to get acquainted with the group, practice letting go of denial, and open up to receiving the gifts of this program.

Guidelines for Sharing in Meetings

(Read aloud)

Members are asked to share their own experience, strength, and hope(ESH) with the group, speaking in "I" (rather than using 'you') and keeping the focus on their own journey.

Advice-giving, telling others what they should do, scolding, preaching, judging or commenting on what people say or crosstalk are all strongly discouraged.

During the meeting participants will please refrain from directing their comments to a group member or using another participants name during share.

[IF APPLICABLE ~ LEADER TO ANNOUNCE before shares begin ] So that all attendees get an opportunity to share, please limit your shares to three minutes, allowing time for re-shares, check-ins (PEMSS), and readings.

(Read aloud) Now it's time to go to today's topic. ( [LEADER NOW SHARES SCREEN & has someone read today's topic]

Invitation to share: "The floor is now open for someone to share on today's topic."

(Leader: PLEASE RETURN HERE at end of meeting for any Announcements, offering [Inventory Question\(s\) of the Day](#), and other business.

CLOSING The host invites members to join in saying either the 'I Put My Hand in Yours' or Serenity Prayer (announce what version) (Leader to Screen Share). Meeting is officially over, and room opens to Open Chat.

I put my hand in yours, and together we can do what we could never do alone. No longer is there a sense of hopelessness, no longer must we each depend upon our own unsteady willpower. We are all together now, reaching out our hands for power and strength greater than ours, and as we join hands, we find love and understanding beyond our wildest dreams. – Rozanne S. From I Put My Hand in Yours. Copyright 1968 by Overeaters Anonymous, Inc. Reprinted by permission of Overeaters Anonymous, Inc.

OPEN CHAT After the meeting, it is considered 'open chat' where everyone can unmute microphones (as long as the noise level remains doable) and talk about whatever subjects are on

their heart. People can ask for feedback in the form of members sharing specific ESH (not advice). The only guidelines are that there is no SA bashing or explicit sexual talk.

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