

# COSA CD Order Form – All CDs are \$6.00

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Date: \_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_

## 1995 – Ann Arbor

- 95-1 "Coming Home to Yourself" Personal sharing of incest /inner child work.
- 95-4 "To Be or Not To Be" Afraid to be sexual, afraid not to be sexual.
- 95-5 "Forgiveness" How one member learned to forgive and continue to use recovery tools.
- 95-6 "My Recovery" Four years COSA, eight years AA recovery, a pain filled story.
- 95-7 "COSA Meeting Format" Four states share their meeting procedures and guidelines.
- 95-8 "Sponsorship Procedures & Guidelines" How to sponsor & pick a sponsor.
- 95-9 "Couples in Recovery" Focused recovery individually and as a couple.
- 95-10 "Retreats" Retreat experiences and importance of retreats as part of recovery.
- 95-13 "1995 Convention Welcome" Keynote speakers May B & Steve L., plus songs & music by convention participants.
- 95-14 "1995 Saturday Convention Banquet" Doris G. & Marilyn F. A must for a recovery library.
- 95-15 "1995 Saturday Convention Banquet" Maureen O. Introduced to her codependency through her son's sex addiction, stayed with her process of recovery to learn she too was sexually addicted.
- 95-16 "1995 Closing Ceremonies – Speakers Arnold D of SAA & Ila D of COSA

## 1996 - Minneapolis

- 96-1 "1996 Convention Keynote Speaker" Jennifer S.
- 96-2 "Beginnings of COSA & Ongoing Recovery" Marie B, Jean, Patti & Mary K. Tell about the beginnings of COSA, how it grew from living rooms to an international fellowship, and how their programs have changed with time.
- 96-3 "Talking with Family about Sexual Recovery" Mary, MN shares her experiences and thoughts on this topic.
- 96-6 "COSA Stories" Kathleen, Dee & Julianna share stories of what brought and kept them in COSA recovery.
- 96-7 "Celibacy - A Couple's Experience" Ila and Arnold D. share their experiences with celibacy as part of their recovery.
- 96-8 "Pairing Off in the Program" Jeremy shares his thoughts on how and why people in fellowships like COSA & SAA choose each other.
- 96-10 "Couples in Recovery" Minneapolis couples share their experience of recovering together.
- 96-11 "1996 Convention Keynote Speaker" Barb C.
- 96-12 "1996 Convention Keynote Speaker" Bill Y.

## 1997 - Houston

- 97-1 "Courage to Recover After Pain" Sharon G. & Jo Katherine D. Share about overcoming obstacles and pursuing dreams after divorce.
- 97-3 "Courage to Be - Using the 12 Steps" Ila D. Talks about using the Steps in all areas of life.
- 97-4 "Courage to Follow my Spiritual Path" Barb C. Shares her experience and leads a guided meditation.
- 97-5 "Courage to Give It Away So I Can Keep It" Charlotte S. shares about service work and how it affects her recovery.
- 97-6 "Courage to Break the Silence: Robin R & Marjorie K. Tell their COSA stories.
- 97-7 "1997 COSA/SAA Opening Ceremony Keynote Speakers" Lisa Mc (COSA) & Nan E. (SAA)
- 97-8 "1997 COSA Luncheon Keynote Speaker" Katy B.
- 97-9 "1997 COSA Closing Ceremony - Keynote Speaker" Robyn M.

## 1998 - Hampton

- 98-1 1998 COSA Convention Fri. Opening Keynote Speaker Kathy D.
- 98-2 1998 COSA Convention Saturday Banquet- Keynote Speaker Ila D.
- 98-3 1998 COSA Convention Sunday Lunch Keynote Speaker Rozanne W.
- 98-4 "1998 COSA Convention Mon Brunch Keynote Speaker" Ruth B.
- 98-5 "Steps 1, 2, & 3" - Burnet O.
- 98-6 "Steps 4 & 5" - Barb C.
- 98-7 "Steps 6 & 7" - Panel Discussion
- 98-8 "Steps 8, 9, & 10" Panel Discussion
- 98-10 "Living Without & Living With a Sex Addict" Bonnie & Bernie
- 98-11 "A Couples Story" Jan W. & Paul W. talk about 37 years of marriage (including 10 years in recovery)
- 98-12 "Forgiveness" Barb C shares her experience

## 2002 – San Francisco

- 02-1 "2002 COSA Convention Saturday Banquet Keynote Speaker" Dan O.

## 2003 - Portland

- 03-2 "Fear—Name our fears, discuss how to overcome them" Ila D & Donna J
- 03-3 "The 2nd Step in COSA" Mavis B.
- 03-4 "How to Start a COSA Meeting" Charlie E. & Stacy H.

## 2004 - Dallas

- 04-1 "COSA/SAA Dallas, TX Story & Banquet" Gwen W.
- 04-2 "Learning to Take Care of Yourself—In spite of Your Core Beliefs" Ila D
- 04-4 "Reclaiming Our Sacred Sexuality" Margaret C.
- 04-5 "Working with others: Sponsorship" Julie B.

(Continued on next page)

Revised 06/09

**2005 – New Orleans**

- \_\_\_05-1 "New Orleans-Opening Speaker" Randy S.
- \_\_\_05-2 "Getting Beyond the Mask: 4th & 5th Steps" Dawn D.
- \_\_\_05-3 "Support for Double Winners" Carol Ann
- \_\_\_05-4 "Boundaries" Joanne B.
- \_\_\_05-5 "Unmasking the Traditions" Beth, Christi, Ila
- \_\_\_05-6 "Men in COSA: Recovery in Diversity" Joey Z, Randy S, DM, & JoAn D.
- \_\_\_05-7 "Co-Sponsorship: Lessons Learned " Kerry M.
- \_\_\_05-9 COSA Speaker for combined banquet – Kerry M

**2006 - Indianapolis**

- \_\_\_06-1 "Voices of Growth: Enhance Your Program with Telemeetings – Alessandro
- \_\_\_06-2 Closing the Black Holes for Enhanced Healing – Ila, Jenny, & Joey Z
- \_\_\_06-3 For Free, For Fun – Emilah
- \_\_\_06-4 I Can't. God Can. Drop It In!!– JoAn D.
- \_\_\_06-5 COSA Speaker for combined banquet – JoAn D.

**2007 - Minneapolis**

- \_\_\_07-1 COSA Convention Opening Session – Ale
- \_\_\_07-2 What Does Sobriety Mean To Me? – Kerry M
- \_\_\_07-3 How Will I Know I Am Ready To Sponsor? – Kerry M
- \_\_\_07-4 How to Start & Build a Successful Telemeeting – Kerry M & Ale
- \_\_\_07-5 COSA Speaker for combined banquet – Emilah D.
- \_\_\_07-6 Working the Steps in COSA:Boundaries & Accountability-Mavis
- \_\_\_07-7 Balancing Service and Sobriety – Emilah D.
- \_\_\_07-8 Healing & growing Together: Couples in Recovery
- \_\_\_07-9 Closing Session "What Recovery Means To Me" - Deborra

**2008 - Seattle**

- \_\_\_08-1 2008 COSA Opening Session - Speaker: Connie P.
- \_\_\_08-2 Sponsor/Co-Sponsor Workshop - Panel Moderator: DM S.
- \_\_\_08-3 Step 4 & 5 Workshop: "Navigating Your Moral Inventory" - Alessandro B. & Kerry M.
- \_\_\_08-4 Step 6 & 7 Workshop - Panel Moderator: Sue D.
- \_\_\_08-5 Step 8 & 9 Workshop: "Working Through Forgiveness and Making Amends" - Albert A.
- \_\_\_08-6 "Do Telemeetings Really Work?" - Panel Moderators: Alessandro B. & Kerry M.
- \_\_\_08-7 "The Dictionary as a Recovery Tool" - Sarah S.
- \_\_\_08-8 COSA/SAA Joint Banquet - COSA Speakers: Ila D. & Gayle D.
- \_\_\_08-9 Step 2 & 3 Workshop: "Creating Your God Pouch" - Presenter: Lura Lisa W.
- \_\_\_08-10 Step 8 & 9 Workshop: "The Amends Process: How It Works & Feels" - Presenters: Ila D. & Gayle D.
- \_\_\_08-11 2008 Sunday COSA Luncheon - COSA Speaker: Albert A.
- \_\_\_08-12 "Working a Recovery Program When Your Partner is Not" - Panel Moderator: Ruth G.
- \_\_\_08-14 "Connecting with HP in Every Step" - Panel Moderator: Sarah B.
- \_\_\_08-15 "How to Start a Meeting" Presentation & Questions - Presenter: Kerstin H.
- \_\_\_08-16 Step 12 Workshop: "Working All the Steps on a Problem" Presenter: Deborra S.
- \_\_\_08-17 2008 Closing COSA Brunch - COSA Speaker: Margie S.; Closing Meditation: Joey Z.

**2009 - Oakland**

- \_\_\_09-1 2009 COSA Opening Session – Eleanor S.'s Story
- \_\_\_09-2 Newcomers Orientation Workshop – Lindy T & Lura Lisa W
- \_\_\_09-3 Working a COSA Program with Kids in the House Panel: Jennifer C
- \_\_\_09-4 Bringing Step 5 Alive in Your Life - Ila D.
- \_\_\_09-5 The 200-pound Telephone: Making the Most of Program Calls - Panel: Eleanor S.
- \_\_\_09-6 Round Table Discussion: Sober & Sustainable COSA Meetings Facilitator: Lura Lisa W.
- \_\_\_09-8 Clarity Begins with Steps 1,2,3 - Connie P. / Renee
- \_\_\_09-9 Parents of Teen Sex Addicts: A Challenging New Look at the Three C's - Carol Ann R.
- \_\_\_09-10 Recovery Preparedness Kit: Tools for when in a Crisis - Sarah S. & Ami
- \_\_\_09-11 Conscious Contact: Steps 3 and 11 - Dani N
- \_\_\_09-12 COSA/SAA Joint Banquet COSA Speaker: Eric S.'s COSA Story
- \_\_\_09-14 Working Your COSA Program as a Double Winner - Ann R.
- \_\_\_09-15 On Solid Ground: Working Through Relationship Conflict Using the 12 Steps – Part 1 (steps 1-6) - Albert A.
- \_\_\_09-16 2009 Sunday COSA Luncheon - COSA Speaker: Peg's COSA Story
- \_\_\_09-17 Exit the Convention and Re-enter Your World – Laura Z.
- \_\_\_09-20 2009 Closing COSA Brunch - COSA Speaker: Ann R's COSA Story

.20 to \$15.00 order = \$5.00  
 \$15.01 to \$40.00 order = \$7.00  
 \$40.01 to \$70.00 order = \$11.00  
 \$70.01 to \$100.00 order = \$15.00  
 Greater than \$100.00 order = \$20.00

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**Total P/H \$** \_\_\_\_\_  
**DONATION:** \_\_\_\_\_ Group  
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**Total Enclosed \$** \_\_\_\_\_

For postage and shipping charges outside of the U.S., email [ISO@cosa-recovery.org](mailto:ISO@cosa-recovery.org)

Please mail your order with a check or money-order payable in U.S. dollars to:  
 International Service Organization of COSA (or ISO-COSA)  
 P.O. Box 25171  
 Albuquerque, NM 87125 U.S.A.

This address is a special shipping address for our Central Office in Albuquerque. It is for faster and quicker orders.