

Spirituality in COSA: Mutual Respect and Diversity

WHO ARE WE?

COSA is a fellowship based on the Twelve Steps and Twelve Traditions, adapted from Alcoholics Anonymous (AA). It is a spiritual program to help those who suffer from the effects of compulsive sexual behavior.

WHAT DOES IT MEAN TO BE SPIRITUAL?

Spirituality is very personal and can only be defined by each of us individually.

Some people come to COSA with substantial pain from their religious histories and find they need to reframe their understanding of a Higher Power. Other members come to COSA with no religious affiliation and choose to remain so. Some arrive with strong religious faiths and work the Twelve Steps within their established spiritual framework. Others come confused about the nature of their spirituality and need time to find their way. Even the COSA group itself is considered by some to be a source of a power greater than themselves.

COSA does not endorse or oppose any religion. We remain a diverse and supportive environment for all our members.

HOW DO WE HONOR THE SPIRITUAL DIVERSITY OF OUR MEMBERS?

We strive to adhere to our COSA Traditions, with our group's primary purpose being to carry the message of recovery to those who still suffer. We do this by practicing the Twelve Steps ourselves, and by respecting others' relationships with God as they understand God. As such, COSA requests that members share about their spiritual relationships in a nonspecific way. This includes refraining from the use of specifically religious rituals or prayers in meetings and outreach. These practices allow us to maintain unity and prevent controversy. In this way, we honor the spiritual diversity within our fellowship.



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